

MACHE KILTIVATÈ KOTE YO YE



Konte Kent

**Modern Maturity Center
Farmers Market**
1121 Forrest Ave., Dover, DE

Tidal Farmers Market
1456 Frederica Road, Frederica, DE

Mache nan fèm yo

Fifer's Farm & County Store
1919 Allabands Mill Road,
Wyoming, DE

Kalmar Farm
4351 Canterbury Road, Harrington, DE

West Side Grows Farmers Market
W. 10th and N. Van Buren Streets,
Wilmington, DE

Wheeley's at Penn Farm
791 Frenchtown Road E.,
New Castle, DE

Wilmington Farmers Market
1000 N Market Street,
Wilmington, DE

Mache nan fèm yo

Food Bank of Delaware Farm Stand
222 Lake Drive, Newark, DE

The Market at Coverdale
543 Way Road, Greenville, DE

**Nassau Valley Vineyards
Farmers Market**
32165 Winery Way, Lewes, DE

Rehoboth Beach Farmers Market
Grove Park adjacent to
Lighthouse Circle Rehoboth Ave.,
Rehoboth Beach, DE

Riverwalk Farmers Market
South Walnut Street, Milford, DE

Sea Colony Farmers Market
33546 Market Place,
Bethany Beach, DE

Mache nan fèm yo

Adkins Produce
32008 Long Neck Road,
Millsboro, DE

DTCC Owens Campus Farm Stand
21179 College Drive, Georgetown, DE

Evans Farm Produce
9843 Seashore Hwy., Bridgeville, DE

Little Wagon Produce
2667 Seashore Hwy., Greenwood, DE

Magee Farms - Lewes
33761 Westcoats Road, Lewes, DE

Magee Farms - Selbyville
34857 Lighthouse Road,
Selbyville, DE

Marvelous Produce
22880 Sussex Hwy., Seaford, DE

Parsons Farm Produce
30381 Armory Road, Dagsboro, DE

Parsons Farms on Slaughter Creek
9598 Coastal Hwy., Milford, DE

The Homestead Market
24171 Chapel Branch Road,
Seaford, DE

TS Smith Orchard Point Market
9045 Redden Road, Bridgeville, DE



Konte New Castle

Bellevue Farmers Market
510 Duncan Road, Wilmington, DE

Brandywine Park Farmers Market
1004 N. Park Drive, Wilmington, DE

Carousel Park Farmers Market
3700 Limestone Road, Wilmington, DE

Co-Op Farmers Market
230 E. Main Street, Newark, DE

Glasgow Park Farmers Market
2275 Pulaski Hwy., Newark, DE

Middletown Farmers Market
204 E Main Street, Middletown, DE

New Castle Saturday Market
211 Delaware Street, New Castle, DE

Northside Food and Culture Market
801 W. 30th Street, Wilmington, DE



Konte Sussex

Bethany Beach Farmers Market
Garfield Pkwy & Pennsylvania Ave.,
Bethany Beach, DE

**Historic Lewes Farmers
Market – Spring/Summer**
DuPont & Johnson Avenues,
Lewes, DE

**Historic Lewes Farmers
Market – Fall**
800 Savannah Road, Lewes, DE

**Historic Farmers Market at
Crooked Hammock**
37707 Crooked Hammock Way,
Lewes, DE

Hops and Crops Market
413 S Bedford Street, Georgetown, DE

Milton Farmers and Artisans Market
514 Union Street, Milton, 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 oryantal (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
- kalaman
- 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 oryantal 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 deside 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 OSHA 3 pou \$1.

- \$30 pou chak patisipan pou depanse nan Farmers Market lokal ou a ant 1ye jen - 30 novanm.
- 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.