## FARMERS MARKET LOCATIONS



### **Kent County**

#### Fifer's Farm & County Store

1919 Allabands Mill Road, Wyoming, DE

#### Kalmar Farm

4351 Canterbury Road, Harrington, DE

## Modern Maturity Center Farmers Market

1121 Forrest Avenue, Dover, DE

#### **Tidal Farmers Market**

1313 Frederica Road, Frederica. DE

#### **Glasgow Park Farmers Market**

2275 Pulaski Highway, Newark, DE

#### The Market at Coverdale

543 Way Road, Greenville, DE

#### West Side Grows Farmers Market

West 10th and North Van Buren Streets, Wilmington, DE

#### William Penn HS Farmers Market

791 Frenchtown Road, New Castle, DF

#### Whitehall Farmers Market

801 Mapleton Ave., Middleton, DE



## **New Castle County**

#### **Bellevue Farmers Market**

510 Duncan Road, Wilmington, DE

#### Brandywine Village Farmers Market

19th & Market Streets, Wilmington, DE

#### Carousel Park Farmers Market

3700 Limestone Road, Wilmington, DE

#### **Co-Op Farmers Market**

230 E. Main Street, Newark, DE

#### Food Bank of Delaware Farm Stand

222 Lake Drive, Newark, DE

## **Sussex County**

#### **Adkins Produce**

32008 Long Neck Road, Millsboro, DE

#### **Bethany Beach Farmers Market**

Garfield Pkway & Pennsylvania Ave., Bethany Beach, DE

#### **Evans Farm Produce**

9843 Seashore Highway, Bridgeville, DE

#### **Farmers Market at Warren Station**

1406 Coastal Highway, Fenwick Island, DE

## Historic Farmers Market at Crooked Hammock

37707 Crooked Hammock Way, Lewes, DE

#### Historic Lewes Farmers Market – Fall

800 Savanah Road, Lewes, DE

#### Historic Lewes Farmers Market – Spring/Summer

DuPont & Johnson Avenues (rain location – Shields Elementary School, Savannah Road & Sussex Drive), Lewes. DE

#### **Marvelous Produce**

22880 Sussex Hwy, Seaford, DE

#### Nassau Valley Vineyards Farmers Market

32165 Winery Way, Lewes, DE

#### **Owens Campus Farm Market**

21179 College Drive, Georgetown, DE

#### **Parsons Farm Produce**

30381 Armory Road, Dagsboro, DE

#### Rehoboth Beach Farmers Market

Rehoboth Avenue Rehoboth Beach, DE

#### **Riverwalk Farmers Market**

South Walnut Street, Milford, DE

#### Sea Colony Farmers Market

33546 Market Place, Bethany Beach, DE

#### **TS Smith and Sons**

8877 Redden Road, Bridgeville, DE

#### The Homestead Market

24171 Chapel Branch Road, Seaford, DE



Eligible Fruits, Vegetables, and Herbs

Locally Grown Produce Only



### Fruits (raw or fresh only):

- apples
- apricots
- blackberries
- blueberries
- cherries
- · chokecherries
- crabapples
- · currants
- elderberries
- gooseberries
- grapes
- mulberries
- · raspberries
- · strawberries

#### pawpaws

- plums
- persimmons



### Herbs (fresh cut only):

- anise
- · basil
- · bay leaves
- · borage
- · calamints
- chamomile
- chervil
- chives
- cilantro
- coriander
- · dill fennel
- germander

- hyssops
- · lemongrass
- laurels
- lavender
- · lemonbalm
- lovage
- marjoram
- mints
- nasturtium
- parsley
- plectranthus
- · oregano

- pears

### peaches

- - rosemary
  - sage
  - santolina
  - savory
  - silver beauties
  - sorrel
  - thymes
  - tarragon
  - fresh locally produced
    - oriental herbs

Vegetables (raw or fresh only):

- · arugula
- · asparagus
- · artichokes
- beans
- beets
- · broccoli
- · broccoli rabe
- · brussel sprouts
- · cabbage
- cantaloupe
- · calabaza
- carrots
- · cauliflower
- celeriac
- · celery
- · chayote
- · chard
- collards
- mustard and turnip greens
- · sweet corn and fresh Indian corn (blue, red, multicolored)
- cucumbers

- · dandelion greens
- eggplant epazote
- garlic
- Florence fennel
- green onions
- horseradish
- Jerusalem
- artichokes
- kale
- kohlrabi
- leeks
- lettuces
- melons
- muskmelon mushrooms
- okra
- onions
- oriental vegetables (bitter melons.
- wax melons) specialty greens
- squash tips
- parsnips

- · peas and pea shoot tips
- · peppers
- · potatoes
- · pumpkins
- · radishes
- rhubarb shallots
- · salad mixes
- spinach
- · summer and winter squashes
- · squash blossoms
- sweet potatoes (yams)
- tomatoes
- tomatillos
- turnips
- · vegetable amaranth
- watercress
- watermelon
- · zucchini

## **Fruits and Vegetables**

## Harvest Calendar \_\_\_\_\_



**Apples**July - November



Asparagus April - June



**Broccoli** June - August



**Cabbage**June - November



**Cantaloupe**June - September



**Cucumbers**June - October



**Green Beans**June - October



Peaches

June - September



**Peppers**July - October



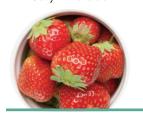
**Potatoes**June - August



**Pumpkins**August - November



**Squash**July - September



**Strawberries** May - June



Sweet Corn
June - October



**Tomatoes**June - October



**Watermelon**July - October

# **Shopping Tips**

- Look around the entire market and visit several WIC 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.

- Produce will be priced per pound or for a specific dollar amount. Example: \$3/lb OR 3 for \$1.
- \$30 per participant to spend at your local Farmers Market between June 1 November 30.
- Benefits are only active for 45 days from when they load onto your account.
- Look for the sign "WIC Farmers Market Accepted Here".



