

What HIP foods will I find at Farmers Markets?



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

Look for these and other local fruits and vegetables at farmers markets, farm stands, mobile markets, and grocery stores near you.

Buying fresh fruits and vegetables in season is a good way to provide you and your family with delicious, healthy food and to support local farmers.

See other side for locations.

Need more information about Farmers Markets or HIP?

DTA HIP call-Line 1-888-987-4487
Monday through Friday between
9:00 AM and 5:00 PM.

You can also find HIP information
on the web at: www.mass.gov/dta/hip.

	May	Jun	Jul	Aug	Sep	Oct
Apples						
Beets						
Blueberries						
Broccoli						
Brussels sprouts						
Cabbage						
Carrots						
Cauliflower						
Corn						
Cucumbers						
Eggplant						
Garlic						
Green beans						
Melons						
Mushrooms						
Onions						
Peaches						
Pears						
Peas, snap						
Peppers						
Plums						
Pumpkins						
Radishes						
Raspberries						
Spinach						
Squash, winter						
Strawberries						
Sweet potatoes						
Tomatoes						
Zucchini						



A pilot of the Massachusetts
Department of Transitional Assistance

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Hampden County Farmers Markets

CHICOPEE

JUN 27 - NOV 5 Wednesdays 11:00 - 3:30 **CHICOPEE FARMERS MARKET**
Off Chicopee Street, under I-391 overpass

HAMPDEN

MAY 19 - OCT 20 Saturdays 10:00 - 2:00 **HAMPDEN FARMERS MARKET**
Hampden Nursery, 16 Somers Road

HOLYOKE

MAY 3 - OCT 25 Thursdays 11:30 - 3:30 **HOLYOKE FARMERS MARKET**
High Street between Suffolk Street and City Hall

JUN 30 - OCT 27 Saturdays 10:00 - 2:00 **NUESTRAS RAICES DONOHUE ELEMENTARY FARMERS MARKET**
Donahue Elementary School, 210 Whiting Farms Road

MAY 12 - OCT 27 Saturdays 9:00 - 1:00 **OPEN SQUARE FARMERS MARKET**
Open Square-Main Parking Lot, 4 Open Square Way

MONSON

MAY 24 - OCT 4 Thursdays 3:00 - 6:30 **THE MONSON FARMERS MARKET**
First Church of Monson, 5 High Street

SPRINGFIELD

JUL 28 - OCT 27 Saturdays 10:00 - 2:00 **CONCERNED CITIZENS OF MASON SQUARE FARMERS MARKET**
Baystate Mason Square Neighborhood Health Center parking lot,
11 Wilbraham Road

MAY 1 - OCT 30 Tuesdays 12:30 - 6:00 **THE FARMERS MARKET AT FOREST PARK**
Forest Park, Cyr Arena parking lot, 302 Sumner Avenue

MAY 4 - OCT 26 Fridays 11:00 - 3:00 **INDIAN ORCHARD**
Hampden Bank Parking Lot, 187 Main Street

THREE RIVERS

JUN 4 - OCT 29 Mondays 2:00 - 6:00 **THREE RIVERS FARMERS MARKET**
AmVets Parking Lot, 2150 Main Street

WEST SPRINGFIELD

MAY 1 - OCT 30 Tuesdays 11:00 - 3:00 **WEST SPRINGFIELD**
Hampden Bank Parking Lot, 220 Westfield Street

WILBRAHAM

MAY 2 - OCT 31 Wednesdays 11:00 - 3:00 **THE RICE MARKET**
Christ the King Lutheran Church, 758 Main Street

MAY 6 - OCT 28 Sundays 11:00 - 2:00 **WILBRAHAM FARMERS MARKET**
Hampden Bank Parking Lot, 2005 Boston Road

FARMSTANDS

MAY 16 - NOV 16 Mon-Sun 9:00 - Dusk **RED FIRE FARM**
7 Carver Street, Granby

MAY 16 - OCT 16 Mon-Sun 9:00 - 6:00 **E. CECCHI FARMS**
1131 Springfield Street, Feeding Hills

MAY 25 - NOV 1 Mon-Fri
Saturdays 4:00 - Dusk
9:00 - 2:00 **CZERPAK FARMS**
636 S. Westfield Street, Feeding Hills

MOBILE MARKETS (Produce truck stops at each site)

JUN 27 - SEP 27 **Enterprise Farm - Springfield**

Wednesdays	10:30 - 11:15	GREENLEAF COMMUNITY CENTER	1188 Parker Street
Wednesdays	12:00 - 1:00	PINE POINT COMMUNITY CENTER	335 Berkshire Avenue
Wednesdays	2:00 - 3:00	INDEPENDENCE HOUSE	1475 Roosevelt Avenue
Wednesdays	4:00 - 5:30	SQUARE ONE	255 King Street
Thursdays	11:00 - 12:00	RIVERVIEW SENIOR CENTER	122 Clyde Street
Thursdays	1:00 - 2:00	SPRINGFIELD HOUSING AUTHORITY	25 Saab Court
Thursdays	3:00 - 5:30	YMCA OF GREATER SPRINGFIELD	235 Chestnut Street

JUN 28 - SEP 28 **Glenroy Buchanan - Springfield and Holyoke**

Thursdays	4:00 - 6:00	HOLYOKE CITY HALL	600 High Street (in front)
Fridays	4:00 - 6:00	HAMPDEN BANK PARKING LOT	187 Main Street (Springfield)