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Indiana State  
Department of Health



**Indiana  
Farmers'  
Market**  
*Nutrition Program*



## What is the Farmers' Market Nutrition Program (FMNP)?

Established in 1992, FMNP provides fresh, unprepared, locally grown fruits and vegetables to WIC and Senior participants who meet eligibility criteria. FMNP also expands the awareness and use of local Farmers' Markets and farm stands.

## What are Farmers' Market Checks?

They are checks that can be used to purchase fresh fruits and vegetables grown by local farmers.

## How do I use Farmers' Market checks?

Use the checks at authorized Indiana Farmers' Markets and farm stands. Be sure to check the Farmers' Market/farm stand information for days and times of operation.

## What can I buy at the market?

Checks buy locally grown fresh fruits, vegetables and edible herbs. Choices may vary by location.

## What can't I buy with the checks?

Any processed foods such as jams, jellies, syrup, juices/cider, baked goods, cheese or honey. Additional items not allowed are flowers, dried beans, ornamental corn, miniature pumpkins, gourds, nuts, meat, or plants.

## Use your FMNP checks!

### Fresh Vegetables

Asparagus	Mustard Greens
Beans	Okra
Beets	Onions
Bok Choi	Parsnips
Broccoli	Peas
Brussels Sprouts	Peppers
Cabbage	Pie Pumpkins
Carrots	Potatoes
Cauliflower	Radishes
Celery	Rhubarb
Collard Greens	Rutabagas
Corn	Scallions
Cucumbers	Spinach
Edible Soybeans	Sprouts
Eggplant	Squash
Garlic	Squash Blossoms
Herbs (edible)	Tomatillos
Kale	Tomatoes
Kohlrabi	Turnips
Leeks	Watercress
Lettuce (Any Var.)	Yams/Sweet
Lima Beans	Potatoes
Mushrooms	Zucchini

### Fresh Fruits

Apples	Currants
Apricots	Elderberries
Blackberries	Gooseberries
Blueberries	Grapes
Cantaloupe	Honeydew
Cherries	Huckleberries
	Melons
	Nectarines
	Peaches
	Raspberries
	Watermelons

## Important Points for Farmers' Market

- Use at Indiana farmers' markets and farm stands that say **FARMERS' MARKET CHECKS ACCEPTED HERE**
- Checks are accepted June-October
- Be sure to sign your check and be prepared to provide identification
- No cash, change, refund, or credit can be given
- Sales tax is not charged

## What's in season?

### Early Summer: (Late June-July)

Asparagus	Radishes
Greens	Lettuce
Rhubarb	Spinach
Peas	Strawberries

### Mid-Late Summer: (August-September)

Apples	Mushrooms
Broccoli	Onions
Cabbage	Pears
Carrots	Plums
Cauliflower	Potatoes
Kohlrabi	Rutabagas
Leeks	Turnips

For assistance with the FMNP program check with your local agency or phone toll free:

**800-522-0874**

