

### Farmers Markets Bring Fresh Food to the LMA

It's summer time and the eating is YUMMY.

And, for us lucky LMA dwellers we have a variety of farmer's markets available to us to stock up on our fresh fruits and veggies during our work week.

#### **Inaugural Year for Temple Israel**

This is the first year for Temple Israel's partnership with Buckle Farm in Unity, Maine. "We partnered with Buckle Farm, to give our congregants and the community the opportunity to have fresh produce weekly, and to promote the Temple's "Green Team" lay-led committee. Fifty-two shares have been purchased, including veggie shares, tomato shares, and flower shares, and many of these are being split between multiple people/ families," said Traci Laichter of Temple Israel. Every Tuesday from 4pm-6pm pre-registered CSA (community supported agriculture) buyers can pick up their weekly bounty of fruits and vegetables in the driveway between the Temple and the MASCO building at 375 Longwood Avenue. Additionally, people can purchase available products on the day of the delivery as well.

#### **Beth Israel's CSA Partners to Support Community**

BIDMC has run a very popular CSA program for years now that works in concert with Dorchester ABCD. Participants receive 16 weeks of fresh, locally grown produce conveniently delivered to a site close to their workplace, and are also asked to consider making a donation that will support the purchase of a subsidized farm box for low income families in the Dorchester neighborhood of Boston. Sponsorships account for two thirds of the cost, while subsidized participants pay one third. Subsidized participants are recruited from a group of parents at two Dorchester ABCD sites. The program provides a great means for these families to introduce their children to fresh produce at a young age. It's a win, win, win situation!

You can also take a short walk up to Huntington Avenue and Francis Street and enjoy the Mission Hill Farmers Market at Brigham Circle. It's right across from Brigham and Women's Hospital and offers fresh foods for sale every Thursday from 11 am - 6 pm until November 17<sup>th</sup>.

So there is no excuse not to eat your veggies!