

Local Produce & Seafood Calendar

Produce	Months												
	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	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	I	
Kiwi	I											I	I
Leeks	I	I	I	I	I	I	P	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	I
Cod			I	I	I	I	I	I	I	I	I	I
Dungeness Crab	I	I	I	I	I	I					I	I
Halibut			I	I	I	I	I					
King Salmon					I	I	I	I	I			
Rock Crab			I	I	I	I	I	I	I	I	I	I
Rock Fish			I	I	I	I	I	I	I	I	I	I
Squid	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

Market Location	Days, Hours & Season in 2009
COAST	
Half Moon Bay Shoreline Station Parking Lot ☺ Hwy 1, btwn Hwy 92 & Kelly Ave	Saturdays 9 - 1 pm May 2 - December 19 (except during Pumpkin Fest)
Pacifica Rockaway Beach at Hwy 1 ☺ 400 Block, Old County Road	Wed 2:30 - 6:30 pm May 6 - December 23
NORTH County	
Daly City Serramonte Shopping Center (near Target)	Thurs & Sat, 9 - 1 pm All year round
South San Francisco Kaiser Permanente ☺ 1200 El Camino Real	Tues, 10 - 2 May - September
CENTRAL County	
Burlingame Burlingame Ave. and Park Rd.	Sundays 9 - 1 pm May - November
Millbrae 200 Block of Broadway	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	Wed & Sat. 9 - 1 pm All year round Tuesdays 4 - 8 pm May 12 - October 20
SOUTH County	
Belmont Belmont Caltrain Station ☺ El Camino and O'Neill	Sundays 9 - 1 pm All year round
East Palo Alto Location to be determined www.epafarmersmarket.org	To be determined
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 - November
SanCarlos ☺ Laurel Ave., (btwn Cherry & Olive)	Thursdays 4 - 8 pm May 7 - September 10

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

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

grow, pick, choose, cook



eat, thrive, nourish

SAN MATEO COUNTY
CONVENTION AND VISITORS BUREAU
FARM BUREAU
AGRICULTURAL COMMISSIONER
HEALTH SYSTEM

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:**
www.sanmateo.cfbf.com

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.

Master Gardeners Volunteer Help Line:

mgvhelpline@ucdavis.edu
650-726-9059 ext. 107



Farmer John

San Mateo County Farm Bureau