

**“CHILD-FRIENDLY”  
County Parks Accessible by Bus**

**KAKIAT PARK - 668 Haverstraw Road  
(Rt. 202) Montebello**

TOR #93 stops at the intersection of Rt. 202 and Viola Rd., about 1/2 mile from the entrance. TOR #93 travels between Pearl River and Sloatsburg. The nearest time point on the printed schedule is “Suffern High School.”

**GURNEE PARK AND AMPHITHEATER –  
1052 Rt. 45 – Pomona**

TOR #94 and TOR #91 pass the entrance. Additionally, TOR #95 travels on Rt. 202 through the intersection with Rt. 45, very close by. These 3 routes carry passengers from Clarkstown, Ramapo, Haverstraw and Stony Point. The nearest timepoint on the printed schedule is “Mt. Ivy, Hwy 45 and Hwy 202.”

**DEMAREST KILL PARK –**

57 New Hempstead Road – New City  
TOR #91 passes by the entrance on New Hempstead Road. TOR #91 travels through Clarkstown, Haverstraw and Ramapo. The nearest timepoint on the printed schedule is “New City, New Hemp. and Main St.”

**MONSEY GLEN PARK –**

140 Saddle River Road – Monsey  
TOR #59 travels along Rt. 59, about 500 feet from the park entrance. The nearest timepoint on the printed schedule is “Monsey, Hwy 59 and Hwy 306.”

**See maps and schedules for more details.**

[www.co.rockland.ny.us/enviro/county/parks.htm](http://www.co.rockland.ny.us/enviro/county/parks.htm)

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**Fitness Tips for Families**



- **Get started...**schedule a regular time throughout the week for your family to do physical activity!
- **Explore the “great outdoors”...** discover free and low-cost physical activity areas near your home (park, bike trail, hiking trail, tennis court, swimming pool, etc.)  
*All county operated parks are free & open to the public!*
- **Walk...** on the many trails located at the county, town and state parks. Go to [www.rocklandsteps.org](http://www.rocklandsteps.org) for a list of guided walks.
- **Post-exercise snacking...**keep fresh fruit and vegetables washed, cut-up, chilled, and readily available.
- **For the home...**buy toys or equipment that promote physical activity!  
Purchase a bike or a kite instead of a handheld video game!
- **Reward...**kids with physical activity rather than food (example, for good behavior family takes a walk to the playground or park after dinner).

WIC is an equal opportunity provider.



Rockland County Department of Health  
C. Scott Vanderhoef, County Executive  
Joan H. Facelle, MD, MPH, Commissioner of Health  
Phone: 845.364.2500 [www.rocklandsteps.org](http://www.rocklandsteps.org)

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to Parks  
&  
Farmers'  
Markets*



[www.rocklandbus.com](http://www.rocklandbus.com)

845.364.3333

Mon - Fri, 9:00 am - 5:00 pm

**Rockland County Department of Health  
&  
Rockland County Department of  
Public Transportation**

# Rockland County Farmers' Markets

## 2012 SCHEDULE

### Haverstraw Farmers' Market

- Sundays, 9:00 am - 1:00 pm
- June 17<sup>th</sup> through October 28<sup>th</sup>
- Located in front of the Haverstraw Village Hall on Maple Avenue
- Bus Routes: TOR #91, Red & Tan #11A
- **This market accepts food stamp (EBT) cards.**



### Nyack Farmers' Market

- Thursdays, 8:00 am - 2:00 pm
- May 10<sup>th</sup> through November 21<sup>st</sup>
- Located at the municipal parking lot on Main Street
- Bus Routes: TOR #59, #91, #92, TAPPAN ZEEExpress. Red & Tan #9 - 9A

### Piermont Farmers' Market

- Sundays, 9:30 am - 3:00 pm
- May 27<sup>th</sup> through November 18<sup>th</sup>
- Located at the corner of Piermont Avenue and Ash Street
- Bus Route: Red & Tan #9A

### Spring Valley Farmers' Market

- Wednesdays, 8:30 am - 3:00 pm
- July 11<sup>th</sup> through November 14<sup>th</sup>
- Located at the community parking lot on North Church Street and Route 45
- Bus Routes: TOR #59, #91, #92, #94 TAPPAN ZEEExpress, Red & Tan #11A and #11C
- **This market accepts food stamp (EBT) cards.**



### Suffern Farmers' Market

- Saturdays, 8:30 am - 1:00 pm
- June 9<sup>th</sup> through November 17<sup>th</sup>
- Located at the corner of Lafayette and Orange Avenues
- Bus Routes: TOR #59, #93, LOOP #3

## Why Shop At Farmers' Markets?

1. **You can't get fresher -**  
Unless you grow it yourself!
2. **For seasonal picks -**  
Expect to find Northeast specialties such as apples, corn and tomatoes.
3. **You are helping the environment -**  
Since less packaging, refrigeration, and fuel is needed to transport locally grown produce.
4. **You are supporting local farmers -**  
Purchasing local produce sustains agriculture and helps local farmers.
5. **It creates community-**  
Knowing where your food comes from connects you to the people who grow it.
6. **You have more variety and unique flavors** that may not always be available at the supermarket.
7. **No middleman is involved -**  
You buy straight from the farmer.
8. **You get great cooking tips -**  
The farmer or sales person can provide you with recipes.
9. **It's more than just food -**  
Many fun events take place at Rockland farmers' markets, such as recipe contests, wine tasting, composting classes, cooking demonstrations, and listening to live music.
10. **They accept Farmers' Market Coupons - Do you qualify?** Women, infants and children (WIC) participants can call 845.364.2577. For more information about Senior coupons, call 845.364.2110.



## Watermelon & Arugula Salad

### Ingredients:



- ½ pound arugula leaves
- 3 pound watermelon (approximately), remove rind and dice into ¾ inch pieces
- ⅓ cup olive oil
- ¼ cup lemon juice (freshly squeezed from the juice of 2 lemons)
- ½ tsp. Kosher salt (optional)
- ¼ tsp. fresh ground pepper
- 1 Tbsp. fresh Basil -chopped small (3 – 4 basil leaves)
- 5 ounce shredded Parmesan cheese

### Directions:

1. Wash the arugula and place in large bowl with diced watermelon.
2. Sprinkle with Parmesan cheese.
3. Make the dressing - in a small bowl whisk together the oil, lemon juice, salt (if desired), pepper and basil.
4. Pour dressing on the arugula and watermelon.
5. Toss until the dressing covers salad.
6. Serve and eat!

Makes 6 servings.

*For more delicious recipes go to [www.rocklandsteps.org/lose-to-win-cookbook](http://www.rocklandsteps.org/lose-to-win-cookbook)*

### Watermelon Facts

Did you know?

- ♦ Watermelon does not continue to ripen after it has been picked
- ♦ Watermelon should be rinsed before cutting
- ♦ Cut watermelon should be refrigerated