

Local Produce & Seafood Calendar

I= In-season P= Peak	Months											
Produce	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes	I	I	P	P	P	I	I	I	P	P	P	I
Blackberries				I		P	P	I				
Beans	I	I				I	I	I			I	I
Boysenberries					I	P	P	P				
Brussels Sprouts	I					I	I	I	P	P	P	
Carrots	I	I	P	I	I						I	I
Chard	I	I	I	I	I						I	I
Corn					I	I	P	P	I			
Cucumbers	I					I	I	P	I	I	I	I
Endive	I	I										I
Kale	I	I	I	I	I					I	I	I
Kiwi	I											I
Leeks	I	I	I	I	I	I	P	P	P	P	P	P
Mushrooms	I	I	I	P	I	I	I	I	I	I	I	P
Olallieberries					I	I	I					
Peas			I	I	P	I						
Potatoes	I	I				I	I	I	I	I	P	I
Pumpkin									I	I	I	
Raspberries					I	I	I	I	I			
Squash						I	I	P	P	I	I	
Strawberries						I	I	I	I	I		
Tomatoes						I	I	I	P	I	I	

Seafood	J	F	M	A	M	J	J	A	S	O	N	D
Albacore				I	I	I	I	I	I	I	I	I
Black Cod (Sablefish)	I	I	I	I	I	I	I	I	I	I	I	I
Dungeness Crab	I	I	I	I	I							I
Halibut	I	I	I	I	I	I	I	I	I	I	I	I
King Salmon	Availability will be determined in mid-April											
Rock Fish	I	I	I	I	I	I	I	I	I	I	I	I
Ling Cod	I	I	I	I	I	I	I	I	I	I	I	I

Due to weather conditions, availability is subject to change.

Certified Farmers' Markets in San Mateo County

☺ = Accepts WIC & Senior Nutrition Checks
 ✓ = Accepts EBT Cards (Supplemental Nutrition Assistance Program)
 Market information current as of 9/22/10

Market Location	Days, Hours & Season in 2010
COAST	
Half Moon Bay Shoreline Station Parking Lot ☺ Hwy 1, between Hwy 92 & Kelly Ave	Saturdays 9 - 1 pm May - December
Pacifica Rockaway Beach at Hwy 1 ☺ 400 Block, Old County Road	Wed 2:30 - 6:30 pm May - December
NORTH County	
Daly City Serramonte Shopping Center (near Target) ☺ Cow Palace, Lower Parking Lot ☺ ✓ 2600 Geneva Ave	Thurs & Sat, 9-1 pm All year round Sat, 9-1 pm July - October
South San Francisco Kaiser Permanente ☺ ✓ 1200 El Camino Real Orange Memorial Park ☺ ✓ Tennis Dr between Orange & N. Canal	Tues, 10-2 May - September Saturdays 9 - 1 pm May - October
San Bruno San Mateo Ave at Jenevein ☺ ✓	Sundays 9 - 1 pm May - October
Mid County	
Burlingame Burlingame Ave. and Park Rd.	Sun 9 - 1 pm April - December
Millbrae 200 Block of Broaway	Saturdays 8 - 1 pm All year round
San Mateo College of San Mateo Prking Lot ☺ ✓ 1700 W. Hillsdale Blvd @ Campus Dr. First Presbyterian Church Parking ☺ ✓ Lot: 194 W. 25 th Ave. at Hacienda Wells Fargo Parking Lot 100 E. 4 th Ave	Wed & Sat. 9 - 1 pm All year round Tuesdays 4 - 8 pm May - October Sundays 10 - 2 pm May - October
SOUTH County	
Belmont Belmont Caltrain Station ☺ ✓ El Camino and O'Neill	Sundays 9 - 1 pm All year round
East Palo Alto YMCA Parking Lot, 550 Bell St ☺ ✓	Saturdays 2 - 5 pm All year round
Menlo Park Corner of Crane and Chestnut	Sundays 9 - 1 pm All year round
Redwood City Kiwanis Farmers Market ☺ Middlefield Rd. and Winslow St. Kaiser Permanente Parking Lot ☺ ✓ 1150 Veteran's Blvd. at Marshall	Saturdays 8 - 12 pm April - November Wed 10 - 2 pm April - September
San Carlos Laurel Ave., (btwn Cherry & Olive) ☺ ✓	Thursdays 4 - 8 pm May - September

For current information on markets, visit www.co.sanmateo.ca.us/agwm

HEALTH BENEFITS OF FARM-FRESH PRODUCE AND OCEAN-FRESH SEAFOOD

grow, pick, catch, choose,



cook, eat, thrive, nourish

SAN MATEO COUNTY
 AGRICULTURAL COMMISSIONER
 CONVENTION AND VISITORS BUREAU
 FARM BUREAU
 HARBOR DISTRICT
 HEALTH SYSTEM
 UC COOPERATIVE EXTENSION

WHY EAT FARM-FRESH FRUITS AND VEGETABLES?

Locally grown produce bursts with nutrients, flavor, and freshness!

Fresh fruits and vegetables are the ultimate whole foods! They are delicious, rich sources of vitamins, minerals, fiber and antioxidant substances. Eat several servings every day to help reduce your risk of cancer, obesity, stroke and other serious diseases.

Compared to farm-fresh, typical supermarket produce may be picked before ripened, shipped long distances, and then stored. These factors can change the flavor and texture, and reduce several important nutrients.

San Mateo County farmers grow a great variety of produce such as Brussels sprouts, artichokes, beans, leafy greens, berries and more. Many growers use sustainable farming practices. Our climate is ideal for farms, as well as community or home gardens.



San Mateo County Agricultural Commissioner



Half Moon Bay Chamber

WHY EAT LOCAL SEAFOOD?

Fresh seafood is delicious and nutritious. Seafood is high in protein, vitamin D, and essential minerals such as iron, zinc and selenium. Most seafood is low in saturated fat, yet high in omega-3 fatty acids. Eating a variety of seafood may prevent heart disease and other health problems.

Seafood is highly perishable - freshly caught fish and crabs may have better flavor, texture, appearance and nutritional quality. You can buy fresh seafood directly from local fish markets or from the fishing boats at Pillar Point Harbor in Half Moon Bay. For information on daily catch, call:

Fishfone: (650) 726-8724

Information on health benefits:

www.fruitsandveggiesmatter.gov

Restaurants featuring local produce:

www.freshasitgets.com

Information on farm guides

and farm stands:

sanmateo.cfbf.com

Master Gardeners

<http://groups.ucanr.org/sanmateo>

Get Healthy San Mateo County Task Force

www.gethealthysmc.org

HOW DO LOCAL FARMS AND FISHING BENEFIT THE ENVIRONMENT AND COMMUNITY?

- Sustainable agriculture preserves open space, air quality and habitat for wildlife.
- Plants reduce carbon dioxide and ozone concentrations.
- Locally produced food can reduce the amount of fuel required to transport food and thus the carbon emitted into the environment.
- Strengthens our local economy and provides job opportunities.
- Gardening, fishing and growing food outdoors promotes exercise, mental health and well-being.
- Helps residents understand and care about their land, streams, bay and ocean.



Farmer John

San Mateo County Farm Bureau