

MACHE KILTIVATÈ KOTE YO YE



Konte Kent

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, DE

Whitehall Farmers Market
801 Mapleton Ave.,
Middleton, DE

**Historic Lewes Farmers
Market – Fall**
800 Savannah 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



Konte New Castle

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



Konte Sussex

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



Benefis Farmers Market yo bon pou jiska \$30 pwodui fre pou chak sezon, 1ye jen rive 30 novanm. Benefis ki pa itilize yo pa ka achte pou lajan kach. Sèvi ak aplikasyon SoliMarket Shopper ou a pou tcheke balans benefis ou ak dat ekspirasyon ou.



Fwi, Legim, ak Fèy ki Elijb

Pwodui ki Grandi Lokalman Sèlman



Fwi (kri oswa fre sèlman):

- pòm
- abriko
- mi
- mitiy
- seriz
- seriz vijini
- pòm sovaj
- rezen sèch
- bèdesiwo
- gwozèy
- rezen
- sikomò
- franbwaz
- frèz
- papay
- pèch
- pwa
- prin
- kaki



Legim (kri oswa fre sèlman):

- wokèt
- aspèj
- aticho
- pwa
- bètrav
- bwokoli
- bwokoli rabe
- chou briksèl
- chou
- melon frans
- joumou
- kawòt
- chouflè
- seleri rave
- seleri
- militon
- zepina gran fèy
- chou vèt
- moutad ak fèy navè
- mayi dous ak mayi Endyen fre (ble, wouj, miltikolò)
- konkonb
- fèy pisanlit
- berejèn
- epazòt
- lay
- Fenouy Florence
- zonyon vèt
- radi
- Jerizalèm
- aticho
- chou frize
- chou rav
- pwawo
- leti
- melon
- melon frans
- dyondyon
- kalalou
- zonyon
- legim oryantale (melon anmè, melon si)
- legim vèt espesyalite
- pwent joumou
- kawòt blan
- pwent ak tij pwa
- piman
- pòm detè
- joumou
- radi
- rabib
- echalòt
- melanj salad
- epina
- joumou ete ak ivè
- flè joumou
- patat (yanm)
- tomat
- ti tomat
- navè
- legim amarant
- kreson
- melon
- zoukini



Fèy (sa ki koupe ki fre sèlman):

- aniz
- bazilik
- fèy lorye
- bourach
- kalamann
- kamomiy
- pèsi
- siv
- silantro
- koryantro
- lanni
- jèmandre
- izop
- sitwonnèl
- lorye
- lavand
- melis
- pèsi
- majolèn
- mant
- kapisin
- pèsi
- plektrantis
- lorigan
- womaren
- ti solèy
- santolin
- bon gou
- bèlte an ajan
- lòzèy
- ten
- estragon
- fèy awomatik oryantale fre ki pwodui lokalman

Kalandriye Rekòlt

Fwi ak Legim



Pòm

Jiyè - Novanm



Aspèj

Avril - Jen



Bwokoli

Jen - Out



Chou

Jen - Novanm



Melon Frans

Jen - Septanm



Konkonb

Jen - Oktòb



Pwa Vèt

Jen - Oktòb



Pèch

Jen - Septanm



Piman

Jiyè - Oktòb



Pòmdetè

Jen - Out



Joumou

Out - Novanm



Milton

Jiyè - Septanm



Frèz

Me - Jen



Mayi Dous

Jen - Oktòb



Tomat

Jen - Oktòb



Melon

Jiyè - Oktòb

Konsèy sou Acha

- Gade nan tout mache a epi vizite plizyè machann WIC.
- Pran tan w pou w decide kisa w ap achte epi reflechi sou fason w ka plis pwofite acha w la.
- Sonje ke fwi ak legim fre p ap rete fre pou lontan. Anpeche gaspiyaj manje lè w achte pi piti kantite nan plizyè atik.
- Kalite pwodui ki disponib chanje pandan sezon an, kidonk vizite mache kiltivatè lokal ou yo souvan.
- Y ap fè w peye pwodui yo pa liv oswa pou yon kantite dola espesifik. Egzanp: \$3/liv OSWA 3 pou \$1.

- \$30 pou chak patisipan pou depanse nan Farmers Market lokal ou a ant 1ye jen - 30 novanm.
- **Benefis yo aktif sèlman pou 45 jou apati lè yo chaje sou kont ou.**
- Chèche ansèy - "WIC Farmers Market Accepted Here".



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program



Enstitisyon sa a se yon founisè sèvis ki garanti opòtinite ki egal.