

# MSU Denver

## Fresh Eats for All Seasons 1 of 5

### "Seasonal Eating"

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#### Benefits to "Eating the Season"

Coloradoans are fortunate to live in a state that has diverse growing regions that provide a variety of seasonal food choices.

Eating seasonal foods provides benefits for consumers, growers and the environment.

#### Nutrient Density:

Foods picked when they are in season are high in nutrient density, meaning they contain optimal amounts of nutrients, vitamins and minerals.

#### Affordable:

Ample supply of seasonal foods makes them more affordable for the consumer.

#### Sustainable:

Colorado seasonal foods are grown and shipped locally decreasing the carbon footprint.

#### Taste:

Seasonal foods taste better because they are picked near peak ripeness.



Littleton SW Plaza  
Farmers Market

#### Metro Area Farmers Markets:

##### Saturday

[Cherry Creek Fresh Market](#): May 1 – October 30 from 9 a.m. to 2 p.m. Cherry Creek Shopping Center, 1st Ave. and University Boulevard, Cherry Creek.

[City Park Farmers Market](#): May 15 – October 30 from 8 a.m. to 1 p.m. 2551 E. Colfax Ave. (across from East High School) Denver.

[Denver Union Station Farmers Market](#): May 8 – November 23. From 9 a.m. to 1 p.m. Denver Union Station, 1701 Wynkoop Street, Denver.

[Golden Farmers Market](#): June 5 – October 2 from 8 a.m. to 1 p.m. 10th & Illinois (west of the Golden Library), Golden.

[Lakewood Farmer's Market](#): June 12 – September 25 from 10 a.m. to 2 p.m. Mile Hi Church, 9077 W Alameda Ave (Alameda & Garrison), Lakewood.

[Littleton Southwest Plaza Farmers' Market](#): April 3 – October 30 from 8 a.m. to 2 p.m. Southeast Parking lot at Wadsworth and Bowles, 8501 W Bowles, Littleton

[Louisville Real Farmers' Market](#): May 15 – October 9 from 9 a.m. to 1 p.m. 824 Front Street, Louisville.

[Southlands Farmers Market](#): May 8 – September 25 from 8 a.m. to 1 p.m. Southlands Shopping Center, E470 & Smoky Hill Road, Aurora.

[University Hills Farmers Market](#): May 15 – October 30 from 9 a.m. to 1 p.m. University Hills Plaza, 2500 S. Colorado Boulevard, Denver.

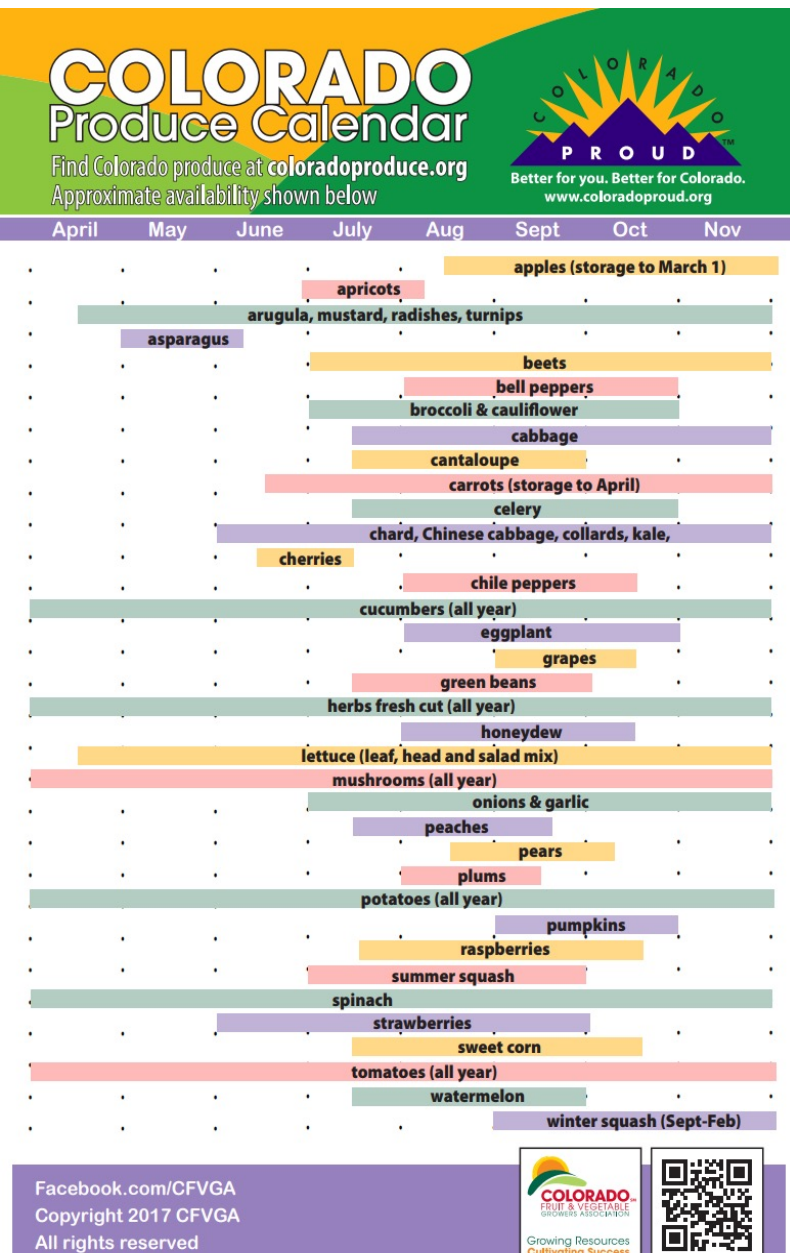
[Westminster Farmers Market](#): June 5 – September 25 from 9 a.m. to 1:30 p.m. Northwest Church of Christ, 5255 W. 98th Ave., Westminster





Littleton SW Plaza Farmers Market

## Colorado Fruit and Vegetable Growers Association Produce Calendar



### Sunday

- [Arvada Farmers Market](#): June 6 – September 26 from 9 a.m. to 1:30 p.m. *McIlvoy Park in Olde Town Square, 5750 Upham St., Arvada.*
- [Castle Rock Farmers Market](#): May 30 – September 26 from 8 a.m. to 1 p.m. *Festival Park, 300 2nd St., Castle Rock.*
- [Central Park Farmers Market](#): June 6 – October 10 from 9 a.m. to 1 p.m. *The Green 29th & Roslyn, Denver.*
- [Golden Triangle Farmers Market](#): June 6 – September 26 from 9 a.m. to 1 p.m. *1115 Acoma St. (in front of Evans School), Denver.*
- [Highlands Farmers Market](#): May 23 – October 10 from 9 a.m. to 1 p.m. *32nd Ave. (between Lowell & Newton St.), Denver.*
- [Highlands Ranch Farmers' and Street Market](#): April 4 – October 31 from 10 a.m. to 2 p.m. *9288 Dorchester St., Highlands Ranch.*
- [Orchard Farmers Market](#): June 6 – September 19 from 9 a.m. to 2 p.m. *Orchard Town Center (Macy's parking lot), 14535 Delaware St., Westminster.*
- [Parker Farmers' Market](#): May 9 – October 31 from 8 a.m. to 1 p.m. *Parker Rd. & Mainstreet, Parker.*
- [People + Produce at Bellevue Station](#): June 6 – October 3 from 9 a.m. to 1 p.m. *4910 S. Newport St., Denver.*
- [South Pearl Street Farmers' Market](#): May 9 – November 14 from 9 a.m. to 1 p.m. *1400 & 1500 block of Old South Pearl St., between Florida Ave and Iowa Ave., Denver.*

### Tuesday

- [Boulder's Urban Market \(Evergreen\)](#): June 1 – September 28 from 10 a.m. to 2 p.m. *Boone Mountain Sports, 2962 Evergreen Pkwy., Evergreen.*
- [Broomfield Farmers Market](#): Through September from 4 p.m. to 7 p.m. *Holy Cross Episcopal Church, 1700 W. 10th Ave., Broomfield.*

### Wednesday

- [Boulder's Urban Market \(Green Valley\)](#): June 30 – September 1 from 5 p.m. to 8 p.m. *Green Valley Recreation Center, 4890 Argonne Way, Denver.*
- [Boulder County Farmers' Market](#): May 5 – October 6. From 4 p.m. to 8 p.m. *Central Park (13th and Canyon), Boulder.*
- [Cherry Creek Fresh Market](#): June 16 – September 29 from 9 a.m. to 1 p.m. *Cherry Creek Shopping Center, 1st Ave. and University Boulevard, Cherry Creek.*
- [Centennial Farmers Market](#): May 5 – October 27 from 10 a.m. to 2 p.m. *University Towne Center, 7424 S. University Blvd., Centennial.*
- [Littleton Farmers' Market](#): June 16 – September 29 from 10 a.m. to 2 p.m. *Aspen Grove, 7301 South Santa Fe Drive, Littleton.*

### Thursday

- [Boulder's Urban Market \(West Colfax\)](#): August 26 to – September 30 from 10 a.m. to 2 p.m. *Lamar Station Plaza, 6715 W. Colfax Ave., Lakewood.*
- [Clement Park Farmers Market](#): June 17 to September 30 from 10 a.m. to 2 p.m. *7306 W. Bowles Ave., Littleton.*
- [Globeville Community Farmers Market](#): Through October 28 from 4:30 p.m. to 7:30 p.m. *A pay-what-you-can market. Comal Heritage Food Incubator, 3455 Ringsby Ct. Denver.*
- [Park Hill Farm & Flea](#): June 3 – September 30 from 4 p.m. to 8 p.m. *Oneida Park, 2225 Oneida St., Denver.*

### Friday

- [Frederick Farmers' Market](#): June 11, June 25, July 16 (Centennial Park, 630 8th St.), July 30 from 4 p.m. to 8 p.m. and August 13, August 27, September 10, September 24 from 4 p.m. to 7 p.m. *Crist Park, 105 5th Street, Frederick.*
- [South University Farmers Market](#): May 7 through October 29 from 10 a.m. to 2 p.m. *5859 S. University Blvd. (parking lot on south side of Orchard Rd.), Greenwood Village.*
- [Stanley Farm & Flea](#): June 4 to August 27 from 9 a.m. to 1 p.m. *Stanley Marketplace, 2501 Dallas St., Aurora.*