

GET FRESH!

**It's all about celebrating
food grown by local farmers.**

- ◆ Promote your good health!
- ◆ Choose Produce from every color of the Rainbow
- ◆ Vary Your Vegetables
Eat more dark green and orange
2 ½ cups every day
- ◆ Focus On Fruits
Variety is the Key
2 cups every day
- ◆ What counts as a cup?
1 cup raw or cooked vegetables
or vegetable juice
2 cups raw, leafy greens
1 large ear of corn

1 cup of fruit or 100% fruit juice
1 small (2.5 in diameter) apple
1 small wedge of watermelon-1 inch thick
- ◆ Great Taste
- ◆ Excellent Source of vitamins A and C
- ◆ Fiber
- ◆ Arrive early for best selection
- ◆ Buy only the amount you can use
- ◆ Talk to farmers about their produce
- ◆ Handle with care; produce bruises easily
- ◆ Rinse all produce, under running water, without any detergents
- ◆ Refrigerate prepared or cut produce in airtight containers



2008 Orange County Farmers Markets

*Most Farmer's Markets begin in June,
except as noted, and run through October*

Florida:

Tuesdays, 3 - 7 pm, Rte. 17A/Rt 94 -
Across from Quick Chek

Goshen:

Fridays, 10 am - 5 pm, Village Square

Middletown: Saturdays, 8 am - 1 pm,
Erie Way between Grove St. and Cottage St.

Monroe: Wednesdays, 9 am - 3 pm,
1010 Rte. 17M, Museum Village

Montgomery:

Senior Center lot, 36 Bridge Street
Wednesdays 10 am - 3pm. Through December 31

Newburgh:

Fridays, 10 am - 5 pm, Downing Park,
Corner at Rte. 9W and South Street

Newburgh:

Mondays, 9 am - 2 pm, 130 Broadway
(WIC Parking Lot)

Pine Bush:

Saturdays, 9 am - 2 pm, Main and New Street
Behind the Cultural Center

Port Jervis:

Saturdays, 8 am - 2 pm, Municipal Lot between
Front Street and Ball Street

Tuxedo: Saturdays, 9 am - 2 pm, 240 Rt 17,
Tuxedo Train Station

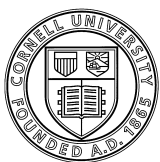
Walden: Thursdays, 11:30 am - 4 pm,
Village Square in front of library

Warwick:

Sundays, 9 am - 2 pm, South Street Parking Lot

West Point Town of Highlands:

Sundays, 9 am - 2:30 pm
Across from West Point Visitor's Center



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