



ROCKLAND COUNTY FARMERS' MARKETS -2010 SCHEDULE



Haverstraw Farmers' Market

- Sundays, 9:00 am - 1:00 pm through November 21st
- Located in front of the Haverstraw Village Hall on Maple Avenue
- Bus Routes: TOR #91, Red & Tan #11A

Nyack Farmers' Market

- Thursdays, 8:00 am - 2:00 pm through November 24th
- Located at the municipal parking lot on Main Street
- Bus Routes: TOR #59, #91, #92, TAPPAN ZEEExpress. Red & Tan #9 - 9A

Piermont Farmers' Market

- Sundays, 9:30 am - 3:00 pm through November 21st
- Located at the corner of Piermont Avenue and Ash Street
- Bus Route: Red & Tan #9 - 9A

Palisades Indoor Farmers' Market

- Saturdays, 9:00 am - 1:00 pm through November 20th
- Located at Palisades Community Center on 675 Oak Tree Road
- Bus Route: Red & Tan #9A

Spring Valley Farmers' Market

- Wednesdays, 8:30 am - 3:00 pm - July 7th through November 11th
- Located at the community parking lot on North Church Street
- Bus Routes: TOR #59, #91, #92, #94 TAPPAN ZEEExpress, Red & Tan #11A and #11C

Spring Valley Farmers' Market now accepts food stamp (EBT) card.

Suffern Farmers' Market

- Saturdays, 8:30 am - 12:30 pm through October 23rd
- Located at the corner of Lafayette and Orange Avenues
- Bus Routes: TOR #59, #93, LOOP #3, TAPPAN ZEEExpress

Valley Cottage Farmers' Market

- Sundays, 9:00 am - 1:00 pm through October 31st
- Located in the town commuter lot at 1 New Lake Road
- Bus Routes: TOR #91



10 Reasons to Shop at Farmers' Markets

1. **You can't get fresher produce** - unless you grow it yourself!
2. **Seasonal picks** - expect to find Northeast specialties such as apples, corn and tomatoes.
3. **Good for your body and the environment** - save on the packaging, refrigeration, and freight costs.
4. **Serve local produce** - sustains agriculture and supports local farmers.
5. **Shopping at farmers' markets creates community** - knowing where your food comes from connects you to the people who raise and grow it.
6. **Availability of produce not often found in supermarkets** - farmers' markets offer you more variety and unique flavors that simply cannot be bought at the supermarket.
7. **No middleman involved** - you buy straight from the farmer.
8. **Cooking tips** - Usually the farmer or salesperson can provide you with cooking tips and recipes.
9. **More than just food** - various functions take place at the markets. Participate in fun events such as recipe contests, wine tasting, composting classes, cooking demonstrations and live music.
10. **Farmers' Market Coupons - Do you qualify*?** Women, infants and children (WIC) participants call 845.364.2577. Seniors who may be eligible can call 845.364.2110 for more information.