

# Orange County Farmers Markets



Orange County is rich in agriculture, with more than half of the County's open space taken up by farmland, and 642 farms (1). Our farms are famous for onions, lettuce, radishes, sweet corn and pumpkins. Other popular items include apples, berries, concord grapes, potatoes, and squash.

Visit your local farmers market or farm stand and fill up on fresh, delicious, and disease-fighting fruits and vegetables. Here are some interesting facts and tips about our local bounty ...

**Apples** – New York State produces more varieties of apples than any other state. McIntosh and Gala are two of the most popular, but you can also find Empire, Jonagold, Macouns, Cortland, Golden Delicious, Red Delicious, Ginger Gold, Rome, Paula Red, and Honeycrisp, to name a few. Empire apples have a sweet and tart flavor — great for eating and baking. Cortland apples hold their white color after cutting, ideal for fruit plates and salads. For a very crispy apple, try the Honeycrisp. See the New York Apple Country website for a more complete list. ([www.nyapplecountry.com](http://www.nyapplecountry.com))

**Potatoes** are one of the top sources of potassium, and are also a good source of vitamin C. For something different, look for blue colored-potatoes, fingerlings (small oblong potatoes shaped like fingers) and petites (very tiny potatoes).

**Eggplant** -- Deep purple Italian eggplant is a popular variety, but you may also find Japanese eggplant (slender shape), white eggplant, and baby eggplant at your local market.

**Kale** – a great cold weather vegetable that is packed with nutrition. Kale is especially sweet after the first frost. Strip or cut off tough stems. Kale can be pan steamed with a little water or broth., or added to soups or stews.



**Winter Squash**—As the days get cooler, many varieties of winter squash appear at the farmers market, including acorn, butternut, spaghetti squash, delicata, Kabocha, and of course, pumpkin. Winter squashes are rich in betacarotene, vitamin C, potassium and fiber. For a simple side dish, cut up winter squash into halves or chunks, season and bake.

**Cabbage**— New York is the largest producer of cabbage in the nation. Cabbage is in the cruciferous vegetable family, recommended as part of a diet for cancer prevention. Cabbage is also a good source of vitamin C. Try shredding red or green cabbage in salads, or use in soups and stir fries.

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**Corn**—freshness is a key to sweetness, and you will find “just picked” corn at your local market. Corn provides B vitamins, Vitamin C and fiber.

Visit the all our Healthy Orange Farm markets located at:

- **Healthy Orange Newburgh Farmers Market**  
130 Broadway, Newburgh (Lot next to DMV Bldg.)  
Tuesdays through October 24 (contact: 360-6691)
- **Newburgh Mall Farmers Market,**  
Saturdays through October 14 (contact: 564-1400)
- **Port Jervis Farmers Market**  
Corner of Hammond and Pike, Port Jervis  
Saturdays through October 14 (contact: 800-5130)

For a complete listing of Orange County Farmers Markets see [www.orangetourism.org](http://www.orangetourism.org)

Reminder: Cash Senior FMNP and WIC FMNP Coupons before end of season.

For additional information about farmers markets and other healthy lifestyle tips, contact Healthy Orange at 360-6680.

Sources of information:

1. CCE publication on agriculture : “Agriculture in Orange County, NY” Cornell University Cooperative Extension of Orange County, January 2010.
2. FruitsandVeggiesMoreMatters.gov website.

New York State Department of Agriculture and Markets = Fascinating Food and Farming Facts