



Farmers Market Season is Coming!

Farmers Markets will be opening soon across St. Lawrence County!

- Canton opens on Friday, May 12 on the Village Green and will be open every Tuesday and Friday from 9 to 2 until October.
- Potsdam opens on Saturday, May 13 at Ives Park and will be open every Saturday from 9 to 2 until October.
- Gouverneur opens June 1 in the Village Park and will be open Thursdays from 9 to 2 until October.
- Massena opens July 6 at Danforth Place and will operate Thursdays 11 to 6 and Sundays 10 to 2 until October 12.
- Hammond opens June 21 at the Hammond Museum and will be open Wednesdays, 3 to 6 until September 20.

GardenShare is expanding the opportunities for low-income and working families to purchase fresh, locally grown produce from local farmers.

We want to reach all of the families who might be struggling to put healthy food on the table, including those who are working and have incomes too high to qualify for federal assistance.



GardenShare's Bonus Bucks program now has both CSA and Farmers Market options.

CSA's - Households who would like to purchase a share in a Community Supported Agriculture (CSA) farm and are income-eligible may get half of their CSA share cost (up to a maximum of \$250) subsidized by GardenShare.

Farmers Markets (two options)-

- Households receiving SNAP benefits will be able to use those benefits at the Farmers Markets in St. Lawrence County and GardenShare will double their purchasing power.
- Households that do not receive SNAP but meet GardenShare's income eligibility may purchase \$10 worth of Farmers Market tokens for just \$5 from GardenShare.

Full details and application can be found at gardenshare.org

Generous funding from the St. Lawrence Health Initiative, Alcoa Foundation, and people like you makes this program possible and will help area families get healthy, locally grown food, while also supporting local farmers.

2017 Local Food Guide

The 2017 St. Lawrence County Local Food Guide will be out soon! Look for yours in the mail about the first week of June.

The Local Food Guide is a comprehensive resource listing farmers, farmstands, farmers markets, and other local food outlets in St. Lawrence County. If you don't get one in the mail by mid-June, give us a call at 315-261-8054.

Lend a Hand to Help at Your Farmers Market

GardenShare is looking for help to keep the important work of accepting SNAP benefits, along with credit and debit cards, available at our Farmers Markets.

Volunteers are needed to support the markets in Canton, Gouverneur, Massena, and Potsdam. Volunteers help staff the table where market patrons come to swipe their credit, debit, or SNAP-EBT cards.

GardenShare will provide the training and then the volunteer would work with the local market manager to determine a regular schedule or be on call as needed.

Please get in touch with us at GardenShare if you love your farmers market and would love to help make sure it continues in your community!



"The Canton Farmers Market is one of the best ways to support local agriculture. I love to connect with the vendors, hear their stories, and I like to see how we all fit together as a community. I started volunteering to give back in a small way, and I hope others will do the same."

- Reverend Michael Terrell

Hunger 101

Have you checked out Hunger 101 yet?

This interactive, role-playing exercise has participants play the role of a head of household trying to get enough food for the family. After figuring out the household's budget, the participant can visit a grocery store, social services office, farmers market, and food pantry.

The program takes about an hour and requires a minimum group size of fifteen, though it works better with larger groups. It is best suited to high school or college students and adults, but can be adapted slightly to work for middle school.

Hunger 101 works well for faith-based groups. It can also work in classrooms or work places.

The activity is sure to spark interesting discussions about finding solutions to the problem of hunger in our midst. More information at gardenshare.org

If your group does not have time or capacity for Hunger 101, you can still welcome a GardenShare volunteer speaker for a short presentation about our work.

"The experience was eye-opening and inspired me to be more involved."
-Student participant

Fundraising Dinner and Auction

Tuesday, June 6, 2017, 6:00 PM
Jake's on the Water
Hannawa Falls
Tickets are \$80 each or two for \$150

More information gardenshare.org

Join us for a special menu prepared with local ingredients and a silent auction of local goodies to raise money to support GardenShare's work!



Upcoming events

Join GardenShare at these events:

Saturday, May 6—Park Clean-up in Canton
Saturday, May 6—Massena Home & Garden Extravaganza
Saturday, June 3—Dairy Princess Parade
Tuesday, June 6—Fundraising Dinner
Sunday, September 17—Fight Hunger 5K
More at gardenshare.org or Facebook .