



STATE OF CONNECTICUT

DEPARTMENT OF AGRICULTURE

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Healthy Eating Resolutions Easier to Keep With Winter Farmers' Markets

Hartford, CT – January is a popular time for resolutions to eat more healthfully.

Regrettably, as the first month of the new year slips away, often willpower goes with it.

Health-conscious goal setters, do not despair! This year, three weekend winter farmers' markets bring an abundance of fresh, nutritious, CT Grown foods together for fun and inspiring one-stop meal shopping.

New Haven's [Wooster Square](#), a perennial favorite among the state's farmers' market enthusiasts, continues throughout the winter on the third Saturday of each month. Named by USA Today as one of the country's Ten Great Markets to Cultivate Organic Farmers, Wooster Square offers customers delicious, locally raised meats, seafood, cheeses, honey, and even freshly picked salad greens. Rounding out the selection are breads, baked goods, jams and salsas, herb butters, and much more.

"You'd be amazed how many people come out in the freezing cold to shop at the market," commented Nunzio Corsini from Four Mile River Farm in Old Lyme, a regular year-round vendor at the New Haven market. "We've had some of our best sales days of the year in the middle of winter. It really helps us get through what has always been a slow season. And customers really seem to appreciate getting fresh, local food at a time when it normally isn't readily available."

For shoppers who can't wait until the third weekend of each month, two new farmers' markets offer both weekly convenience and the comfort of an indoor venue.

The [Fairfield Winter Market](#) begins this Saturday, January 26, from 10:00 AM to 1:00 PM at the Fairfield Theater Company. Shoppers will find a wide variety of CT Grown foods as well as handmade wool blankets, clothing, and soaps.

[Fiddleheads Natural Foods Cooperative](#) brings together over 20 local vendors at the opposite end of the state. This market, which celebrates its grand opening on Saturday, February 2, will run weekly from 10:00 AM to 2:00 PM at 13 Broad Street in New London.

All three markets offer a festive, community-like atmosphere and make for an enjoyable outing from anywhere in Connecticut. Put on the parka, hat, and gloves, and head out for some nutritious, delicious, CT Grown food—and a realistic chance of keeping that New Year's resolution after all!

Winter Farmers' Market Dates and Locations

Fiddleheads Food Cooperative Indoor Farmers' Market

Saturdays 2/2/08 through 4/28/08, 10:00 AM to 2:00 PM
13 Broad Street, New London

Fairfield Indoor Winter Farmers' Market

Saturdays 1/26/08 through 4/28/08, 10:00 AM to 1:00 PM
Fairfield Theater Company, 70 Sanford Street (downtown and adjacent to the train station)

New Haven Wooster Square Farmers' Market

Third Saturday of month (1/19/08, 2/16/08, 3/15/08, and 4/19/08), 10:00 AM to 1:00 PM
Russo Park, at corner of Chapel Street and DePalma Court

For more information, please visit the CT Department of Agriculture's website at www.CTGrown.gov (click on "Publications" then "Farmers' Markets") or call 860-713-2503.

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