

LOCAL is FRESH

With the cost of fresh produce on the rise, many folks are in search of less expensive ways to get their fruits and veggies. Connecticut offers several programs that benefit not only you – the consumer – but your community, and the environment, as well.

Connecticut NOFA Local Farm & Food Guide

CTNOFA connects you to farms, markets, and farm stores in your community. Search by town, CSA, EBT, and SNAP participants. Visit guide.ctnofa.org



Connecticut Grown



- apples
- apricots
- arugula
- asparagus
- beets
- blackberries
- blueberries
- bok choy
- broccoli
- brussels sprouts
- cabbage
- cantaloupe
- cherries
- cauliflower
- celery
- corn
- cucumbers
- eggplant
- garlic
- grapes
- herbs
- kale
- leeks
- lettuce
- mushrooms
- nectarines
- onions
- parsnips
- peaches
- peas
- peppers
- plums
- potatoes
- pumpkins
- radishes
- raspberries
- rhubarb
- rutabaga
- scallions
- spinach
- squash
- strawberries
- sweet potatoes
- swiss chard
- tomatoes
- turnips
- watermelons



Support



Valley Farms

*Invest in your health, and
your community*

For a comprehensive list of farmer's
markets throughout the state, visit
ctgrown.org/events/





2023 Markets & Stands

- Naugatuck Farmer's Market - Wednesdays and Saturdays on the Naugatuck green
 - homemade goods,
- Seymour Farmer's Market - Tuesdays from 10am-6pm at the Seymour Community Center
 - flowers, jams, veggies, baked goods
- Shelton Farmer's Market - 100 Canal St, sheltonfarmersmarket.com
 - vegetables, soaps, honey, teas
- Ansonia Farmer's Market - Railroad Ave, Fridays 10am-1pm
 - vegetables, flowers, and more
- Raimo's Farm - Old Firehouse Rd, Naugatuck
 - flowers, plants



COMMUNITY SUPPORTED AGRICULTURE

Connecticut's community supported agriculture (CSA) program allows consumers to purchase shares of a farm's harvest to receive a portion of crops later, as they're harvested. Participants receive fresh, in-season crops on regular basis throughout the season. Purchasing shares in advance provides farmers the financial support they need to survive during the off-season months, during which they are preparing for crops to be seeded and planted.

Valley CSA Participants:

- **Sunset Farm** - Andrew Mountain Rd, Naugatuck. Market credit program. Now offering payment plans. SNAP benefits accepted! Visit sunsetfarmct.com
- **Stone Gardens Farm** - 83 Sawmill City Rd, Shelton. Offering vegetables, pork, poultry, and beef. Visit stonegardenfarms.com
- **Laurel Glen Farm** - 247 Waverly Rd, Shelton. Half shares and discounts for early sign-up. Visit laurelglenfarm.com
- **Red Clover Farms** - 174 S Benham Rd, Seymour. Farm store on site offering ice cream, honey, pickled veggies and more. Visit redcloverfarms.org

Grow your own at a community garden

ANSONIA

- Gatison Park, 4 4th St
- Pine Lot, 28 Howard Ave
- Salvation Army, 26 Lester St
- Beaver Brook, 96 Central St

DERBY

- Irving School, 9 Garden Pl
- Derby Library, 313 Elizabeth St
- Griffin Hospital, 130 Division St

SEYMOUR

- Community Center, 20 Pine St
- Trinity Church, 91 Pine St

SHELTON

- Good Shepherd Church, 182 Coram St

