

FOOD POLICY COUNCIL
of Buffalo & Erie County

SUMMER NEWSLETTER 2024

SUMMER DIGEST

Welcome!

We are excited to share a recipe, highlight various sources to buy fresh produce, and promote two awesome upcoming events!

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About the Food Policy Council of Buffalo and Erie County (FPC)

The FPC envisions a healthy local food system that works for all people. To get here, we advocate for an equitable and sustainable food system for the people of Buffalo and Erie County. The FPC meets monthly, in-person. Reach out to learn more about joining the FPC as a member or finding us at outreach events!



A RECIPE TO SHARE



Farmers Market Salsa

This edition we are sharing a [Farmers Market Salsa recipe](#) from [USDA's MyPlate](#). This salsa is chock full of summer ready vegetables that can be found at your local market. To find the vegetables included in this recipe locally, visit the [Erie Grown Produce Finder](#). View the full recipe on page 2.



Connect with us!



BEAT THE HEAT WITH HYDRATING FOODS!

This summer, make hydrating more interesting with these fresh foods that are rich in water and nutrients!



Cucumbers



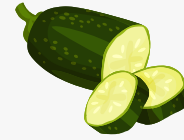
Strawberries



Bell Peppers



Tomatoes



Zucchinis



Watermelons

FARMERS MARKET SALSA RECIPE

INGREDIENTS

click each item to find them on Erie Grown!



- 1/2 cup corn (fresh cooked or frozen)
- 1 can black beans, low-sodium (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- 1/2 cup onion (yellow or red) (diced)
- 1/2 cup green pepper (diced)
- 2 tablespoons lime juice
- 2 garlic clove (finely chopped)
- 1/2 cup picante sauce

DIRECTIONS

- Wash hands with soap and water.
- Combine all ingredients in a large bowl. Chill until serving time.
- Drain before serving.
- Serve with low-fat baked tortilla chips or fresh vegetables.



If you try this recipe - snap a picture and send it to fpc@erie.gov!

GARDEN TIPS FROM CORNELL COOPERATIVE EXTENSION ERIE

SUMMER ECOLOGICAL GARDENING



Companion Planting

ATTRACT BENEFICIAL INSECTS + REPEL PESTS WITH ANNUAL AND PERENNIAL FLOWERS AND HERBS

- **Good companion flowers:** cosmos, zinnias, marigolds, calendula, sweet alyssum, borage, and asters
- **Pest repelling herbs:** cilantro, parsley, dill, oregano, mint, thyme, chives, sage, and tarragon

Maximize Diversity

HAPPY BENEFICIAL INSECTS + BIRDS KEEP GARDENS HEALTHY!

- Offer a diverse palette of native plants to provide the best habitat for invertebrates and birds.
- These garden helpers work to keep pests out!

Integrated Pest Management

MINIMIZE INSECT PESTS BY USING THESE TECHNIQUES:

- **Row covers** are a barrier to keep pests out.
- **Trap crops** draw pests away from desirable crops.
- **Insect traps** lure pests away from your plants using pheromones.
- **Handpicking** targets tricky-to-lure pests.

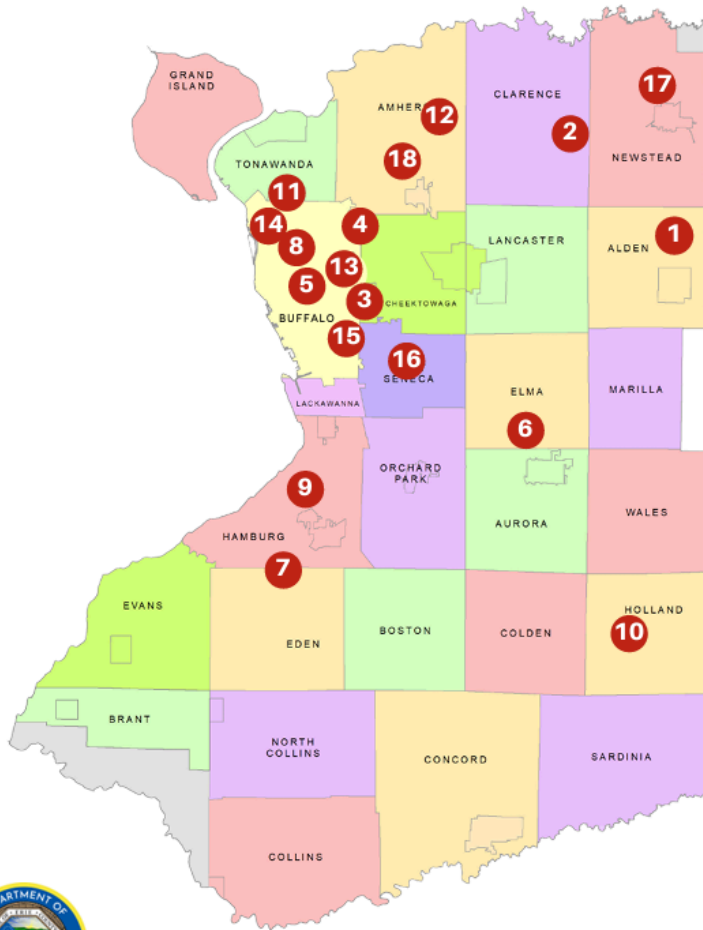
ARTICLES FROM CCE'S MASTER GARDENERS

- [Beginning Vegetable Gardening Articles from Steve Reiners](#)
- [Summer Tomato Diseases](#)
- [Hot Weather Gardening Tips](#)
- [Climate Change Strategies from Cornell Botanic Gardens](#)

OTHER HELPFUL RESOURCES

- [Cornell Cooperative Extension Erie County](#)
- [Greater Buffalo Urban Growers](#)
- [Grassroots Gardens WNY](#)
- [Massachusetts Avenue Project](#)
- [Urban Roots Cooperative Garden Market](#)

2024 ERIE COUNTY FARMERS MARKETS



Please confirm locations are opening before visiting.
Email agriculture@erie.gov with updates to this map. Updated Apr. 19, 2024.

- 1 Alden Farmers Market**
June 3 - Sept. 30 | Mon. 4:30-7pm
Alden Town Park, Alden
Facebook
- 2 Clarence Hollow Farmers Market**
June 1 - Oct. 12 | Sat. 8am-1pm
10717 Main St, Clarence
clarencfarmersmarket.com
- 3 Clinton Bailey Farmers Market**
Year Round | Hours Vary
1443-1517 Clinton St, Buffalo
clintonbaileymarket.com
- 4 Delavan-Grider Farmers Market**
Every other Thursday 4-7pm
877 E. Delavan Avenue, Buffalo
- 5 Downtown Buffalo Country Market**
June 6 - Oct. 24 | Thurs. 10-2:00pm
Fountain Plaza, Main St, Buffalo
www.buffaloplac.com
- 6 East Aurora Farmers Market**
May 4 - Nov. 27 | Wed. and Sat. 7-1pm
123 Grey Street, East Aurora
eastaurorafarmersmarket.com
- 7 Eden Farmers Market**
June 11 - Aug. 27 | Tues. 3:30-7:30pm
2912 Legion Drive
edennyfarmersmarket.com
- 8 Elmwood Village Farmers Market**
May 11 - Nov. 23 | Sat. 8-1pm
Bidwell Park at Elmwood Ave, Buffalo
elmwoodmarket.org
- 9 Hamburg Farmers Market**
May 4 - Oct. 13 | Sat. 7:30-1pm
45 Church St, Hamburg
southtownsregionalchamber.org
- 10 Holland Farmers Market**
May 5 - Oct. 13 | Sun. 8:30-1pm
Route 16 (next to fire hall)
- 11 Kenmore Farmers Market**
June 16 - Oct. 27 | Sun. 9-1pm
2919 Delaware Ave, Kenmore
villageofkenmore.org
- 12 Market at Bassett Park**
June 9, July 14, Aug. 11, Sept. 8
10-2pm | Bassett Park, Amherst
Facebook
- 13 Mrs. Nash's Garden Basket**
May 28 - Oct. 8 | Tue. 4:30-6:30pm
136 Broadway Ave, Buffalo
michiganstreetbuffalo.org
- 14 Providence Farm Collective**
June 15 - Oct. 12 | Sat. 10-2pm
130 Grant Street, Buffalo
providencefarmcollective.org
- 15 South Buffalo Farmers Market**
June 2 - Sept. 29 | Sun. 9-2pm
Cazenovia Park, Buffalo
southbuffalofarmersmarket.com
- 16 West Seneca Farmers Market**
May 18 - Sept. 12 | Thurs. 4-7pm
1250 Union Road, West Seneca
westseneca.org
- 17 West Shore Farmers Market**
June 6 - Sept. 26 | Thurs. 5-8:30pm
Russell Park, Akron
Facebook
- 18 Williamsville Farmers Market**
May 18 - Oct. 26 | Sat. 8-1pm
5583 Main St, Williamsville
williamsvillefarmersmarket.com

Find more Erie County farms at: erie.gov/eriegrown.

Track your farm visits for a chance to win prizes with the Erie Grown Passport: at erie.gov/eriegrownpassport.

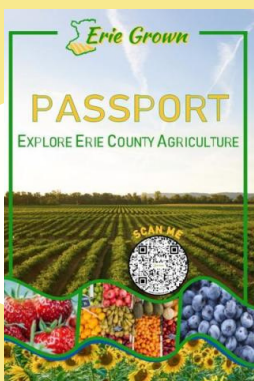
Erie Grown

Erie Grown is a fun way to explore Erie County agriculture and find the freshest farm goods!
It is high summer and our farmers are working hard. Visit a farmer this week for in-season fruits and vegetables.
Learn more at erie.gov/eriegrown.

Interested in finding locally grown produce?



Use the Erie Grown [Local Food Finder](#)
or search the list of [local producers](#)



Erie Grown also runs a program called **“Erie Grown Passport.”**
With your online passport or printed passport, each time that you visit a farm, farm-related business, or agricultural festival listed on Erie Grown, simply write the date you visited.
In December 2024, three participants who submit their passports will win prizes!

MOBILE MARKETS

 A Mobile Market is a traveling grocery provider that can travel to various communities, increasing fresh food access.



Use the **Mobile Market Coalition's Map** to locate mobile markets in your community and throughout the Country!

MOBILE MARKET



Fresh Fruits & Veggies Boxes | Full produce market at Northwest



Every Wednesday through Oct.
11:00-12:30

Neighborhood Health Center
Mattina
300 Niagara St

Neighborhood Health Center
Northwest
155 Lawn Ave

June 12, July 24, Aug.
21, Sep. 18, Oct. 23
1:00 - 2:30

Neighborhood Health Center
Blasdell
4233 Lake Ave

Last Wednesday of the
month through October
1:00 - 2:30

Neighborhood Health Center
Riverway
1569 Niagara St



BuffaloGoGreen MOBILE MARKET SCHEDULE 2024

SUMMER/
FALL

2024

SUN
9-1

**KENMORE
FARMERS MARKET**
2919 Delaware Avenue, Kenmore, NY 14217

**MRS. NASH'S
MARKET**

511 Michigan Avenue, Buffalo, NY 14203

TUES
4:30-
6:30

WED
10-12

**COMMUNITY HEALTH
CENTER OF BUFFALO**
34 Benwood Avenue, Buffalo, NY 14214

**DELAVAN-GRIDER
COMMUNITY CENTER**

877 E Delavan Avenue, Buffalo, NY 14215

THUR
4-6:30

FRI
10-1

**NIAGARA STREET
PEDIATRICS**

1050 Niagara Street, Buffalo, NY 14213



@BUFFALOGREEN







BUFFALOGREEN.ORG

MAP MOBILE MARKET

WEEKLY SCHEDULE



Our traveling farm stand offers seasonal, local produce at a low cost and runs from June through October.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30AM - 1PM Jericho Road Community Health Center 184 Barton St.	11AM - 12:30PM Neighborhood Health Center, Northwest 155 Lawn Ave.	10AM - 12PM Buffalo Adult Education 160 Edward St.	10AM - 12PM Broadway Pediatrics 1021 Broadway	10:30AM - 12PM Johnnie B. Wiley 1100 Jefferson Ave.
4:30PM - 6:30PM Mrs. Frances Nash's Garden Basket 136 Broadway Ave.	4:30PM - 6PM Elim Christian Fellowship 70 Chalmers Ave.	12PM - 1:30PM Parkside 2188 Fillmore Ave.	1:30PM - 3PM Jami Masjid Muslim Society 1955 Genesee St.	1PM - 2:30PM Undergrounds Coffee House 580 South Park Ave.
*We are CLOSED for the following holidays: • Wednesday, June 19th • Week of July 1st-5th • Week of Sept. 2nd-6th		3PM - 6PM MAP Farmhouse 387 Massachusetts Ave.	WE ACCEPT  CASH  CARD  SNAP  FMNP  FRESH CONNECT  DOUBLE UP FOOD BUCKS NEW YORK	

 @MASSAVEPROJECT




MAP EXPRESS MARKET

WEEKLY SCHEDULE



ORDER NOW

Pre-order an Express Market produce box filled with a weekly rotation of seasonal, local produce offered in partnership with FreshFix. Markets run June through October. TO ORDER: VISIT WWW.MASS-AVE.ORG/EXPRESS

WEDNESDAY	THURSDAY	POP-UP LOCATIONS:	
11AM - 12:30PM Neighborhood Health Center, Mattina 300 Niagara St.	10AM - 12PM Buffalo Adult Education 160 Edward St.	1PM - 2:30PM Neighborhood Health Center, Blasdell 4233 Lake Ave. Dates: 6/12, 7/24, 8/21, 9/18, 10/23	1PM - 2:30PM Neighborhood Health Center, Riverway 1569 Niagara St. Dates: 6/26, 7/31, 8/28, 9/25, 10/30
11AM - 12:30PM Neighborhood Health Center, Northwest 155 Lawn Ave.	3PM - 6PM MAP Farmhouse 387 Massachusetts Ave.	WE ACCEPT  CASH  CARD  SNAP  FMNP  FRESH CONNECT  DOUBLE UP FOOD BUCKS NEW YORK	

*Markets will be CLOSED:

- Wednesday, June 19th
- Weeks: July 1st-5th & Sept. 2nd-6th

 @MASSAVEPROJECT

Our Partner:
 FreshFix
Buffalo, NY



Find the **FeedMore Farm Market!**



Urban Farm Day!

Saturday, August 17, 2024

10 AM - 3 PM

FREE | SELF-GUIDED | NO TICKETS REQUIRED

The fourth annual Urban Farm Day returns this August, highlighting local growers in a variety of spaces and inspirations.

Join for talks, tours, markets, and activities throughout the day. Interact with the growers and groups that strengthen and support our food community!

- Reserve your free spot touring an indoor mushroom farm
- Learn about Farmer Pirates compost operation – and why they’re called Farmer Pirate.
- Shop produce grown by farmers from seven African countries and the U.S.
- There’s something for everyone!

SCHEDULED TALKS & TOURS

10:00 AM

TOURS

BREWSTER ST. FARM
BFLO WORM WORKS

RSVP TOUR

FLAT 12 MUSHROOMS
Meet Indoor
Mushroom
Farming

For reservations, visit
UrbanFarmDay.com.

TALK

BIG BIG TABLE
Abundance
and Creativity:
Challenging the
Paradigms of
Food Security

TALK

BOLYARD GARDEN
Food Forest
Gardening

10:45 AM

TOUR

BFLO WORM WORKS

11:00 AM

TOURS

MASSACHUSETTS
AVENUE PROJECT

WORKSHOP

BOLYARD GARDEN
Get Started—
Design Your
First Guild

TALK

GRASSROOTS
GARDENS OF WNY
Learning How
Therapeutic
Gardening
Can Heal
Communities

COMMUNITY BAKE

GROUNDWORK
MARKET GARDEN

11:30 AM

TOUR

BFLO WORM WORKS

12:00 NOON

TALK

DEEPLYROOTED
COMMUNITY
GARDEN
Bountiful Beds

12:30 AM

TOUR

BFLO WORM WORKS

1:00 PM

TOUR

BREWSTER ST. FARM

WORKSHOP

URBAN FRUITS
& VEGGIES
The (In)visible
Social
Infrastructure of
Urban Agriculture

TALK

BREWSTER ST. FARM
Meet and talk
with Bir Rai

1:30 PM

PELION OUTDOOR
CLASSROOM
Fairy Ice Cream
Making

2:00 PM

TOUR

BFLO WORM WORKS

3:00 PM

TALK

5 LOAVES FARM
The Real Cost
of Food

Upcoming Events

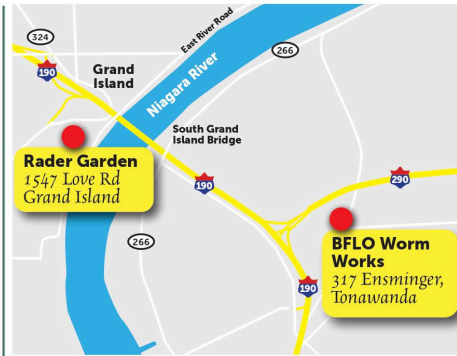
Urban Farm Day Map



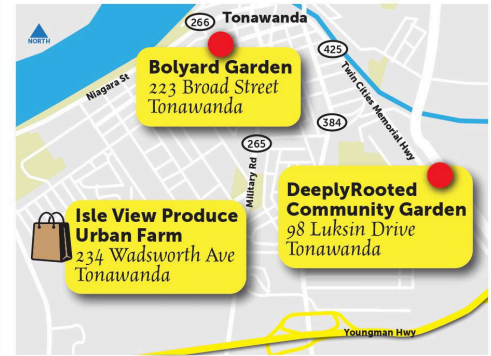
Saturday, August 17, 2024
10am-3pm
FREE, self-guided
18 WNY Farms



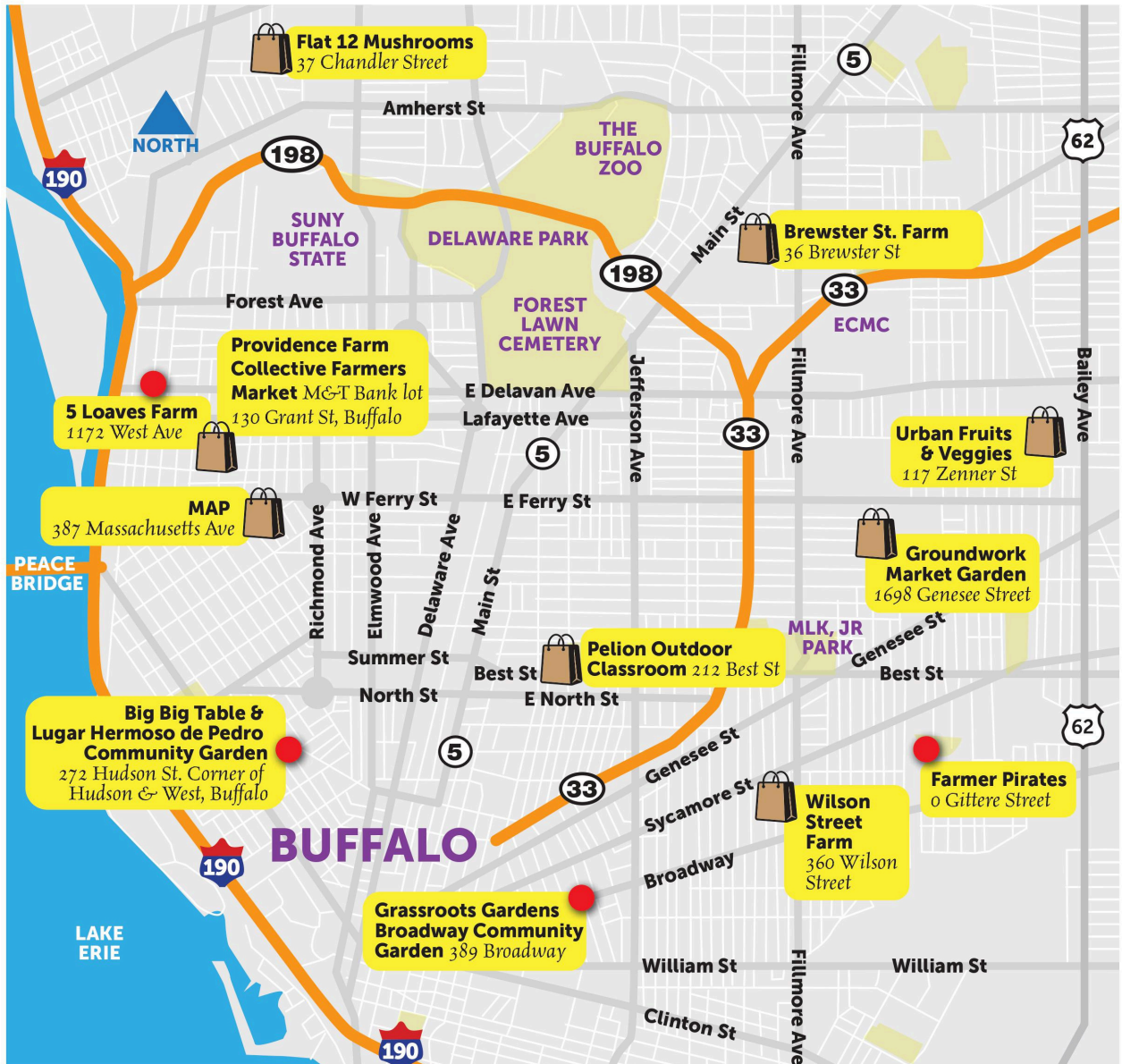
SITES
SELLING
PRODUCE



Tonawanda

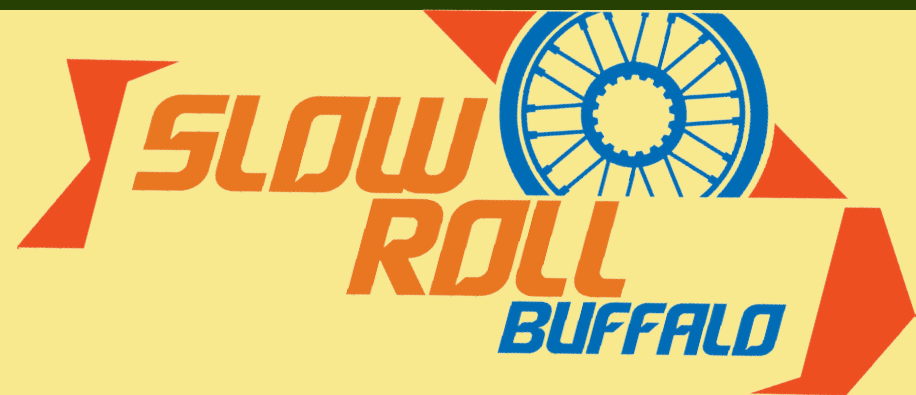


City of Tonawanda



Learn more at UrbanFarmDay.com

Upcoming Events



FOOD POLICY
COUNCIL
of Buffalo & Erie County

HARVEST ROLL 2024

SEPTEMBER 21, 2024
1PM @ THE NICKEL PLATE

JOIN SLOW ROLL BUFFALO'S ANNUAL CURATED RIDE-EXPERIENCE AND FUNDRAISER, EXPLORING URBAN FARMS AND FOOD SYSTEMS.

SPONSORED BY THE FOOD POLICY COUNCIL, THIS RIDE WILL HIGHLIGHT URBAN FARMS THROUGHOUT BUFFALO AND VISIT 5 LOAVES FARM & BUFFALO GO GREEN ALONG THE ROUTE!

THIS IS A TICKETED EVENT - [REGISTER TODAY!](#)



In Memoriam



Photo courtesy of Grassroots Gardens WNY

The Buffalo and Erie County Food Policy Council honors the memory and service of Gail V. Wells.

Ms. Wells was a pillar of the Buffalo Community and a steadfast advocate for our local food system.

Her unwavering commitment to food equity and community nourishment leaves a lasting legacy, inspiring us all to continue her mission of fostering food security and social advocacy.

Buffalo Freedom Gardens

is hosting two volunteer events to honor Ms. Wells's memory on

Saturday, July 20th from 10AM-4PM

Sunday, July 21st from 10AM-4PM

at the Gail V. Wells Freedom Forest

(Corner of Pine and Clinton Street)

Interested volunteers please email BuffaloFreedomGardens@gmail.com