

## AN IMPORTANT TIP:

Each year the Environmental Working Group (EWG) creates a list, commonly known as The Dirty Dozen, which incorporates their suggestions of which produce you should buy organic. They are as follows:

- |                 |                        |
|-----------------|------------------------|
| 1. Strawberries | 7. Cherries            |
| 2. Spinach      | 8. Grapes              |
| 3. Nectarines   | 9. Celery              |
| 4. Apples       | 10. Tomatoes           |
| 5. Peaches      | 11. Sweet bell peppers |
| 6. Pears        | 12. Potatoes           |

According to Carolyn Gundell, RMACT's on-staff nutritionist, "It is best to follow EWG's Dirty Dozen list because buying these fruits and vegetables organic helps both male and female fertility and also ensures the safety of the fetus in pregnancy."



## RESOURCES:

For more information on the EWG, please visit [www.ewg.org](http://www.ewg.org)

For more information on RMACT, please visit [www.rmact.com](http://www.rmact.com)

To schedule a new patient appointment at RMACT, please call (203) 956-2265

## CONTACT US

(800) 865-5431

With offices located in:  
Danbury - Norwalk - Stamford  
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[www.rmact.com](http://www.rmact.com)

## FAIRFIELD COUNTY FARMERS MARKETS

2017 Season



# Tis the season for...

## FARMERS MARKETS

Did you know Connecticut offers Farmers Markets all over the state? These markets are a great alternative to the grocery store where you can find a wide variety of fresh produce at affordable prices! Reproductive Medicine Associates of Connecticut (RMACT) wants to help you forge a successful path toward your fertile goals through our nutrition and wellness program. So, we are spreading the word to our patients about the amazing Farmers Markets in our area! Please take a look at the list that follows for a Farmers Market near you.

### **Bethel**

Saturdays, 9 am – 1 pm  
June - Christmas  
Rte. 6, Fairfield Cty Extension Service Bldg  
67 Stony Hill Rd, opposite Stony Hill Inn  
[bethelfarmersmarket.org](http://bethelfarmersmarket.org)

### **Bridgeport - Black Rock**

Saturdays, 9 am - 1 pm  
June 10 - October 7  
Field at 481 Brewster Street  
[blackrockfarmersmarket.com](http://blackrockfarmersmarket.com)

### **Bridgeport- Downtown**

Thursdays, 10:30 am - 2 pm  
July 6 - October 12  
Main & Bank Street, adjacent to McLevy Green  
[wholesomewave.org](http://wholesomewave.org)

### **Bridgeport - South End**

Sundays, 12:30 pm - 3:30 pm  
July 9 - October 8  
United Congregational Church, 877 Park Avenue  
[wholesomewave.org](http://wholesomewave.org)

### **Brookfield**

Fridays, 3 pm - 6:00 pm  
June 30 - October 13  
Brookfield Town Hall, 100 Pocono Road

### **Danbury**

Saturdays, 10 am - 2 pm  
June 24 - October 21  
Danbury Green

### **Darien**

Wednesdays, 11 am – 4 pm  
May 24 - October 25  
Goodwives Shopping Center  
[darienfarmersmarket.net](http://darienfarmersmarket.net)

### **Fairfield - Downtown**

Sundays, 10 am - 2 pm  
June 11 - October 1 Sherman Green, Post Road

### **Fairfield - Greenfield Hills**

Saturdays, 10 am - 2 pm  
May 20 - October 28  
65 Hillside Road, Greenfield Hills

### **Georgetown**

Sundays, 10 am – 2 pm  
June 18 - TBA  
4 Old Mill Road, Redding

### **Greenwich**

Saturdays, 9:30 am – 1 pm  
May 20 - December 23  
Commuter lot off I-95 exit 3  
Arch St. & Horseneck Lane  
[greenwichfarmersmarketct.com](http://greenwichfarmersmarketct.com)

### **Monroe**

Fridays, 3 pm - 6 pm  
June 23 - TBA  
Monroe Town Green  
Corner of Fan Hill Road & Rte. 111  
[monroefarmersmarket.org](http://monroefarmersmarket.org)

### **New Canaan**

Saturdays, 10 am – 2 pm  
April 22 - December 16  
Old Center School Parking lot  
South Ave & Maple Street  
[newcanaanfarmersmarket.net](http://newcanaanfarmersmarket.net)

### **New Canaan**

Saturdays, 10 am – 2 pm  
April 22 - December 16  
Old Center School Parking lot  
South Ave & Maple Street  
[newcanaanfarmersmarket.net](http://newcanaanfarmersmarket.net)

### **Newtown**

Tuesdays, 2 pm - 6 pm  
June 28 - October 3  
Primrose Dr and Trades Ln

### **Norwalk - Rainbow Plaza**

Wednesdays, 11 am - 3 pm  
May 18 - November 16  
205 Main Street

### **Old Greenwich**

Wednesdays, 2:30 pm - 6 pm through October  
2 pm- 5 pm in November  
May 31 - November  
Presbyterian Church, 38 West End Avenue  
[oldgreenwichfarmersmarket.com](http://oldgreenwichfarmersmarket.com)

### **Shelton**

Saturdays, 9 am – 1 pm  
May 6- November  
Wednesdays, 3 pm - 6:30 pm  
June - November  
Farmers Market Pavilion  
Corner of Cornell & Canal Streets

### **Stamford Downtown Market**

Saturdays, 8 am - 3 pm  
July - October  
Latham Park Bedford St /Prospect Street

### **Stamford Museum & Nature Center**

Sundays, 10 am – 2 pm  
June 12 - October 9  
39 Scofieldtown Road

### **Stratford**

Mondays, 2 pm – 6 pm  
June 26 - October 30  
Paradise Green, Main Street

### **Trumbull**

Thursdays, 3:30 pm – 6:30 pm  
May 18 - October 12  
1773 Huntington Turnpike  
[niatrumbull.org/farmers](http://niatrumbull.org/farmers)

### **Wilton**

Wednesdays, 12 pm - 5 pm  
June 7 – October 11  
224 Danbury Road Wilton Historical Society

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*For a complete listing of 2017 CT Farmers Markets, please visit:*  
[ctnofa.org/FarmersMarkets.htm](http://ctnofa.org/FarmersMarkets.htm)