

FARMERS' MARKETS

<u>Name</u>	<u>Location</u>	<u>Day of Week</u>	<u>Hours</u>
<u>VENTURA</u>			
East Ventura	Ventura Community Park at corner of Telephone Rd & Kimball Rd	Thursday	3pm - 7pm
Midtown Ventura	Pacific View Mall, West Parking Lot (Next to fountains), 3301 N. Main St	Wednesday	9am - 1pm
Downtown Ventura	City Parking Lot at corner of Santa Clara St & Palm St	Saturday	8:30am - 12pm
<u>OXNARD</u>			
Downtown Oxnard	Plaza Park, "C" St and Fifth St	Thursday	9am - 1:30pm
Channel Islands Harbor	3350 S. Harbor Blvd - adjacent to Marine Emporium Landing Shopping Center	Sunday	10am - 2pm
<u>CAMARILLO</u>			
	County of Ventura Senior Nutrition Center parking lot on south side of Old Town Camarillo - Ventura Blvd between Elm Dr & Fir St	Saturday	8am - 12pm
<u>OJAI</u>			
	Behind the Arcade, 300 E. Matilija St	Sunday	9am - 1pm
<u>THOUSAND OAKS</u>			
	The Oaks Shopping Center, East End Parking Lot Wilbur Rd & Thousand Oaks Blvd	Thursday	1:30pm - 6pm

All of these markets operate year-round.

Tips

- BYOB - bring your own bags! Conserve natural resources by carrying along your own reusable bags (including produce bags) each week.
- No pets are allowed in the markets.
- Bring cash; only select vendors have credit card machines or accept checks.
- Be brave and practice your Spanish 😊 Spanish-speaking vendors are common, patient, and appreciative of your effort...and yes, they speak English, too.
- Don't get there at the last minute because vendors often start packing up early.
- Shop around among different vendors & different markets to find your favorite foods & the best prices - most of all, be proud to support small/family farms!

MARKETS SPECIALIZING IN LOCAL HEALTHY & SUSTAINABLE FOODS

<u>Name</u>	<u>Location</u>	<u>Hours</u>	<u>Phone #</u>
A & F Country Market	4550 Olivas Park Drive, Ventura	9:30am - 7pm (6pm PST)	805.644.5470
Farmer and the Cook	339 W. El Roblar, Ojai	8am - 9pm	805.640.9608
McGrath Family Farm	1012 W. Ventura Boulevard, Camarillo	9am - 6pm	805.983.0333
Rainbow Bridge Natural Food	211 E. Matilija Street, Ojai	8am - 9pm	805.646.4017
Trader Joe's - Ventura	1795 S. Victoria Avenue, Ventura	8am - 9pm	805.650.9977
Trader Joe's - Ventura Mid-town	103 S Mills Road, Ventura	8am - 9pm	805.658.2664
Trader Joe's - Camarillo	363 Carmen Drive, Camarillo	8am - 9pm	805.388.1925
Whole Foods	650 Town Center Drive, Oxnard	8am - 10pm	805.751.4300
Underwood Family Farms Market - Somis	5696 E. Los Angeles Avenue	9am - 6pm (5pm PST)	805.386.4660
Underwood Family Farms Market - Moorpark*	3370 Sunset Valley Road	9am - 6pm (5pm PST)	805.529.3690

*open Mar - Nov & weekends in Dec

Tips

- BYOB - bring your own bags! Conserve natural resources by carrying along your own reusable bags (including produce bags) to the store.
- Although these stores tend to practice greater environmental and social responsibility than conventional supermarkets, not *everything* inside is angelic – you still need to read labels and ask many questions of the clerks!
- Buy in bulk to save money and packaging; and look for products that are minimally-packaged & composed of recycled/recyclable materials.
- Consult your doctor...however, most would say that a healthy diet consists of minimally-processed, low-sugar, and low-sodium whole grains, colorful vegetables (esp. leafy greens) and fruits, beans and other legumes, and nuts. Add daily exercise and you're off to the races!
- Reducing your consumption of conventionally-produced animal products (meat, poultry, dairy, eggs, etc.) is an immediate & powerful way to decrease both your carbon footprint & reliance on factory farms, while showing compassion for sentient animals that can't choose their fate.
- Favoring organic & in-season foods limits harmful chemicals & unsustainable production practices. Pesticide residues are particularly concerning in the *Dirty Dozen* – celery, peaches, strawberries, apples, domestic blueberries, nectarines, sweet bell peppers, spinach, kale and collard greens, cherries, potatoes, imported grapes, and lettuce. On the flip side, Google the 'Clean 15'.
- Try out several of the above stores to find a balance between your favorite foods – hopefully not only tasty, but healthy, and locally and sustainably produced – and the best prices. Most of all, feel good knowing that you're putting your health and the environment first!