



Coastline August Nutrition Newsletter

From the desk of Jamie Buccheri, Dietitian from Coastline, Inc.

Farmers Markets

Have you ever been to your local farmers market?

Farmers markets are a great place to buy fresh, in-season, local produce. Local means that your food has traveled less than 150 miles to your plate. The average supermarket produce travels about 2,000 miles from farm to table!

By buying from your local farmers market you are also decreasing your exposure to pesticides and preservatives, and supporting local businesses and the economy. Not to mention the health benefits you'll get from eating more fresh fruit and vegetables.

These markets aren't limited to just fruits and veggies though, you'll also find other items such as local honey, homemade jams, fresh bakery items, and even beautiful potted plants. Farmers markets are also family friendly and a great way to spend a beautiful summer afternoon!

Look for the 'Buy Fresh Buy Local' logo



Local Farmers Markets Near You:

- ◆ *Clasky Common, New Bedford*
Saturday's from 9:00am—1:00pm, July through October
- ◆ *New Bedford Downtown, Main Library Lawn on Pleasant Street*
Thursday's from 2:00pm—6:00pm, July through October
- ◆ *New Bedford Brooklawn Park*
Monday's 2:00pm—6:00pm, June through September
- ◆ *Stone Bridge Farm, Acushnet*
Saturday's from 9:00am—1:00pm, starting June 7th
- ◆ *Rex Field, adjacent to St. Peters Church in South Dartmouth*
Friday's from 1:00pm—6:00pm from June through September
- ◆ *Old Rochester Regional High School*
Tuesday's 3:00pm—7:00pm starting June 3rd