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Let's Go Picking: Fresh Apples and Juicy Tomatoes in NYC

The best, freshest food is what's grown locally. It's good for your health. It's good for New York. This year, EmblemHealth is supporting even more local farmers' markets, including **Harvest Home Farmer's Market**, **Grow NYC** and **125th Street Farmer's Market**.



We encourage you and your clients to visit any of the markets listed below. They're open through November. At the Harvest Home Markets, we'll even demonstrate how to prepare the fresh produce. We share the recipes, so the same healthy dishes can be made at home.

Some farmers' markets offer more than just produce. You'll find a variety of other items and activities such as:

- Fresh fish
- Locally grown flowers
- Skin care products
- Family-friendly activities
- Cooking demonstrations
- Classes on nutrition and gardening

West Harlem Market

137th Street and Broadway, Manhattan

Open Tuesdays: July 9–November 19 from 8 am to 4 pm

Cooking demonstrations: July 16–October 29

Play Street Program and a mobile reading station: July to mid-August

East Harlem Market

104th Street and 3rd Avenue, Manhattan

Open Thursdays: July 11–November 14 from 8 am to 4 pm

Cooking demonstrations: July 18–October 31

Play Street Program and a mobile reading station: July to mid-August.

Metropolitan Market

99th Street and 3rd Ave., Manhattan

Open Fridays: July 5–November 15 from 8 am to 4 pm

Cooking demonstrations: July 19–October 25

Grow NYC

175th Street Market

175th Street and Broadway, Manhattan

Open Thursdays: June 27–November 21 from 8 am to 4 pm

Corona Farmers' Market/Green Market

Roosevelt Avenue at 103rd Street / Corona Plaza, Queens

Open Fridays: July 5–November 22 from 8 am to 5 pm

Brownsville Rockaway Youthmarket

Corner of Rockaway and Livonia Avenues, Brooklyn

Open Fridays: mid-July to mid-November from 12 noon to 7 pm

Barclays Center Market

620 Atlantic Avenue, Brooklyn (on the Flatbush Avenue side)

Open Wednesdays: July 17–November 27 from 10 am to 4 pm

125th Street Farmers' Market

Adam Clayton Powell, Jr. State Office Building Plaza on

125th Street at Adam Clayton Powell, Jr. Blvd.

Open Tuesdays: June 11–November 26 from 10 am to 5 pm

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