



LOCAL FOOD RESOURCES

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ONLINE FARM DIRECTORY

Seacoast Harvest is an annual food guide that functions as a resource for finding locally grown food in Rockingham, Strafford, and York counties. The guide lists farms, food pantries, and farmers' markets. It can be found by going to:

seacoastharvest.org



P-EBT (PANDEMIC EBT)

Does your child receive free or reduced school lunch? Yes? You qualify for P-EBT! With P-EBT you will receive \$5.70 per child for each day your student is out of school for distance learning. You can turn that \$5.70 a day into \$11.40 a day at farmers markets and farm stands with Granite State Market Match!



Buy 1

Get 2

DOUBLE SNAP DOLLARS

Get 50% off of fruits and vegetables with Granite State Market Match. You can use your EBT card and Granite State Market Match at farmers' markets and select farm stands.

FARMERS' MARKETS

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

PORTSMOUTH FARMERS' MARKET

KITTERY COMMUNITY MARKET

8:00AM-12:00PM

10:00AM-2:00PM

SACO FARMERS' MARKET

DOVER FARMERS' MARKET

7:00AM-12:00PM

10:00AM-2:00PM

KENNEBUNK FARMERS' MARKET

NEWMARKET FARMERS' MARKET

8:00AM-1:00PM

10:00AM-1:00PM

SANFORD FARMERS' MARKET

SALEM FARMERS' MARKET

8:00AM-12:00PM

10:00AM-12:00PM

WELLS FARMERS' MARKET

10:00AM-12:00PM

SNAP/EBT shoppers also get 50% off fruits and vegetables at **McKenzie's**

Farm Stand in Milton, **Heron Pond Farm** in South Hampton, **Vernon Family Farm** in Newfields, **Dog Rose Farm** in Lee, and **Clyde Farm** in Farmington. We are currently working on expanding SNAP sites to more farm stands so this list may grow!

Market locations and times are subject to change due to COVID-19 regulations. For more information visit

seacoateatlocal.org

Seasonal availability for the Seacoast



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit												
apples	■	■	■	■	■	■	■	■	■	■	■	■
blueberries							●	●	●	●	■	■
cantaloupes & melons								●	●	●		
peaches							●	●	●			
pears								●	●	●		
raspberries							●	●	●	●		
rhubarb					●	●	●	●				
strawberries						●	●					
watermelon								●	●	●		
Vegetables												
asparagus					●	●	●	●				
beans, dry	■	■	■	■	■	■	■	■	■	●	●	●
beans, green							●	●	●	●		
beets	■	■	■	■	■	■	●	●	●	●	■	■
broccoli							●	●	●	●	●	●
Brussels sprouts										●	●	●
cabbage	■	■	■	■	■	■	●	●	●	●	■	■
carrots	■	■	■	■	■	■	●	●	●	●	●	■
corn							●	●	●	●		
cucumbers							●	●	●	●	●	●
eggplant							●	●	●	●		
fresh herbs	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
garlic	■	■	■	■	■	■	■	■	■	■	■	■
greens	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
kale & collards		▲	▲	▲	▲	▲	●	●	●	●	●	▲
leeks			▲	▲	▲	▲			●	●	●	▲
lettuce		▲	▲	▲	▲	●	●	●	●	●		
onions	■	■	■	■	■	■	●	●	●	●	■	■
parsnips	■	■	■	●	●	●	●	●	●	■	■	■
peas						●	●	●	●			
peppers							●	●	●	●	●	●
potatoes	■	■	■	■	■	■	■	■	■	■	■	■
pumpkins & winter squash	■	■	■	■	■	■	■	■	■	■	■	■
radishes	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
shallots	■	■	■	■	■	■	■	■	■	■	■	■
spinach		▲	▲	▲	▲	●	●	●	●	▲	▲	▲
summer squash & zucchini							●	●	●	●	●	●
Swiss chard		▲	▲	▲	▲	▲	●	●	●	●	▲	▲
tomatoes						▲	▲	●	●	●	▲	▲
turnips	■	■	■	■	■	■	■	■	■	■	■	■

Available year-round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood
 ● fresh ■ storage ▲ greenhouse or extended season