Heights Community Farmers’ Market Will Remain Open Through Mid-November

The BronxWorks Heights Community Farmers’ Market will remain open each Thursday until November 15th, announced Kimberley Wong, the organization’s nutrition program specialist. The market, located across the street from Bronx Community College and the Francis Martin branch library of the New York Public library, is on University Avenue and West 181st Street. Fresh fruits and vegetables will be available for sale from 9:00 a.m. until 3:00 p.m. on those Thursdays.

The market, which is run by seniors and other community volunteers, is part of a BronxWorks initiative to
promote healthy eating and support local agriculture.

The autumn harvest will feature produce that is grown in Goshen, New York, a community in nearby Orange County. In addition, vegetables and herbs grown a few blocks from the market by the Leave it Better Kids’ Garden, which is run by area children, will be available for sale.

Bowen Farmers and Fresh Radish Farm from Goshen, like BronxWorks’ children’s garden, grow their crops without chemical fertilizers or pesticides. Another New York State-based company, Tierra Farm, provides certified organic dried fruits, nuts, and granola.

“Efforts like the Heights Farmers’ Market promise to have a major impact on health indicators in the years ahead,” explained Bronxworks’ Nutrition Program Specialist Kimberley Wong.

In the weeks ahead, the market will feature a variety of fall crops, including apples, winter squash, corn, hardy greens, and root vegetables. In conjunction with BronxWorks, the organization Community Chefs will host cooking demonstrations at the market every Thursday through October for those who are interesting in learning how to prepare meals based on their purchases.

“BronxWorks is very pleased to continue the operations of the Heights Community Farmers’ Market through mid-November,” said Interim Executive Director Eileen Torres. “Our effort has engaged community youth and elders while providing the surrounding area with access to fresh, healthy food.”

Data from the New York City Department of Health and Mental Hygiene reveals that the Morris Heights and University Heights neighborhoods are characterized by high rates of obesity, high blood pressure, heart disease, and diabetes, all of which are highly correlated with the lack of access to fresh, healthy food.

“What we’ve learned from the Heights Farmers’ Market is that healthy, affordable food is critical to improving health outcomes. Our efforts will continue to grow in the years ahead,” said Torres.

For more information, please visit http://www.bronxworks.org or call 718.731.3114.