

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. Below is a sample.

BERRIES

Farmers' Market Season

June to September

Buying Tips

Select berries that are bright in color, uncrushed, and free of mold. If they are in a box, make sure it is not stained or leaking.

Storage

Store in the refrigerator. They are best if used within one to three days. Berries can be frozen.

Preparation

Rinse berries in cold water. Berries can be eaten raw or cooked.

Recipe

Berry Parfait

½ cup - 1 cup berries *as desired*
½ cup low-fat yogurt
2 tablespoons granola

Spoon the yogurt into a dish. Spoon the granola over the yogurt. Top with washed berries. Enjoy!

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.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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Wisconsin Farmers' Market Nutrition Program (FMNP)



State of Wisconsin
Department of Health Services
Division of Public Health
P-40154 (02/2017)

What is the Farmers' Market Nutrition Program?

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

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 your checks 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 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.
- 🍏 Checks cannot be used at grocery stores.

Approved Locally Grown Foods

Fruits:

Apples
Berries (all)
Cherries
Cranberries
Grapes
Ground Cherries

Melons
Pears
Plums
Rhubarb
Strawberries

Herbs:

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

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

Vegetables:

Asparagus
Beans (all)
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage (all)
Carrots
Cauliflower
Celery
Celeriac
Corn (not ornamental or popcorn)
Cucumber
Eggplant
Fennel
Greens (all)
Kohlrabi
Leeks
Lettuce (all)
Mushrooms

Okra
Onions
Parsnips
Peas (all)
Peppers (all)
Potatoes (all)
Pumpkins
Radishes
Rutabagas
Scallions
Shallots
Spinach
Sprouts
Sunchoke
Squash (winter & summer)
Swiss Chard
Tomatilla
Tomatoes
Turnips
Watercress