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/
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 a 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 stonestadeafarms.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