

Where to Find CT Greens?



There are two ways to get seasonal fresh kale and spinach in June:

1. Farmers markets & On-farm farm stands and online ordering
 - Check out the resources below to find farms near you...**Markets and farm stands currently open can be [found on this map here!](#)**
2. Check your **grocery store** for seasonal greens. Read the label to see if they are coming from New Jersey, Pennsylvania and maybe even Connecticut!
 - Ask the folks working in the produce section if there are any Connecticut Grown greens!

* Look for dark greens and wash thoroughly. To prepare, remove any thick stalks from the tender part of the leaf.

Want to know more about Greens? Check out the [Put Local on Your Tray](#) section on Greens for even more information!