

## Farmers' Markets All Year Long

When people hear about a Winter Farmers' Market here on the Seacoast, the first thing they ask is what could there possibly be to buy, other than potatoes? Well, they'll be in for a big surprise when they walk into light-filled Wentworth Greenhouses on Saturday, November 17, from 10am-2pm, for the first winter market of the season. Shoppers will be treated to a feast for the eyes as well as the stomach when they see the aisles of more than 50 farmers and food producers selling an amazing variety and quality of locally grown and produced food. An abundance of winter squash, pumpkins, onions, Brussel sprouts, kale and collard greens, carrots, salad greens, apples, eggs, maple syrup, and yes, potatoes are among the many items available.

Unique to this market is the chance to purchase all of your holiday meal needs, including pre-made pies, bread for stuffing, dinner rolls, and other trimmings. There are also specialty vendors selling wine, tea, pre-made soup, herbs, and more. Live music, kids' activities, and local craft vendors hosted by Wentworth Greenhouses round out this popular community event.

"The first market of the winter season is always exciting for us," said Sara Zoë Patterson, Board Chair of Seacoast Eat Local, the organization which hosts the markets. "It gives local families the opportunity to shop for their holiday meal, as well as greet farmers they haven't seen since summer and meet new ones they might never otherwise have known about." Plus, she added, it's a wonderful outlet for local farmers to sell their produce and stay viable through the winter months.

Generously underwritten by Wentworth Greenhouses and Wentworth-Douglass Hospital, the Rollinsford winter market will run on scheduled Saturdays through March. Anyone interested in the dates for the markets, as well as more information and a vendor list for each one, should go to [www.seacoateatlocal.org](http://www.seacoateatlocal.org), check out the Winter Farmers' Market page, and sign up for the e-newsletter which will deliver all the latest news on local markets and food.

The Winter Farmers' Markets accept Electronic Benefit Transfer (EBT). This program enables SNAP or Food Stamp recipients to use their EBT cards to purchase healthy, fresh, and locally produced food. The Winter Farmers' Market EBT/SNAP program offers fresh vegetables, meats, milk and cheese, honey, breads, baked products, and seeds or seedlings for food-producing plants.

Seacoast Eat Local connects people with sources of locally grown foods and advocates eating locally for the health of our environment, community, culture and economy. Through advocacy, organizing and education, they work toward a sustainable local food system that meets the needs of both producers and consumers. They organize winter farmers' markets, produce Seacoast Harvest, sponsor workshops and events, and provide information through their email newsletter, blog, and website, [www.seacoateatlocal.org](http://www.seacoateatlocal.org).

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