



Nutrition News

Why Use Local Farmers Markets?

A Farmers Market is a place where farmers sell their agricultural products directly to the general public at a fixed location. Available products include fruits and vegetables, meat, fish, poultry, dairy products, and grains.

In New York, it's recommended that farmers markets be registered with the New York State Department of Agriculture and Markets. If they are, they may participate in the Farmers Market Nutrition Program and Farmers Market Coupon redemption (see the box on the back of this newsletter). If you go to Farmers Market and visit the different farmers, you will often find opportunities to buy at prices comparable to grocery stores, and sometimes even lower.

Why seek out food that comes from a Farmers Market?

- Locally grown food is fresher. Fruits and vegetables raised locally do not need wax, preservatives or chemical ripening agents, because they are eaten so soon after harvest.
- Local growers respond to the needs of their customers, and grow high-quality products and interesting varieties.
- Locally grown foods can be more nutritious because they are picked closer to their peak of ripeness, and do not lose nutrients due to long travel or storage time.
- Buying from our local farmers helps local farms survive and helps create a thriving local economy.

- Local farms provide jobs and attract tourists, recirculating dollars back into our local economy.
- Local farms enhance and beautify our landscape and protect our open spaces.
- According to several independent studies, local farms contribute more in taxes than they require in government services.
- Choosing local may help protect the environment, as it lessens the need for long distance transport, thus reducing overall carbon emissions.

In addition to Farmers Markets, there are other options for obtaining local foods, although most do not accept Farmers Market Coupons:

- Many roadside stands in Dutchess County offer fresh vegetables and fruits and even the opportunity to purchase locally raised beef, pork, poultry, eggs or honey.
- Through community supported agriculture (CSA) farms, you can buy a "share" of what the CSA farm produces and receive the fresh vegetables and fruits directly from the farm each week. Shares are purchased usually at the beginning of the harvest season or during the winter, and prices may differ by farm.
- Many local grocery stores carry local foods in an effort to meet the demands of the customer. These foods should be labeled as "local."
- Growing your own is another way to get "local" foods. Even the smallest plot of ground can be used to grow some type of fresh produce. Some foods, such as herbs, tomatoes, or strawberries,

**Dutchess County Office for the Aging • 114 Delafield St., Poughkeepsie NY 12601
(845) 486-2555 • toll free (866) 486-2555 • www.dutchessny.gov/aging**

Todd N. Tancredi
Director, Office for the Aging

Nimesh Bhargava, MS, RD, CDN
Nutrition Services Coordinator

Marcus J. Molinaro
County Executive

Why Use Local Farmers Markets? (continued)

can even grow well in container gardens on a window sill or stoop.

More about Farmers Market Coupons

The purpose of the Farmers Market Nutrition Program (FMNP) is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables. It is also intended to expand sales at farmers markets. The NYS Department of Agriculture and Markets collaborates with the NYS Department of Health, the NYS Office for the Aging, and Cornell Cooperative Extension in administering the program. Farmers must sign up annually with the manager of the market in which they plan to participate. There is no fee to the farmer for participation.

Seniors receive their FMNP benefits from local senior centers or Offices for the Aging. Eligible seniors must be at least 60 years of age and be receiving benefits through Social Security, public assistance, SNAP, HEAP, or Section 8 housing, or earn less than \$2,082 per month for a single senior or \$2,818 for a couple, and \$3,555 per month for a three person household.

For more information on participation in the Program and how to redeem FMNP checks, please visit www.agriculture.ny.gov or contact the Dutchess County Office for the Aging at **845-486-2555** or ofa@dutchessny.gov.

Best wishes,



Nimesh Bhargava, MS, RD, CDN
OFA Nutrition Services Coordinator

Local Markets Participating in Farmers Market Nutrition Program (FMNP) as of June 1, 2020

Arlington Farmers' Market

Vassar College Alumni Lawn, 123 Raymond Ave.,
Poughkeepsie
Thursday 3pm - 7pm through November 19
FMNP Accepted
www.arlingtonhasit.org

Beacon Farmers' Market

Veteran's Place, between Henry and Main Sts.
Sunday 10am-3pm through November 16
SNAP Accepted; FMNP Accepted; FCC Accepted
www.beaconfarmersmarket.org

Millerton Farmers' Market

6 Dutchess Ave. Millerton Methodist Church
Saturday 10am - 2pm, June-December
SNAP Accepted
www.millertonfarmersmarket.org

Pawling Farmers' Market

Pawling Village Green Charles Colman Blvd.
Saturday 9am - 1pm
June 13 - September 27
FMNP Accepted
www.pawlingfarmersmarket.org

Poughkeepsie Plenty Fresh Market Farm Stand

29 N. Hamilton Street (Family Partnership Center)
Tue / Wed / Thu, 11:30pm - 3:30pm
June 1 - November 15
SNAP Accepted; FMNP Accepted
www.dutchessoutreach.org

Rhinebeck Farmers' Market

Municipal Lot, 61 E. Market St.
Sunday 10am - 2pm through December 27
SNAP Accepted; FMNP Accepted
www.rhinebeckfarmersmarket.com

Share the Bounty Farm Stand

Hudson River Healthcare, 3360 Route 343, Amenia
Tuesday 9am - 1pm, June 30 - October 30
FMNP Accepted

Z Farms Farm Stand

355 Poplar Hill Rd. Dover Plains
Saturday 2pm-5 pm, Sunday 10am-1pm
Open year-round
SNAP Accepted; FMNP Accepted
www.zfarmsorganic.com