

# 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 an updated list of 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](http://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

## 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 13      Saturdays      10:00 - 2:00      **NUESTRAS RAICES DONOHUE ELEMENTARY FARMERS MARKET**  
Donahue Elementary School, 210 Whiting Farms Road

MAY 12 - OCT 13      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**  
Hryniewicz Park

## 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      **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 21      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 - OCT 18      **Enterprise Farm - Springfield**

Wednesdays	4:30 - 5:30	<b>BAYSTATE HEALTH CENTER PEDIATRICS</b>	140 High Street
Wednesdays	10:00 - 11:00	<b>GREENLEAF COMMUNITY CENTER</b>	1187 Parker Street
Wednesdays	11:30 - 12:30	<b>PINE POINT COMMUNITY CENTER</b>	335 Berkshire Avenue
Wednesdays	1:30 - 2:30	<b>INDEPENDENCE HOUSE</b>	1475 Roosevelt Avenue
Wednesdays	3:00 - 4:00	<b>SQUARE ONE</b>	255 King Street
Thursdays	12:00 - 1:00	<b>LINDEN TOWERS</b>	310 Stafford Street
Thursdays	10:00 - 11:00	<b>RIVERVIEW SENIOR CENTER</b>	Division Street
Thursdays	2:00 - 3:00	<b>SPRINGFIELD HOUSING AUTHORITY</b>	25 Saab Court
Thursdays	4:00 - 5:00	<b>YMCA OF GREATER SPRINGFIELD</b>	235 Chestnut Street