
DORCHESTER

Farmers markets across Dorchester open for the season

Posted by Patrick Rosso

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By Patrick D. Rosso, Town Correspondent

The Codman Square Farmers' Market is officially open for the season.

Founded in 2009 and located in Codman Square Park, the market provides all the essentials to a healthy meal including fresh vegetables, homemade breads, locally caught fish, and a truck offering fresh juices.

The market also has a wide selection of homemade crafts and plants, and resource booths with health information for residents.

Organizers will tell you that Codman Square's market is the best in the neighborhood, but it isn't the only market around. Dorchester is home to five farmers markets that are already open or about to open for the season.

"It's more than just a farmers market; we're building community here," Cynthia Loesch, the market manager, said at the Thursday opening.

Within a close proximity to a number of fast-food restaurants that populate the neighborhood, Loesch said, it's about providing an alternative and educating residents about how to manage their health.

"In our community we have a lot of health issues like diabetes and obesity, so we want to get people eating healthy and thinking about where their food comes from," Loesch said. "Everybody wants access to fresh and local food and people deserve it."

The market, which is coordinated by the area's youth coalition the BOLD Teens, provides all the usual offerings but also aims to be a place where shoppers can feel empowered about their health. It partners with Mass General, which provides blood pressure and other health screenings free of charge.

"The market is an opportunity for us to come together as a community and improve the health of our community together," added Loesch.

To aid in the community aspect of the market picnic areas are set up in the park for customers and politicians and mayoral candidates have been scheduled to speak with residents and take questions.

Although some products like the free-range eggs can be a bit pricey, the market accepts WIC, EBT, Bounty Bucks, and senior coupons.

Dorchester Farmers' Markets:

Bowdoin Geneva Farmers' Market located at 230 Bowdoin St. open Thursdays from 3 p.m. to 6:30 p.m.

Codman Square Farmers' Market located at the Codman Commons open Thursdays from 1 p.m. to 6 p.m.

Fields Corner Farmers' Market located at the corner of Dorchester Ave. and Park St. open Saturdays from 9 a.m. to 12 p.m.

Ashmont/Peabody Square Farmers' Market located at the Ashmont MBTA Station open Fridays from 3 p.m. to 7 p.m.

Dorchester House Farmers' Market located at 1353 Dorchester Ave. open Tuesdays from 11:30 a.m. to 1:30 p.m.

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