

Farmers' Markets

By Jenna Caputo

While much of NY State is on "Pause," our local farms are still doing what they do best! And YES, many of the area's Farmers' Markets are still running with modifications to help keep people properly distanced and with increased opportunities for hand sanitization. Some of the markets are offering pre-ordering and curbside pickup as well. So instead of spending time at the grocery store, support our local farms at the following markets for the best food around. And while you're there, be sure to thank them for continuing to keep the community happy and healthy!

Remember to wear your mask and be sure to check their websites for any updates or changes based on the latest recommendations.

Saratoga Farmers' Market

<https://www.saratogafarmersmarket.org/>
Wilton Mall, Saratoga Springs
Wednesdays 3-6pm and Saturdays 9am-1pm

Spa City Farmers' Market

<http://www.spacityfarmersmarket.com/>
Lincoln Baths, Saratoga Springs
Sundays 10am-2pm

Troy Waterfront Farmers' Market

<https://www.troymarket.org/>
Carioto Produce, 80 Cohoes Ave, Green Island
Pickup on Wednesdays and Saturdays 10am-2pm

Schenectady Green Market

<https://www.schenectadygreenmarket.com/>
Schenectady City Hall, 105 Jay St, Schenectady
Sundays 10am-2pm

Honest Weight Food Co-op

<https://www.honestweight.coop/>
100 Watervliet Ave, Albany
Daily from 8am-8pm and Mondays, Wednesdays and Fridays from 6-8am for at-risk customers

Capital Roots Veggie Mobile

<https://www.capitalroots.org/>
Various locations in Albany, Troy, Schenectady, Rensselaer, Watervliet, Cohoes and Mechanicville
Monday-Friday, schedule varies by day

Field Goods

<https://www.field-goods.com/>
Home delivery
Saratogians should place orders by 11:59pm on Sundays to guarantee delivery on Wednesday

Farmers' Market Home Delivery

<https://www.farm2market.net/about-us>
Home delivery
Allow two days for delivery

#WriteToAppreciate

By Jenna Caputo

As a member of the Civil Air Patrol, the United States Air Force Auxiliary, Shenendehowa High School junior, Sahil Swali, was selected to go to Australia this summer as part of the Australia International Air Cadet Exchange. Unfortunately, the exchange was canceled due to the pandemic, but Sahil decided to turn his disappointment into a message of gratitude and caring.

He wanted to send some cheer to the senior citizens isolated in their communities as well as the frontline healthcare workers, so he started with a Facebook post urging others to join him in writing their own letters of gratitude and uploading photos and messages of cheer in his #WriteToAppreciate campaign. Since then, he has received hundreds of letters that he has sent on to nursing homes and patient care centers all over the Capital District, as well as in over 60 facilities in 12 states. He has also partnered with HCA Healthcare, one of the largest Healthcare System in the US with over 185 hospitals and 2000 facilities in 21 states.

He continues to reach out to new facilities to partner with while still getting the message out there for more people to contribute. All ages are encouraged to participate. Not sure what to send? Visit the website at writetoappreciate.wordpress.com for examples and ideas of things to write about or draw, then upload your contribution.

Work for or know a facility that would like to participate? Reach out to Sahil through the website for more information.