

At the FARMERS' MARKET

You'll find fruits and vegetables such as:

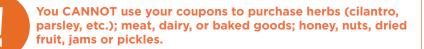
BEFORE YOU GO

Get your family excited about your next trip to the farmers' market!

- Some farmers' markets offer special events or activities your family might enjoy, like live music or arts and crafts. Try looking online for a calendar of events, or ask for one during your next visit to the market.
- Your friends and family would love to have some fun too! Invite others to join you for a full day of farmers' market fun.
- Stop by the library or search online for information to read to your children about fruits and veggies and how they are grown. Before you go to the farmers' market, sit down with your children and find a new recipe to try using fruits and vegetables you will find at the market.



- Look around the entire market and visit several 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.
- Each coupon is worth \$5. If you buy less than the amount printed, farmers cannot give you change back.
- Treat coupons the same as you would cash. Lost or stolen coupons will not be replaced.
- Look for signs at the farmers' market that have the blue WIC coupon displayed on them.





WATERMELON



CAULIFLOWER



ASPARAGUS



POTATOES



ROMAINE LETTUCE



TOMATOES



GREEN BEANS



CABBAGE



CANTALOUPE



CUCUMBERS



BROCCOLI



ZUCCHINI, SQUASH



PEACHES, PLUMS, NECTARINES



SWEET CORN



PEPPERS



BLUEBERRIES, BLACKBERRIES

Ideas for Using Produce

SNACKS WITH DIPS

Add chopped parsley or cilantro and chives to plain yogurt and serve as a dip with radish slices, carrot strips, asparagus, broccoli and other fresh cut-up vegetables.

SOUPS AND STEWS

Root vegetables, finely chopped dark green vegetables, spring onions, chives and parsley add flavor, color and nutrients to homemade soups and stews.

HOMEMADE BABY FOOD

For babies between 6 and 9 months of age, steam and puree cauliflower, broccoli, beets, carrots, potatoes and other root vegetables. Peeled, pureed apricots or peaches are also great choices for first foods.

STIR-FRY DISHES

Chop chard, arugula, spinach or kale and add to stir-fry dishes.

Because they cook down so much, you can actually add several cups to one dish.

MAKE A SWEET TREAT

Fruits, like blueberries, cherries, and strawberries make a great topping on cereal, granola, or when mixed in with low-fat yogurt.