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The Health Advisor

The Power of Produce

Eating fruits and vegetables everyday can do wonders for your health. In fact, research shows that fruits and vegetables are a critical part of a healthy diet. Why? They are packed with vitamins, minerals, fiber, and natural disease-fighting substances called phytochemicals ("fight-o-chemicals"). This means that eating fruits and vegetables everyday can help reduce your risk of heart disease, stroke, high blood pressure, type II diabetes, as well as some cancers. Because they are generally low in fat and calories and high in fiber, fruits and vegetables can also help you to control your weight. If you eat more fruits and vegetables and fewer foods that are high in calories and fat, you'll find it much easier to reach a healthy weight and stay there.

Many of your favorite fruits and vegetables are at their peak during the summer months. Fresh produce needs little or no cooking so it is perfect for preparing easy, healthy meals and snacks this summer. Thanks to the 17 farmers markets and green markets that have made a home in the Bronx, locally grown just-picked fruits and vegetables can be found right around the corner! These markets offer a great variety of fresh produce at value prices – a combination that can be hard to find at neighborhood supermarkets. In addition, shopping at these markets helps support small New York State farms and can be a fun outing for the whole family. Check out one near you! See below for convenient locations. Please note days and hours of operation.

South Bronx CSA Farmers Market
494 East 141st Street between Brook & Willis Avenues
Wednesday: noon to 7pm
*Food stamps accepted

Lincoln Hospital Greenmarket
Morris Ave & 148th Street
Tuesday and Friday: 8am to 3pm
*Food stamps accepted

Boro Hall Greenmarket/ Harvest Home Farmers Market
Grand Concourse & 161st Street
Tuesday: 8am to 6pm
Sunday: 8am to 4pm
*Food stamps accepted on Tuesdays only

Taqwa Community Farmers Market
Ogden Avenue & 164th Street (in Highbridge Garden)
Saturday: 9am to 6pm
*Food stamps accepted

Montefiore School Health Program CSA
Tremont & Anthony Avenues at PS 28
Thursdays: 2pm to 6:30pm
*Food stamps accepted

MBD Community Park Farmers Market
1710 Southern Boulevard & 173rd Street
Friday: 8am to 4pm

Harvest Home Mt. Eden Farmers Market
Mt. Eden and Morris Avenues (at Claremont Park)
Thursday: 8am to 4pm

Harvest Home Alexander Ave. Farmers Market
Alexander Avenue between 142nd & 143rd Streets
Thursday: 8am to 4pm

Brooke Bennett is a nutritionist with Bronx Health REACH, a program committed to eliminating racial and ethnic disparities in health outcomes in the southwest Bronx.