



When you eat fruits and vegetables that are in season, the quality of taste, and freshness is better and the fruit is perfectly ripe. Since produce has had the chance to fully develop, the nutritional benefits are greater. Seasonal October fruits and vegetables include apples, broccoli, brussel sprouts, cabbage, cauliflower, cranberries, leeks, parsnips, pears, peppers, pumpkins, shallots, sweet potato, turnips, watercress, and winter squash to name a few. At the Salem NH Farmers Market you can get your seasonal vegetables AND engage with those who may partake in the growing of said vegetables.

Through October 30th we will remain at Salem Market Place, 224 North Broadway in Salem. Starting November 6th, we will be at the Mark Fisk School near exit 2. Visit our website, SalemNHFarmersMarket.org, where you can sign up for weekly e-newsletters letting you know what vendors will be at the market. You can also find us on Facebook and Instagram for weekly updates, more vendor info and beautiful pictures @salemnhfarmersmarket. We accept credit, debit and EBT (food stamps). Please contact info@SalemNHFarmersMarket.org with any questions.

SALEM NH FARMERS MARKET VENDOR OF THE MONTH

Wally's Vegetables



You may have driven by Wally's Vegetables before if you are ever in the Haverhill area. Located at 799 Amesbury Road Haverhill, MA 01830, this quaint farm stand offers fruits, breads, kielbasa, sausages, Christmas trees, and as the name implies...vegetables! At the Salem NH Farmers Market you can find their selection of fresh fruits and vegetables right in front of their iconic Wally's Vegetable truck. They are known for specializing in Polish foods such as pierogi, stuffed cabbage, rye bread, and kielbasa. As far as purchases made in Salem at the Market, the corn is delicious, flavorful and crispy. Tomatoes and bell peppers are also worth a reasonable mention in the summer. For October, be sure to look for squash and other seasonal veggies. When you buy from Wally's Vegetables at the Salem NH Farmers Market you can talk to the farmers and owner about the farm and how they grow their vegetables as well as take part in the community. Pictured is a shot of Wally's carrots and radishes from 9/25/16.