

Stellar Farmers' Markets

Many low-income communities in New York City lack sufficient access to fresh fruits and vegetables. Lack of access and decreased consumption are linked; in such neighborhoods, as many as 1 in 5 people do not eat fruits and vegetables at all, while 3 in 5 people eat fewer than three servings a day. Many of these same communities disproportionately suffer from diet-related conditions such as obesity, diabetes and hypertension.



Stellar Farmers' Markets, a program of the Health Department's Physical Activity and Nutrition Program, aims to promote the benefits of a diet rich in fruits and vegetables and encourage New Yorkers to make use of local, fresh produce when preparing meals. Stellar Farmers Markets also promotes the use of EBT and Health Bucks at farmers' markets to make purchasing fresh fruits and vegetables easier for low-income New Yorkers.

Stellar Farmers' Market workshops are being held at select farmers' markets around the city. Each workshop includes practical nutrition information for families; cooking demonstrations using local, seasonal produce; and recipe tastings. Each participant will receive easy-to-prepare recipes and a free gift.

Through the Stellar Farmers' Market program, the Health Department seeks to make farmers' markets not just places to purchase healthy, local food, but also places for New Yorkers to engage in community activities and receive resources on how to lead healthier lives.

The following markets are participating in the 2009 Stellar Farmers' Market Program:

- Bronx - Lincoln Hospital Greenmarket, 149th Street at Park Ave – Tuesdays
- Bronx - Poe Park Greenmarket, Grand Concourse at East 192nd St - Tuesdays
- Brooklyn - Bushwick/Broadway Farmers Market, Linden Street & Broadway- Wednesdays
- Brooklyn - Graham Ave Farmers Market, Cook St. between Graham Ave & Humboldt St - Saturdays
- Manhattan - Grassroots Farmers Market, West 145th Street & Edgecombe Ave - Tuesdays
- Manhattan - Washington Heights 175th Street Greenmarket, 175th Street & Broadway – Thursdays
- Manhattan - Harlem Harvest State Office Building Farmers Market, W. 125th St & Adam Clayton Powell Blvd - Saturdays
- Queens - Corona Greenmarket, Roosevelt Ave between 104 & 103 Sts- Fridays

For more information, please contact Alyson Abrami, Farmers Market Nutrition Education Coordinator at the NYC Department of Health and Hygiene at (212) 442-0015. aabrami@health.nyc.gov

This institution is an equal opportunity provider and employer. This material was funded by the Supplemental Nutrition Assistance Program (SNAP.) The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689. Visit www.jsyfruitveggies.org for more great recipes!

Just Say Yes to Fruits
and Vegetables

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