

## **BuyLocalFood.org Action Steps**

### **Your neighborhood**

- Invite people to your house for a local potluck
- Share gardening tips, tools and harvests with neighbors

### **Your school**

- Help your school start a garden and make it a part of the school curriculum
- Advocate for the school cafeteria to buy more from local farms
- We've got Farm to School resources

### **Your workplace**

- Encourage your workplace to offer payroll deduction for CSA farm shares
- Inquire whether your health insurance plan covers part of the cost of a CSA farm share, as it might for a gym membership
- Request more local food in your work cafeteria
- Buy local food for work meetings and events

### **Your hometown**

- If your town lacks an agricultural commission, help start one (A town Agricultural Commission is an appointed standing committee whose members are primarily engaged in farming and represent the farm community, or are town residents who encourage and promote agricultural-based business. It has no regulatory authority and acts as an advisory group to other local boards.)
  - Springfield Food Policy Council <http://www.springfieldfoodpolicycouncil.org>
- Volunteer for a town committee or board that can impact farm businesses, e.g. zoning, planning or public health
- Participate in efforts to make new land available to farmers

### **Your local economy**

- Eat at restaurants and shop at food markets and other businesses that are committed to sourcing locally

### **Your democracy**

- Educate yourself on CISA's website and take action on state and national issues that affect your local farmers
- Find out how candidates for public office will help double the amount of local food in our diets
- Vote!



## Low-Income Nutrition Programs

Name of Program	What is it?	Locations & Contact	
WIC (Women, Infants and Children) Nutritional Program	Coupons redeemable at local farmers markets where farmers are reimbursed for the face value of the coupon	Springfield North WIC Program Main Site – Main Street 1985 Main Street Springfield, MA 01103 413-737-8868 (Other locations in Mason Square and West Springfield)	Springfield South WIC Program Main Site – Springfield South 816 Main Street Springfield, MA 01105 413-693-1029
Senior Nutrition Program	Coupons for low-income seniors	Executive Office of Elder Affairs 1 Ashburton Place, 5th Floor Boston, MA 02108 617-727-7750	
Senior FarmShare	Pay a \$10 enrollment fee for ten bags of fresh vegetables each week from July through September through deliveries at local senior centers. Applications 5/1 to 7/1 at <a href="http://www.buylocalfood.org/senior-farmshare/">http://www.buylocalfood.org/senior-farmshare/</a>		
SNAP & Save Program	Buy produce at farmers' markets and through the SNAP program and they will match you up to \$10 every week. So if you use your EBT at a local market for \$10, you will get \$20 worth of tokens.  To apply for SNAP: <a href="https://hhs.gapps01.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&amp;pageSwitch=HOME">https://hhs.gapps01.hhs.state.ma.us/ierhome/LandingPage.do?method=displayConsumerHomePage&amp;pageSwitch=HOME</a>	Amherst Winter Farmers Market at the Amherst Middle School  Springfield Technical Community College from 8/13 to 10/26  Go Fresh Mobile Market in Springfield	

## Farms Stands and CSA

### Wilbraham

Green Acres Fruit Farm	868 Main Street, Wilbraham 413-596-3016  greenacresfruitfarm@outlook.com facebook.com/greenacresfruitfarm	This year-round farm stand is open daily 10am–5pm, offering low/no pesticide peaches, plums, apples, vegetables, eggs from our cage-free hens, raw honey, crafts, and custom-made pies. A 24-week CSA includes fruit, veggies, and eggs from July to December. Members may pickup any time during regular hours or two evenings a week. Full shares \$650 and half shares \$335, a portion of which may be used as farm stand credit.
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### East LongMeadow

Meadowbrook Farm	185 Meadowbrook Road, East Longmeadow 413-525-8588 or 413-525-9080 meadowbrookfarmma.com	Open early spring with a wide variety of bedding and vegetable plants, perennials, and nursery stock, and a huge selection of hanging baskets. June brings PYO and pre-picked strawberries. From July to September, enjoy our fresh-picked vegetables and unsurpassed sweet corn. Fall offers mums, pumpkins, and fall decorations. The year concludes with Christmas trees (specializing in Fraser firs), wreaths, and holiday decorations.
The Apple Place	540 Somers Road, East Longmeadow 413-348-9628 theappleplace.net	Visit our authentic New England farm stand. We grow more than 60 varieties of low spray apples, including many heirloom and hard to find varieties. Our bakery serves cider donuts, pies, muffins, and locally roasted coffee. We also sell our own jam and canned goods made the old-fashioned way with real fruit and no preservatives, and serve Hadley ice cream. Apple tasting in the fall. Open seasonally until Thanksgiving.
Art's Farm	81 Parker Street, East Longmeadow 413-783-1909 facebook.com/artsberryfarm	The best berries are the ones you pick yourself! We have u-pick strawberries in June and u-pick blueberries in July and August. Fresh pre-picked berries, vegetables, and cut flowers are also available at our farm stand. When berries are in season we are open daily, 8am–12pm and 3:30–6:30pm. Bring the whole family and learn where fruit comes from.
Crow River Farm/Scantic Valley CSA	171 Porter Road, East Longmeadow 413-285-5322 scanticvalleycsa.org	Crow River Farm is a new vegetable market garden reviving the grounds of a great old horse farm in East Longmeadow. We are home to Scantic Valley CSA, a cooperative of small farms close to Springfield. Our CSA offers naturally grown vegetables, fruits, herbs, and flowers, including some pick-your-own, from June–November.

Springfield

<p>Gardening the Community</p>	<p>256 Hancock Street, Springfield 413-693-5340 gardeningthecommunity.org</p>	<p>Gardening the Community (GTC) is a youth- led food justice and urban agriculture organization based in Springfield. We grow organic fruits and vegetables on empty lots and organize for a healthy and equitable local food system. We sell at our Hancock Street farm stand and the Mason Square Farmers' Market, and run an affordable CSA program called GTC EATS! We grow community, youth leadership, and just food.</p>
<p>Sixteen Acres Garden Center</p>	<p>1359 Wilbraham Road, Springfield 413-783-5883 • 16acresgardencenter.com</p>	<p>Providing an extensive selection of top quality plants and products for more than 50 years, with exceptional service. Our nursery is brimming with flowering plants, annuals, perennials, trees, shrubs, roses, pond plants, and much more. You can always get advice about plant care from our many horticulturalists. We offer a full-service florist along with land</p>

## Retail Stores

### Wilbraham

Big Y World Class Market

2035 Boston Road,  
Wilbraham 413-543-0931  
bigy.com

Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market Wilbraham is proud to support CISA!

### East Longmeadow

Big Y World Class Market

441 North Main Street, East Longmeadow 413-525-6374  
bigy.com

Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market East Longmeadow is proud to support CISA!

### Springfield

AC's Main Street Market

487 Main Street, Springfield 413-737-3086  
acmainstreetmarket.com

A family-owned and operated market in Springfield's South End. We carry a range of premium products, including a wide variety of seasonal and local produce and the finest quality Italian meats, artisan cheeses, fresh fruits, and specialty products. Deli and catering available. We also wholesale fresh produce to the finest dining establishments in the Pioneer Valley—delivering Monday to Saturday!

Better Life Whole Foods

1500 Allen Street, Springfield 413-783-9424  
betterlifewholefoods.com

We are the oldest and most complete health food store in Springfield. For nearly 30 years we have been providing the community with natural ways to better health. We offer freshly made wraps, salads, and gourmet foods, specializing in organic, non-GMO, fair trade, vegan, gluten-free local foods, and organic beer and wine. We have friendly, knowledgeable staff to assist you. Open Monday–Friday 9:30–6pm; Saturday–Sunday 9:30–5pm.

Fresh Acre Market

1941 Wilbraham Road, Springfield 413-783-9141  
freshacresmarket.com

Fresh Acres is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of organic and conventional products from around the corner and around the world. Fresh Acres Market is proud to support CISA!