NEVADA
FARMERS MARKET

## 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.


## SHOPPING TIPS

- 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.

©You CANNOT use your coupons to purchase herbs (cilantro, parsley, etc.); meat, dairy, or baked goods; honey, nuts, dried fruit, jams or pickles.

## At the FARMERS' MARKET

## You'll find fruits and Vegetables such as:



WATERMELON


ROMAINE LETTUCE


PEACHES, PLUMS, NECTARINES


CAULIFLOWER


> GREEN BEANS


PEPPERS


POTATOES


ZUCCHINI, SQUASH


STRAWBERRIES RASPBERRIES BLUEBERRIES, BLACKBERRIES

Ideas for
Using Produce chives to plain yogurt and serve as a dip with radish slices, carrot strips, asparagus, broccoli and other fresh cut-up vegetables. 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.

