

Get Fresh!

Eat veggies and fruits every day! People think that eating fresh veggies and fruits will cost a lot of money. Not so! Veggies and fruits that are in season can be low in cost and taste better. To find out when a veggie or fruit is in season, go to:

<http://www.state.nj.us/jerseyfresh/searches/availability.htm>

To get fresh veggies and fruit each day:

- **Buy veggies and fruits that can be used many ways.** Use them in soups, stews and casseroles or as quick snacks that your family can eat all week.
- **Go with the sale.** Buy extra veggies and fruits when on sale. You can freeze fresh fruits but cook veggies or add them to a dish and then freeze.
- **Let your kids be “produce pickers.”** Have them pick the veggies and fruits they like when you shop.



Grocery stores are only one way to get fresh veggies and fruits. Many communities have Farmers Markets that offer low-cost, fresh veggies and fruits. Go to this site to find out where you can find out more about the Farmers Market vouchers for Seniors and those on WIC:

<http://www.state.nj.us/health/fhs/wic/farmermktpart.shtml>--The WIC and Senior voucher provides fresh veggies, fruits and herbs to people who qualify.

Go to this site to find out Farmer’s Market that take SNAP:

- <http://www.state.nj.us/jerseyfresh/searches/urban.htm>-- Find the Farmers’ Market vendors that accept SNAP near you!

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NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



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Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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The New Brunswick Community Farmers Market proudly accepts SNAP, WIC & Senior FMNP vouchers!

Where?

- 178 Jones Ave

When?

- Open June – October
- Thursdays, 1-630PM
- Saturdays, 10AM-3PM

For more info contact Jaymie Santiago:

- Phone: (732) 932-5000 extension 586
- Email: nbcfm@njaes.rutgers.edu
- Web site: www.nbcfarmersmarket.com



Directions:

- From SOUTH of New Brunswick follow Rt. 1 North and exit at the ramp for NJ-172/US-130, turn left at NJ-172/US-130 then continue to follow US-130 which becomes Georges Rd./ NJ-172 and continues to Jones Ave
- From NORTH of New Brunswick follow Rt. 1 South and take exit for Rt. 18 North. Take ramp to the Right for Clifton Ave/ NJ-172. Make a left on Nichol Ave. Nichol Avenue becomes Sanford St. Make a left at Jones Avenue which is at the first stop sign on Sanford Street.

Some Foods You Will Find Fresh in July

Fruits

- Blackberries
- Blueberries
- Cherries
- Peaches
- Plums
- Red Raspberries
- Strawberries

Vegetables

- Beets
- Broccoli
- Cabbage
- Cucumber
- Eggplant
- Lettuce
- Lima Beans
- Onions
- Peas