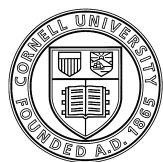


GET FRESH!

**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



**Cornell University
Cooperative Extension
Orange County**

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Please contact our office if you have any special needs. Printed 6-2009

2009 Orange County Farmers Markets

*Most Farmer's Markets begin in June
and run through October*

Bloomington:

Sundays 10:00 am - 2:00 pm.
Old Dutch Reformed Dutch Church, 112 Main St.
(Enter from High St.)

Florida:

Tuesdays 10:00 am - 6:00 pm. Intersection of
17A & 94, across from Quick Chek.

Goshen:

Fridays 10:00 am - 5:00 pm. Village Square.

Middletown (Downtown):

Saturdays 8:00 am - 1:00 pm.
Erie Way between Grove St. and Cottage St.
Across from Morse Funeral Home.

Monroe:

Wednesdays 9:00 am - 3:00 pm.
Museum Village on Route 17M.

Montgomery:

Fridays 11:00 am - 5:00 pm.
Clinton St. by Bank of America.

Newburgh/Downing Park:

Fridays 10:00 am - 5:00 pm. Downing Park,
corner of 9W and South Street.

Newburgh/Healthy Orange:

Tuesdays 9:00 am - 2:00 pm.
130 Broadway WIC parking lot behind DMV building.

Pine Bush:

Saturdays 9:00 am - 1:30 pm. Intersection of
Main and New Street behind the Cultural Center.

Port Jervis:

Saturdays 8:00 am - 2:00 pm.
Front St. and Ball St. Municipal lot.

Sugar Loaf:

Saturdays 11:00 am - 3:00 pm.
Romer's Alley at 1371 Kings Highway.

Tuxedo:

Saturdays 9:00 am - 2:00 pm.
Route 17, Tuxedo train station.

Walden:

Thursdays 11:30 am - 4:00 pm.
Village Square, in front of Library.

Warwick:

Sundays 9:00 am - 2:00 pm. South Street parking lot.

West Point Town of Highlands:

Sundays 9:00 am - 2:30 pm.
Across the street from the West Point Visitor's center.