

Helpful hints

- 🥕 For the best selection, get there early.
- 🥕 Bring your own shopping bag.
- 🥕 Shop all through the summer and fall. Different fruits and vegetables are sold each month.
- 🥕 Let your child choose a fruit or vegetable to try.
- 🥕 Most farmers markets also accept SNAP benefits.
- 🥕 Look for these signs to find farmers who take Farm Direct checks.



If you can't use your checks, take them back to your WIC clinic

For more information or if you need this in alternate format, call 971-673-0040 or TTY 1-800-735-2900.

WIC is an equal opportunity provider.

www.healthoregon.org/wic



Oregon Health Authority



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Farm Direct Nutrition Program

ALLOWED ITEMS

- Fresh fruits
- Fresh vegetables
- Fresh cut herbs

Organic products are allowed

NOT ALLOWED ITEMS

- Processed foods
(including jam, honey, dried fruit, dairy, or nuts)
- Live plants
- Meat, fish or eggs
- Non-food items

Use your checks at markets and farm stands by November 30.

Buy local, eat fresh!

How to use your checks

- 1 Take your checks to any participating farmers market or farm stand. To find a location, go to myoregonfarm.org
- 2 Look for the signs at farmer booths that say “Oregon Farm Direct Nutrition Program Checks Welcome Here” or ask market staff for assistance.
- 3 Choose the locally grown fresh fruits, vegetables, and cut herbs that you want to buy. Organic products are allowed!
- 4 Pay the farmer for your fresh produce using your checks.

Enjoy!



Remember

-  Choose only locally grown produce (no bananas, oranges, lemons, pineapples, etc.).
-  You can use your checks one at a time, or all at once. With one farmer or more!
-  Plan your purchase since you will not receive any change.
-  Shop before your local markets and farm stands close for the season.
-  Keep your Farm Direct checks in a safe place. Lost or stolen checks cannot be replaced.

What's in season this month?

Find these and more!

FRUITS						
	June	July	Aug.	Sept.	Oct	Nov.
Apples		✓	✓	✓	✓	✓
Blackberries	✓	✓	✓			
Blueberries		✓	✓	✓		
Cherries	✓	✓				
Melons			✓	✓	✓	
Peaches			✓	✓	✓	
Pears		✓	✓	✓	✓	✓
Red Raspberries	✓	✓	✓			
Rhubarb	✓					
Strawberries	✓	✓				

VEGETABLES						
	June	July	Aug.	Sept.	Oct	Nov.
Broccoli				✓	✓	✓
Carrots/Parsnips			✓	✓	✓	✓
Cauliflower	✓	✓	✓	✓	✓	✓
Corn			✓	✓	✓	
Cucumbers			✓	✓	✓	
Elephant Garlic		✓	✓	✓	✓	✓
Green Beans		✓	✓	✓		
Mushrooms		✓	✓	✓	✓	✓
Onions			✓	✓	✓	✓
Potatoes			✓	✓	✓	✓
Salad Greens	✓	✓	✓	✓	✓	
Squash/Pumpkins		✓	✓	✓	✓	✓
Turnips/Rutabagas			✓	✓	✓	✓

*Availability may vary by location