

# FARMERS' MARKET

Farmers' Market coupons are good for up to \$30 in fresh produce per season, June 1 – October 31. If you buy less than the amount printed, farmers cannot give you change back.



## Eligible Fruits, Vegetables, and Herbs

Locally Grown Produce Only



### Fruits (raw or fresh only):

- apples
- apricots
- blackberries
- blueberries
- cherries
- chokecherries
- crabapples
- currants
- elderberries
- gooseberries
- grapes
- mulberries
- raspberries
- strawberries
- pawpaws
- peaches
- pears
- plums
- persimmons



### Herbs (fresh cut only):

- anise
- basil
- bay leaves
- borage
- calamints
- chamomile
- chervil
- chives
- cilantro
- coriander
- dill fennel
- germander
- hyssops
- lemongrass
- laurels
- lavender
- lemonbalm
- lovage
- marjoram
- mints
- nasturtium
- parsley
- plectranthus
- oregano
- rosemary
- sage
- santolina
- savory
- silver beauties
- sorrel
- thymes
- tarragon
- fresh locally produced oriental herbs



### Vegetables (raw or fresh only):

- arugula
- asparagus
- artichokes
- beans
- beets
- broccoli
- broccoli rabe
- brussel sprouts
- cabbage
- cantaloupe
- calabaza
- carrots
- cauliflower
- celeriac
- celery
- chayote
- chard
- collards
- mustard and turnip greens
- sweet corn and fresh Indian corn (blue, red, multicolored)
- cucumbers
- dandelion greens
- eggplant
- epazote
- garlic
- Florence fennel
- green onions
- horseradish
- Jerusalem artichokes
- kale
- kohlrabi
- leeks
- lettuces
- melons
- muskmelon
- mushrooms
- okra
- onions
- oriental vegetables (bitter melons, wax melons)
- specialty greens
- squash tips
- parsnips
- peas and pea shoot tips
- peppers
- potatoes
- pumpkins
- radishes
- rhubarb
- shallots
- salad mixes
- spinach
- summer and winter squashes
- squash blossoms
- sweet potatoes (yams)
- tomatoes
- tomatillos
- turnips
- vegetable amaranth
- watercress
- watermelon
- zucchini

# Fruits and Vegetables

## Harvest Calendar



**Apples**

July - November



**Asparagus**

April - June



**Broccoli**

June - August



**Cabbage**

June - November



**Cantaloupe**

June - September



**Cucumbers**

June - October



**Green Beans**

June - October



**Peaches**

June - September



**Peppers**

July - October



**Potatoes**

June - August



**Pumpkins**

August - November



**Squash**

July - September



**Strawberries**

May - June



**Sweet Corn**

June - October



**Tomatoes**

June - October



**Watermelon**

July - October

## Shopping Tips

- Look around the entire market and visit several WIC vendors.
- Take your time to decide what to buy and think about how you can make the most out of your purchase.
- Remember that fresh fruits and vegetables won't stay fresh for long. Prevent food waste by buying smaller amounts of several items.
- The type of produce available changes throughout the season, so visit your local farmers' market often.
- Produce will be priced per pound or for a specific dollar amount. Example: \$3/lb OR 3 for \$1.
- \$30 per participant to spend at your local farmers.
- Look for the sign – "WIC Farmers' Market Coupons Accepted Here".



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program



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