# **Farmers Market Area Guide**

Sunday Sunday Sunday Sunday	El Dorado Hills Folsom Granite Bay Sacramento	Town Center Boulevard & Vine 900 Sutter Street 5550 Douglas Boulevard 8th & W St. under Hwy 50/80	8 am to 1 pm 8 am to noon 10:30 am to 2 pm 8 am to noon	June - November June - October May - December Year-round
Tuesday	Roseville	Galleria Blvd. & Roseville Parkway	8:30 am to 12:30 pm	Year-round
Wednesday Wednesday Wednesday	Sacramento Davis Davis	Chavez Plaza - 10th & J Streets Central Park - 4th & C Streets East Quad of UC Davis	10 am to 2 pm 2 pm to 6 pm 10 am to 2:30 pm	May - October March - October April - May
Thursday Thursday Thursday Thursday Thursday	El Dorado Hills Granite Bay Orangevale Roseville Sacramento	El Dorado Hills & Harvard Way Auburn Folsom & Douglas Blvd. Greenback Lane & Walnut Avenue Kaiser - 1600 Douglas Boulevard Florin Mall - Florin Rd & 65th Street	8 am to noon 9 am to 1 pm 4 pm to 7:30 pm 10 am to 3 pm 8 am to noon	June - October May - December April - November Year-round Year-round
Friday	Sacramento	Kaiser - Cottage Way & Morse Ave.	9:30 am to 1 pm	June - November
Coturdov	Davis	Central Park - 4th & C Streets	0 am to 1 nm	Year-round
Saturday Saturday	Elk Grove	Laguna and Big Horn Boulevards	8 am to 1 pm 8 am to noon	Year-round
Saturday	Placerville	Main Street at Cedar Ravine	8 am to noon	May - October
Saturday	Rancho Cordova	Sunrise Light Rail (Sunrise & Folsom)	8 am to noon	Year-round
Saturday	Rocklin	6636 Lonetree Boulevard	8 am to noon	June - October
Saturday	Sacramento	Norwood Avenue & San Juan Road	7:30 am to noon	June - October
Saturday	Sacramento	Inderkum High School Parking Lot	9 am to noon	May - October
Saturday	Sacramento	Country Club Plaza - Watt/El Camino	8 am to noon	Year-round

# Farmers Markets times and locations can vary. To confirm, visit: http://cafarmersmarkets.com

#### **Natural Food Store Locations**

Davis Food Co-Op 620 G Street - Suite A, Davis **Elliotts Natural Foods** 3347 El Camino Avenue. Sacramento

8063 Greenback Lane, Citrus Heights 6671 Blue Oaks Boulevard, Rocklin 641 East Bidwell Street, Folsom Henry's Market

8211 Laguna Boulevard, Elk Grove Orangevale Meat Shoppe 5666 Main Avenue, Orangevale Sacramento Natural Foods Co-Op 2625 Marconi Avenue, Sacramento 1919 Alhambra Blvd., Sacramento Sprouts

6760 Stanford Ranch Rd, Roseville Sunflower Farmers Market 424 Roseville Square, Roseville

1950 Douglas Boulevard, Roseville Taylor's Market

2900 Freeport Blvd., Sacramento Trader Joe's

9670 Bruceville Road, Elk Grove 850 East Bidwell Street, Folsom 5309 Sunrise Boulevard, Fair Oaks 1117 Roseville Square, Roseville

5000 Folsom Boulevard, Sacramento

Whole Foods

4315 Arden Way, Sacramento 1001 Galleria Boulevard, Roseville 270 Palladio Parkway, Folsom



## Can't make it to a Farmer's Market? Try a CSA!

#### **CSA** stands for **Community Supported** Agriculture.

CSA become a popular and convenient way for consumers to buy organic, local, seasonal food directly from a farmer. Deliveries can be made to your home or drop off locations. If you are interested, visit: www.localharvest.org

### Check out these local area CSA farms:

Del Rio Botanical......www.delriobotanical.com Eatwell Farm.....www.eatwell.com Full Belly Farm.....www.fullbellyfarm.com Good Humus Produce...www.goodhumus.com Jimos Produce.....www.jimsproduce.net Raphael Garden.....(916) 965-0389 Soil Born Farms.....(916) 363-9685 Terra Firma Farm.....www.terrafirmafarm.com Natural Trading Co......www.naturaltradingco.com

For more information, please visit: www.caff.org, www.localharvest.org, or www.ccof.org

# Information provided by:

## SHAM SANGHERA

B.S. Exercise Biology and B.S. Nutrition NASM C.P.T., NCSF C.P.T. CEO of Inspired Wellness Life Coach/Wellness Specialist

916-915-3487

