

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 and Family 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