

## Recipes

When you get your checks, your local agency may also give you some delicious recipes to try with your produce. Your local nutritionist is available to answer any questions and suggest new ways of preparing your fresh, locally grown food.

## Why can I buy only locally grown produce with my Senior Farmers' Market checks?

One goal of the Farmers' Market Nutrition Program is to increase the use of farmers' markets in order to support the local economy.

Eating locally grown produce from farmers' markets:

- 🍏 Gives you an opportunity to purchase fresh fruit, vegetables and herbs
- 🍏 Supports small family farms in Wisconsin and neighboring communities
- 🍏 Invests directly in your community
- 🍏 Allows for crops to be harvested at the best time for freshness, which improves the nutritional quality and flavor of produce
- 🍏 Provides you with produce that was grown with fewer pesticides

## Questions or Problems?

If you have any questions about the program, contact the agency that issued your checks. Report complaints you may have about the program or individual vendors to your local agency.

The Senior Farmers' Market Nutrition Program is a national program of the United States Department of Agriculture. Brought to you by:

WI Dept. of Health Services  
Division of Public Health  
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# Wisconsin Senior Farmers' Market Nutrition Program (FMNP)



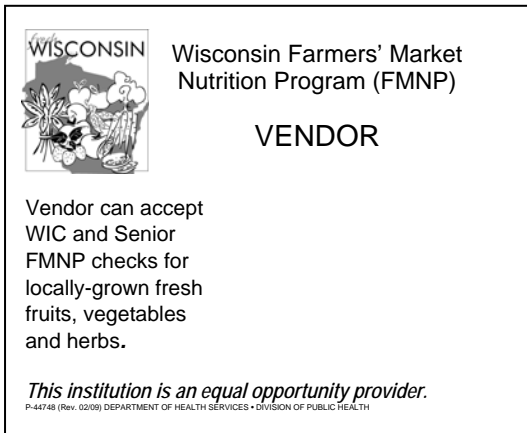
## What is the Senior Farmers' Market Nutrition Program?

The Senior Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

## Senior Farmers' Market Checks are to be used June 1 – October 31

You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take them with you when you are traveling throughout the state!

Go to an authorized market (you will be given a list by your agency) and look for this yellow or blue sign:



- 🍏 Change will not be given if you buy less than the amount of the check(s).
- 🍏 If the price of what you buy is higher than the amount of the check(s), you can make up the difference with cash or another check.
- 🍏 You cannot give your checks to someone else.

**Please use all your checks!**

## Approved Wisconsin Grown Foods

### Fruits:

Apples  
Berries (all)  
Cherries  
Cranberries  
Grapes

Melons  
Pears  
Plums  
Rhubarb  
Strawberries

Corn (not ornamental  
or popcorn)  
Cucumbers  
Eggplant  
Fennel  
Greens (all)  
Kohlrabi  
Leeks  
Lettuce (all)

Sprouts  
Sunchokes  
Squash (winter  
& summer)  
Swiss Chard  
Tomatilla  
Tomatoes  
Turnips  
Watercress

### Vegetables:

Asparagus  
Beans (all)  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage (all)  
Carrots  
Cauliflower  
Celery  
Celeriac

Mushrooms  
Okra  
Onions  
Parsnips  
Peas (all)  
Peppers (all)  
Potatoes  
Pumpkins  
Radishes  
Rutabagas  
Scallions  
Spinach

### Herbs:

Basil  
Chives  
Cilantro  
Cutting Celery  
Dill  
Epazote  
Garlic  
Garlic Chives  
Lemon Balm  
Lemon Grass

Lovage  
Marjoram  
Mint  
Oregano  
Parsley  
Rosemary  
Sage  
Summer Savory  
Sorrel  
Tarragon  
Thyme