



NEW YORK STATE SENATOR

Patty Ritchie

# **Eating Fresh From The Farm This Summer**

[Patty Ritchie](#)

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As Chair of the Senate Agriculture Committee, I am always working to find new ways to support our state's—and especially our region's—hardworking farmers. One of the easiest ways you can join me in the effort to boost our local agriculture industry is by visiting the many farmers markets across Jefferson, St. Lawrence and Oswego Counties.

Not only do farmers markets give us an opportunity to support the work of our region's farm families, they also are the perfect way to find healthy fruits,

vegetables and other foods to eat—and that’s something that is especially important for seniors. As such, I am pleased to report that included in the new state budget was \$500,000 I secured to continue the Senior Farmers Market Nutrition Program.” Through this initiative, seniors across the state, including more than 2,000 right here in our region, can receive a \$20 coupon book that can be redeemed for fresh food at local farmers markets.

I’m encouraging seniors who are 60 years or older and meet income guidelines, to contact their county Office for the Aging for complete details on how you can get one a free coupon book:

*Jefferson County Office for the Aging: (315) 785-3191*

*Oswego County Office for the Aging: (315) 349-3484*

*St. Lawrence County Office for the Aging: (315) 386-4730*

In addition to this program, I am also encouraging residents to pick up a copy of my free 2017 Farmers Market Guide. This annual publication highlights the more than 20 farmers markets in our region. To request a copy and learn more about the markets in our area, visit my website—[www.ritchie.nysenate.gov](http://www.ritchie.nysenate.gov)—or call (315) 782-3418.

When you visit a farmers market, you’re not only able to purchase nutritious, great tasting food, you’re also helping to boost our state’s leading industry and the hardworking people who work hard each and every day to support it. This summer, I hope to see you at one of the many farmers markets right here in our backyard.