

how to

BUY

FARM-FRESH PRODUCE IN THE WINTER



Don't fear, Bergen County residents. Despite the chilly temps and frost, you can still find local, fresh fruits and veggies in the winter.

Leafy greens and root vegetables are your best bet, according to Bruce Mereck, owner of Old Hook Farm in Emerson. Kale, arugula, turnips and cabbage can all grow in the winter, especially if you have heated greenhouses and special blankets to keep the crops warm. Mereck knows some farmers who grow mushrooms year round, and other farms will also harvest certain crops, like carrots and squash, late in the fall season and then store them to eat in winter.

Here's a list of five farms and markets that are open year-round to help satisfy your craving for farm-fresh food.



DEPIERO'S FARM STAND AND GREENHOUSES

Since 1924, DePiero's Farm Stand has served locally grown fruits and vegetables at its roadside farm stand. You'll find local honey and homemade jams for sale, too. Winter hours are 8 a.m. to 5 p.m. The farm is located at 156 Summit Ave., Montvale. Call (201) 391-4576 to learn more.



ABMA'S FARM

This Wyckoff farm is open year-round, selling seasonal produce plus fresh poultry, turkey and eggs in its market. Located at 700 Lawlins Road, Wyckoff, you can visit Abma's Farm from 8 a.m. to 6 p.m. on Monday through Friday and 8 a.m. to 5:30 p.m. on Saturdays. Closed Sundays. Their staff lists what's being sold at the market on the website, abmasfarm.com; you can also call (201) 891-0278.



OLD HOOK FARM

A long-running farm that's been in the family for four generations, Old Hook Farms keeps their store open during the winter months. They specialize in a large selection of organic items, including fresh-picked produce, plus dry goods, dairy, meat and baked goods. Open from 9 a.m. to 5 p.m. Tuesday to Saturday and 9 a.m. to 4 p.m. on Sundays during the winter. Closed Mondays. Old Hook's number is (201) 265-4835 and its website is oldhookfarm.com, where they list what's in season.



RAMSEY FARMERS MARKET

The indoor, winter version of the Ramsey Farmers' Market runs now through March. You can catch a variety of local farmers at the Eric Smith School at 73 Monroe St. from 10 a.m. to 2 p.m. on Sundays during the cold months. Closed Feb. 18. For more information, call (201) 675-6800 or visit ramseyfarmersmarket.com.

