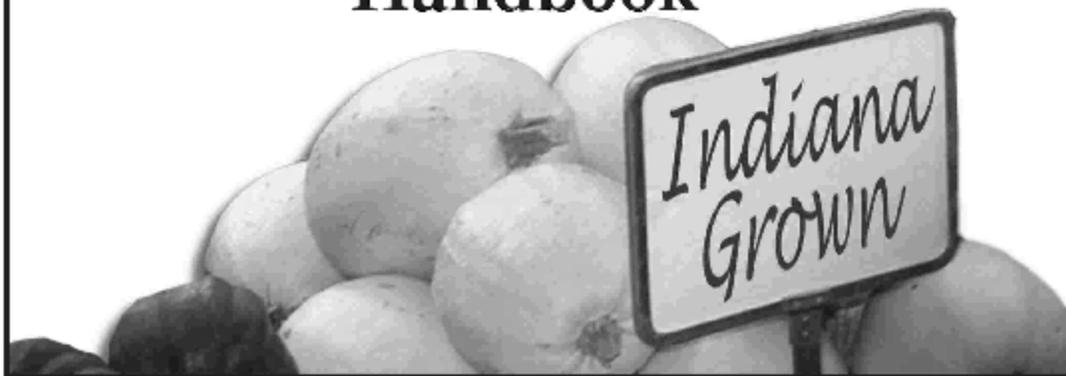




Indiana State
Department of Health



**The Farmers' Market
Handbook**



2010 FARMERS' MARKET HANDBOOK
June 21–October 16, 2010

WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM (FMNP)?

Signed into law on July 2, 1992, Public Law 102-314 authorizes the operation of the WIC Farmers' Market Nutrition Program (FMNP) under the supervision of the United States Department of Agriculture Food and Nutrition Service (USDA-FNS).

In 2007, the SFMNP was transferred to USDA-FNS as a program under Senior Farmers' Market Nutrition Program regulations 7 CFR Part 249. Senior participants can go to any WIC FMNP authorized farmer at an authorized market or stand.

Who administers the Farmers' Market Nutrition Programs?

USDA-FNS and the State of Indiana provide funding for the administration of the Farmers' Market Nutrition Programs. The Indiana State Department of Health/WIC operates the Farmers' Market Nutrition Program. Nationally, forty-six states or Indian Nations participate in the WIC/Seniors Farmers' Market Nutrition Programs.

WHAT IS THE WIC PROGRAM?

The Women, Infants and Children's Program (WIC) is a *supplemental* food and nutrition program funded by the U.S. Department of Agriculture. WIC participants must have a nutritional risk and meet income guidelines to participate in the Special Supplemental Nutrition Program for WIC. WIC services in Indiana are provided to more than 142,000 households by 51 sponsoring agencies under contractual agreements with the Indiana State Department of Health.

The supplemental foods available through the WIC Program provide nutrients such as protein, iron, calcium, folic acid, and vitamins A, C, and D, which are frequently lacking in the diets of women, infants and children at nutritional risk. Only foods meeting specified nutritional standards are provided through the WIC Program.

A nutritionist or other health professional at a local clinic identifies a combination of foods tailored to meet the needs of each participant. Participants then redeem their food checks for these supplemental foods at authorized WIC retail vendors.

Nutrition education is provided to all WIC participants, parents and guardians of infants and children to ensure that the supplemental foods will be used properly. WIC participants who are Farmers' Market Nutrition Program (FMNP) recipients receive nutrition education on how to improve and expand their diets by adding fresh fruits and vegetables, as well as educating them on how to select, store and prepare the fresh fruits and vegetables. WIC participants must contact their local WIC agencies on how to participate in the WIC FMNP. Not every county that has WIC has the WIC FMNP. **WIC households will receive 6 (six) checks during the 2010 market season. The maximum value for each check is \$3.00. 2010 WIC checks are lavender.**

WHAT IS THE SENIOR FMNP PROGRAM?

The Indiana Senior Farmers' Market Nutrition Program (SFMNP) began in 2002 under the Indiana WIC Program. Indiana WIC partners with the FSSA/Division on Aging and the local Area Agencies on Aging to distribute checks, provide nutrition education, and determine eligibility for seniors to participate in the program. Seniors may have proxies go to the market for them.

Each participating senior is eligible to receive a maximum of \$24.00 in SFMNP checks. A booklet of 6 checks valued at \$4.00 is distributed. There are fifteen senior agencies participating in the Seniors Farmers' Market Nutrition Program (SFMNP). *2010 SFMNP checks are Green.*

Area 1 Northwest Indiana Community Action in East Chicago,
Area 2 Real Services in South Bend,
Area 3 Aging & In-Home Services of Northeast Indiana, Inc in Fort Wayne,
Area 4 Agency on Aging and Community Action in Lafayette,
Area 5 Agency on Aging & Community Services, Inc in Logansport,
Area 6 Lifestream in Yorktown,
Area 8 CICOA surrounding Indianapolis,
Area 10 Agency on Aging in Bloomington,
Area 11 Agency on Aging in Columbus,
Area 12 Lifetime Resources, Inc. in Dillsboro,
Area 13 Generations-Vincennes University Community Services in Vincennes,
Area 14 LifeSpan Resources, Inc. in New Albany,
Area 15 Untied Way of Perry County,
Area 16 Southwestern IN Regional Council on Aging, Inc.

WHO QUALIFIES TO RECEIVE FMNP CHECKS?

In order to receive checks to buy fruits and vegetables, a participant must:

- Be a woman, child or an infant over the age of two years, or who will turn 2 year by October 1, participating in the WIC Program.
- Be a senior 60 and over or a designated disabled person enrolled at select Area Agency on Aging programs in Indiana. The Seniors Farmers' Market Nutrition Program (SFMNP) provides income eligible seniors with checks to purchase produce.

How do WIC and Senior participants redeem checks?

Participant may redeem checks only at farmers' markets authorized by the State of Indiana WIC Office. In 2009, approximately **105** farmers' markets were approved to redeem FMNP checks.

When a participant uses the FMNP check(s) at the farmers' market, the farmer will check the ID Folder or sleeve for the correct signatures and have the participant sign the check(s). The farmer must stamp the check(s) with their assigned vendor number and endorse the check on the back prior to depositing the check in their bank. The participants must use the FMNP checks on or before **October 16, 2010**.

Why should farmers and produce growers participate in the FMNP?

Benefits to Family Farms

- Attracts a new customer base to farmers' markets.
- Promotes diversification on small farms by encouraging the production of locally grown fruits and vegetables.
- Helps local farmers receive a share of the family food dollars.

Benefits to Participants

- Provides participants with fresh fruits and vegetables to supplement their diets.
- Supports nutrition education by encouraging the selection and preparation of fresh fruits and vegetables.

FARMERS' MARKET NUTRITION PROGRAM FACTS

In 2009, 43 counties participated in the WIC FMNP and/or SFMNP:

Allen County, Bartholomew County, Cass County, Clark County, Clinton County, Crawford County, Dearborn County, Decatur County, Delaware County, Elkhart County, Floyd County, Fulton County, Gibson County, Grant County,

Hancock County, Hamilton County, Harrison County, Hendricks County, Howard County, Jackson County, Jefferson County, Jennings County, Johnson County, Knox County, Kosciusko County, Lake County, LaPorte County, Lawrence County, Marion County,

Marshal County, Monroe County, Orange County, Porter County, Ripley County, Scott County, St. Joseph County, Switzerland County, Tippecanoe County, Vanderburgh County, Wabash County, Washington County, Whitley County.

In 2009, 30,212 households spent more than \$250,000.00 at farmers' markets and farm stands using WIC FMNP Checks. Seniors spent over \$125,000 at local farmers markets and farm stands.

IMPORTANT INFORMATION FOR MARKET MASTERS AND FARM STANDS

Authorized Markets and Farm Stands

In order to make access to fresh fruits & vegetables easier for WIC and Senior participants, Indiana authorizes farmers to accept WIC and Senior checks at farm stands. Every farmer intending to participate in the FMNP must belong to an authorized farmers' market or authorized farm stand. Vendors authorized to accept WIC FMNP checks are automatically authorized to accept SFMNP checks at markets and farm stands. Checks are processed in the same manner. All procedures, rules, violations and sanctions apply to both programs.

FMNP Authorized Markets must have:

1. A market master or representative who completes the Market Application every one to three years and serves as a contact person for the state FMNP.
2. 3-4 produce vendors/farmers willing to participate in the FMNP, complete a farmer application, attend training (unless already an authorized farmer), and follow the FMNP rules and regulations.
3. Defined days and hours of operation at a permanent location.

Authorization of **farm stands** is based on need in a particular area where no or few farmers' markets are located. Farm stands can be authorized in locations in order to provide WIC and Senior participants an opportunity to use their FMNP checks. Authorized farm stands that consistently do little or no FMNP business (less than \$50 a season) will not be reauthorized. The lack of business (selling less than \$50 of eligible produce to participants) demonstrates that the need for that farm stand does not exist.

Farm stand authorization will be *considered* under the following conditions:

FMNP Authorized Farm Stands must:

1. Have a representative completes the farm stand application every one to three years and serves as a contact for the state FMNP.
**** This representative must also complete the farmer application, be authorized as a farmer, and follow farmer requirements. ****
2. Be located in Indiana, in participating counties and be at least five (5) miles from the nearest authorized farmers' market.
3. Grow a majority (51% during a season) of the produce (fruits, vegetables, and edible herbs) they offer for sale. The 51% majority may include: produce grown by the farmer, produce grown under the direction of the farmer and produce grown under a cooperative program. Produce not grown in this manner (no more than 49%) must be purchased directly from another farmer who grows locally. Individuals, who exclusively sell produce grown by someone else, such as wholesale distributors, cannot be authorized to participate in the FMNP.
In the instance of purchase from a local farmer, proof of purchase will be requested during compliance audits.
4. Grow and offer for sale a variety of FMNP eligible fruits, vegetables and edible herbs.
5. Have a permanent location dedicated to the sale of a farmer's produce and goods.
6. Have defined hours of operation which must be posted.
7. Have a full time attendant during hours of operation.

FARMER ELIGIBILITY REQUIREMENTS AND APPLICATION

The Indiana FMNP does not restrict the number of farmers that can be authorized for the FMNP or require that the farmer reside within the same county where the farmers' market is located in order to be eligible for authorization. Authorized farmers that consistently do little or no FMNP business (less than \$50 a season) will not be reauthorized. The lack of business (selling less than \$50 of eligible produce to participants) demonstrates that the need for that farmer does not exist. In order to become an authorized farmer a farmer must:

- **Reside within Indiana or in an adjacent county that borders Indiana.**
- **Grow a *majority* (51% over the season) of the produce (fruits, vegetable, and edible herbs) they offer for sale.** The 51% majority may include: produce grown by the farmer, produce grown under the direction of the farmer and produce grown under a cooperative program. Produce not grown in this manner (no more than 49%) must be purchased directly from another farmer who grows locally. Individuals, who exclusively sell produce grown by someone else, such as wholesale distributors, cannot be authorized to participate in the FMNP. A market's rule allowing brokered items does not affect this requirement.
- **New farmers must attend a training session provided by a market master or state designated representative designed to answer questions and address FMNP compliance. (New Farmers Only).** Farmers who have participated in the past can use this handbook as the required annual training.
- **Complete and sign the "Application and Agreement for Farmers to Participate in the WIC Farmers' Market Nutrition Program (FMNP)" and return it to the address below.** The Application Agreement section outlines responsibilities as a farmers' market vendor. An "Application and Agreement for Farmers to Participate in the WIC Farmers' Market Nutrition Program (FMNP)" is valid for a three-year period (starting in 2007). Farmers who submit completed applications, meet the criteria of the program, and receive a signed agreement by the Indiana WIC Director will be authorized to accept FMNP checks. **All** vendors must renew their applications beginning in November 2009.

A Vendor Agreement with the State does not guarantee that a vendor may participate in the FMNP. Participation rests with the farmer's compliance to the locally governed farmers' market rules. It is essential that contact be made with the Market Manager or market sponsor for information as to eligibility requirements for the local market.

Upon approval, the farmer will receive 1) an identification number stamp to use on checks submitted for payment and 2) an authorized farmer sign. A farmer is not authorized to accept checks until both of the above are in the farmer's possession.

NEW FARMER TRAINING

Farmers play a vital role in the FMNP. All new farmers are required to receive training prior to authorization to participate in the FMNP.

Option One: Attend a training session provided by a local authorized market prior to the start of the season if possible. Look for other opportunities such as the workshops offered by the Purdue Agricultural Extension. The sessions will provide the opportunity for issues to be clarified and questions to be answered.

Option Two: Arrange a one on one training session with a local market master or FMNP representative. If training is provided at the market, verification of training should be mailed to the State FMNP Coordinator.

AT THE MARKET

1) Ensure that at the beginning of each market day that locally grown fruit and/or vegetable products are displayed and offered for sale in the vendor's farmers' stall or farm stand. Locally grown is defined as grown within Indiana or an adjoining state's bordering counties. Non-locally grown fresh fruits and vegetables cannot be displayed or offered for sale unless the FMNP eligible produce is clearly marked as locally grown. An authorized farmer may operate other farmers' market stalls independent of the FMNP stall. It is permissible to display ineligible items as long as approximately 20% locally grown fresh fruits and vegetables are displayed at the beginning of the farmers' market.

2) Post the WIC FMNP stall sign at the farmer's stand at the Authorized Farmers' Market. This helps identify authorized vendors.

3) Only accept WIC and Seniors FMNP checks at WIC FMNP authorized markets or authorized farm stands. The FMNP checks can only be used at **AUTHORIZED** markets and farmers' stands by authorized farmers. Authorized farmers **may not** redeem checks outside of the authorized farmers market and/or authorized farm stand, i.e. at their personal farm stand (not authorized) or at an unauthorized farmers' market.

FMNP checks shall be accepted only by an authorized farmer or his employee/family member for the purchase of eligible foods. Participants will present FMNP checks after selecting the items they wish to purchase. Have the participant sign the appropriate number of checks to pay for the purchase. **Compare** the signature on the FMNP check with the signature on the **participant's ID folder**. The final step in validating a check is to stamp it with your vendor stamp. This may be done any time prior to submitting it to the bank for deposit. Checks containing all necessary information may be deposited in the bank for payment. **Important: You must have a WIC or Seniors FMNP Participant's Signature in order to receive payment for the check.** It may be difficult or impossible to locate the participant later, so it is critical to get the signature when the participant is present and you are accepting the check. Make deposits in a reasonable amount of time. Do not wait until the deadline to cash checks. Bi-weekly deposits are preferable.

4) Sell only Eligible Foods/ No exceptions!

Only fresh, unprocessed, locally grown fruits and vegetables shall be purchased with FMNP checks. Eligible foods may not be processed or prepared beyond their natural state except for the usual harvesting and cleaning processes. Locally grown shall mean that the product was grown in Indiana or in an adjacent county that borders Indiana. Unusual fruits, vegetables or edible herbs not listed, may be sold with the permission of the State FMNP coordinator. If a vendor or the local office has a question regarding the eligibility of an item, contact the State FMNP Coordinator. The Market Manager of the farmers' market may contact the State for you. The list of eligible fruits and vegetables is listed on page 13.

5) Do not sell Ineligible Foods for WIC and Senior FMNP Checks. Prohibited purchases with FMNP checks shall include, but not limited to:

a. Non-locally grown fresh fruits and or/vegetables.

- b. Processed fruit or vegetable products such as jams, jellies, syrups, popcorn, juices/ciders, and baked goods of any kind, including fruit pies and breads. (Processing includes anything other than the normal harvesting and cleaning of produce.)
- c. Other ineligible items include but not restricted to: dried beans/peas, flowers, honey, eggs, ornamental corn, miniature pumpkins, gourds, nuts, and plants.

6) No Cash, Change, Credits or Refunds. FMNP checks are never to be exchanged for cash. Change, credits, or refunds are never to be given to a customer using only FMNP checks. Do not give change if the purchase price is under \$3.00/\$4.00. Participants using a combination of checks and cash may be given change directly related to the amount of cash used. Any purchase for more than the amount of the FMNP check(s) must be paid by the participant.

Farmers may assist FMNP participants to maximize the use of their FMNP checks by offering additional fruits and vegetables if the total purchase is less than the FMNP check. **In addition, a FMNP Farmer is prohibited from cashing FMNP checks accepted by a non-authorized farmer or exchanging checks for money.**

7) Mark or post current prices clearly either on the foods or on a sign next to or in front of foods.

8) Do Not charge sales tax for FMNP purchases.

9) Practice Nondiscrimination FMNP farmers shall maintain nondiscriminatory sales transaction procedures, including, but not limited to acceptance of FMNP checks in the same manner as required of all customers using personal checks.

ROLE OF THE MARKET MASTER

The Market Master completes an "Application and Agreement for A Farmers' Market Nutrition Program (FMNP) Indiana Market" to have their farmers' market authorized to participate in the program. The Application Agreement section outlines the responsibilities as a market master to ensure the Farmers' Market will follow federal regulations. This agreement is required by USDA and is necessary before the Farmers' Market is approved. A "Farmers' Market Nutrition Program (FMNP) Indiana Market Application and Agreement" is valid for a three-year period (starting in 2007). The Market Master agrees to:

- Assist the state and local WIC offices by helping local farmers learn how they may participate in the FMNP.
- Provide a training session with the farmers who are participating in the FMNP.
- Provide the WIC office with the bylaws of the farmers' market upon request.
- Assist the state in training new farmers on the FMNP program.
- Assist the state and local WIC offices with communication and documentation of training for farmers.

Important Dates and Time Frames

Deadline for new FMNP Vendor Applications: July 1st

- 1) FMNP checks are to be used by October 16, 2010. Authorized farmers must deposit all FMNP checks before November 16, 2010. FMNP will not accept checks after this date.
- 2) Depositing Checks. FMNP checks may be deposited any time after the participant signs the checks, and it is stamped and endorsed by the farmer. It is preferred that checks be deposited bi-weekly.

Participant and Farmer Complaints

FMNP farmers **must** refer all participants who have complaints about the farmers' market to their local WIC office or State WIC office or they may contact the Indiana FMNP coordinator at 1-800-522-0874. Farmers and Market Masters who have complaints about the FMNP program may do the same.

Complaints about civil rights violations should be directed to:

USDA, Director, Office of Civil Rights
1400 Independence Avenue, SW, Washington, D.C. 20250-9410

Phone (800) 795-3272 (voice) or (202) 720-6382 (TTY)

To file a complaint of religious discrimination, write to the Indiana Civil Rights Commission, Indiana Government Center-N103, 100 North Senate Avenue, Indianapolis, IN 46204

Program Violations. FMNP farmers who do not comply with Program rules will receive notification by the Indiana WIC FMNP Program at the Indiana State Department of Health. Failure to adhere to Program regulations can result in non-payment and/or disqualification from participation in the FMNP.

Program Monitoring/Vendor Monitoring

A FMNP representative will visit local farmers' markets/stands unannounced to identify any problems or misunderstandings as well as to determine if additional guidance may be needed by farmers' or participants. If noncompliance is discovered, the non-compliant authorized vendor will be notified in writing by the State WIC office. "Compliance buys" will be used as a means of identifying farmers who violate the program requirements by overcharging, providing change, selling unauthorized foods, and/or providing non-food items in exchange for FMNP checks.

Penalties for Program violations

Farmers identified and documented as having violated the program rules will be sanctioned. A sanction schedule is included in "Violation and Sanctions".

In addition, if fresh fruits and vegetables are displayed and/or offered for sale in an authorized vendor stall and the point-of-origin is in question (whether or not it is locally grown produce), an on-site inspection of the production area may be conducted by FMNP staff. If an inspection is required, the authorized vendor will be required to comply with the following:

1)When produce is declared to have been grown by an authorized vendor, he/she shall provide directions to the growing site, and grant permission for FMNP staff to conduct an inspection of the site.

2)When produce is purchased for resale or on consignment from another local producer, valid records containing the following information: name, address, and phone number of the producer; date of purchase or consignment; location of the growing site; and quantity of each item purchased or consigned shall be presented upon request.

Violations and Sanctions

Class I violations will result in a warning letter from the State WIC office to the grower.

Class II violations will result in an official written citation of non-compliance from the State WIC office to the grower.

Class III violations will result in a suspension and possible disqualification from the Program.

Class I Violation

1. Failure to appropriately display the vendor FMNP sign.

Class II Violations

1. Noncompliance with FMNP rules and procedures as outlined in the Vendor's Handbook or Vendor/State Agreement, which are not specifically identified as Class I or III.
2. Abusive treatment of WIC participants, family and WIC staff (i.e. verbal, and other).
3. Accepting FMNP checks at a location other than an authorized farmers' market.
4. Not identifying non-locally produced fresh fruits or vegetables for sale at a FMNP identified stall.
5. 2 (Two) Class I violations will result in a Class II violation.

Class III Violations

1. Failure to permit or comply with procedures regarding inspection of evidence when local production is in question.
2. Accepting FMNP checks for non-locally grown fruits and/or vegetables or other ineligible items.

3. Cashing FMNP Checks for a non-authorized vendor.
4. Charging WIC participants more than the posted price for any item charging for items not received or participating in other discriminatory practices.
5. Continued participation in the FMNP during a period of suspension, including acceptance or evidence of intent to accept FMNP checks.
6. Physical abuse of participants, family, WIC Staff or FMNP representative(s).
7. Two Class II violations result in a Class III violation.

Suspension

Suspensions will be in force for a maximum of 15 days and will be used to insure the vendor has adequate time to appeal Class III violation notices. If the event leading to the suspension is substantiated, the vendor will be automatically disqualified at the conclusion of the suspension period. If the event leading to the suspension is not substantiated the suspension is immediately lifted (could be less than fifteen days). During the period of suspension, the cited vendor will refrain from participating in the FMNP including at other markets within the state.

Disqualification

Disqualification shall follow the suspension period if a Class III violation is substantiated. The disqualified vendor is required to return his/her vendor ID and stall sign(s) to the State WIC Office within 15 days of receipt of the disqualification notice. A vendor that has been disqualified at any point in the season will be disqualified from Program participation for the remainder of that season and the following full season. At the conclusion of any disqualification period, the vendor may reapply for authorization. Upon reauthorization, the vendor will serve in a probationary status for one full Program season. Any single substantiated Class II or Class III violation obtained during the probationary period will serve as grounds for automatic disqualification.

Vendor Farmer Rights/Appeal Procedure

The WIC FMNP program provides vendors/farmers certain rights, which include:

1. The right to voluntarily withdraw from the FMNP Program at any time except if it is to avoid disqualification resulting from violations of the Sanction Schedule.
2. The right to file a complaint against a WIC or Senior participant or another authorized vendor/farmer.
3. The right to receive advance notice of a suspension, termination, or non-approval.
4. The right to request a hearing on an adverse action allowable under CFR 246.18.
5. The right to be represented by counsel.

A written request for appeal must be sent to the WIC Director, Indiana State Department of Health, 2 North Meridian St., Section 2-J, Indianapolis, IN 46204 within **15 days** of your receipt of a notice of disqualification, suspension, or non-approval. Hearings will take place in Indianapolis before an Administrative Law Judge. Hearings will be conducted in an informal manner during which the vendor/farmer and the WIC FMNP program are allowed to present their cases. The Administrative Law

Judge's decision will be based on the oral and documentary evidence presented and the statutory and regulatory provisions governing the WIC FMNP Program.

Questions may be directed to:

State FMNP office at 1-800-522-0874, or by writing to: Indiana FMNP Program, 2 North Meridian Street, Section 8E Indianapolis, IN 46204

FARMERS' MARKET NUTRITION PROGRAM (FMNP) DEFINITIONS

Designated disabled person-A person under 60 years old but over 21 years living in housing for the elderly with congregate nutrition services.

Eligible foods- Fruits, vegetables, and edible herbs (locally grown) that may be sold using FMNP checks, 2010 WIC FMNP checks will be lavender, and Senior FMNP checks will be green. See page 13 for a complete list of eligible foods.

Farm Stand- A permanent location dedicated to the sale of a farmer's produce and goods to the public that is under the ownership of one farmer, a partnership of farmers, or a non-for-profit cooperative.

Farmers Market- A permanent location, often outdoors, where several farmers gather to sell produce and goods to the public and is under set management with rules and requirements for farmers who participate.

Ineligible foods-Food items which may not be sold for use with FMNP checks.

Locally grown produce- Produce grown within Indiana or an adjacent state's bordering counties.

Non discrimination statement: "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability."

Proxy-individual authorized to make purchases for a participant

2010 Quick Checklist for FMNP

- **Complete** all lines of the form "WIC FMNP Authorized Farmers' Application" If you are signing up for 2010, note the application will be valid for three (3) years from date of enrollment. All applicants must re-apply for the 2010 season. To streamline communications, please provide an email address if you have one and check it regularly. The application applies to the WIC and Senior FMNP programs.
- **Return** the completed application to the Indiana State WIC office.
- **Post** the laminated sign each time you are at the market or farm stand.
- **Be** certain to put your authorization sticker with your 4-digit WIC Identification Number on each sign.
- If this is the first time you have submitted the FMNP application a stamp will be sent to you with your 4-digit identification number and a sign. If you already have a stamp from last year, you will not be receiving another. Stamps may be re-inked. Stamps will not be replaced when it is out of ink.

- All FMNP checks must have the stamped farmer's 4-digit FMNP I.D. number entered in the white box on the face of the check, before the checks are deposited. Deposit checks in a timely manner.

On behalf of Indiana WIC and the Farmers' Market Nutrition Program, thank you for your participation!

FMNP APPROVED FOOD LIST

Fresh Vegetables

Asparagus
Beans
Beets
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Corn
Cucumbers
Edible Soybeans
Eggplant
Garlic
Greens (any variety)
Herbs (cut/edible)
Kohlrabi
Leeks
Lettuce (any variety)
Lima Beans
Mushrooms
Okra
Onions
Parsnips
Peas
Peppers (any variety)
Potatoes
Pumpkins (edible)
Radishes
Rhubarb
Rutabagas
Scallions
Spinach
Sprouts
Squash (any variety)
Squash Blossoms

Sweet Potatoes/Yams

Tomatillos
Tomatoes
Turnips
Watercress
Zucchini

Fresh Fruits

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Currants
Elderberries
Gooseberries
Grapes
Honeydew
Huckleberries
Melons
Nectarines
Peaches
Pears
Persimmons
Plums
Raspberries
Strawberries
Watermelon