

Warwick

Goddard State Park
Fridays: June 5 - October 30
9:00 AM - 1:00 PM

Westerly

Westerly Farmers Market
85 Main Street (behind
billboard) Thursdays:
June 18 – October 15
11:00 AM – 3:00 PM

Woonsocket

St. Ann's Arts & Cultural
Center 84 Cumberland Street
Tuesdays: July 7–October 27
4:00 PM – 7:00 PM

Veggin' Out Schedule

Come watch a cooking demonstration
from Johnson & Wales University.
Free food samples!

Tuesday July 14	4:00 - 6:00
	Woonsocket
Thursday July 16	3:00 - 5:00
	Armory
Wednesday July 22	2:00 - 4:00
	Haines Park
Saturday August 1	10:00 - 12:00
	Broad Street
Saturday August 8	10:00 - 12:00
	Broad Street
Wednesday August 19	3:00 - 5:00
	Haines Park
Thursday August 20	3:00 - 5:00
	Armory
Sunday August 30	1:00-3:00
	Pawtucket

WIC staff will be available for assistance.

For more information on WIC or Farmers' Market
call HEALTH Info Line 1.800.942.7434

WIC Farmers' Market Nutrition Program

2009 Participant Guide

Use checks

June 1 - October 31 2009
**Look for *We accept WIC
farmer's market checks.***



Tasty Ways to Use your Fruits & Vegetables

Five Color Salsa

Ingredients

- 1/2c green pepper (1 pepper), chopped
- 1/2c yellow pepper (1 pepper), chopped
- 1/2c tomato (1 medium tomato), chopped
- 1/2c corn
- 1/2 black beans
- 4t minced hot pepper, seeds removed
- 1/4c finely chopped fresh cilantro
- 1T chooped red onion
- Juice of 1 lime
- 1/4t salt

Combine all ingredients in large bowl,
stirring well. Serve with grilled chicken, fish
or with tortilla chips.



Salad with Fruit & Nut

Dressing Ingredients

- 8oz plain or flavored yogurt
- 1/4c honey or pancake maple syrup
- 1/4c vinegar
- 1/2c olive oil

Salad Ingredients

- 3c lettuce or salad greens, bite size pieces
- 3c chopped fruit (such as apples, peaches,
oranges, & grapes)
- 1/2c shelled nuts (almonds or walnuts)
- 1/4c raisins

Mix dressing ingredients in a small bowl
and set aside. Arrange lettuce on plates
and top with fruit, nuts and raisins. Pour
dressing over salad. Serve and enjoy.

How to Use Your Checks from Farmers' Market Nutritional Program (FMNP)

See inside for a list of authorized farmers'
markets dates and times.

You will receive (3) \$5.00 checks per
eligible participant for the season.

You must present your ID folder and sign each
FMNP check at the time of purchase in front of
the farmer.

You may only purchase fresh, unprepared,
locally grown fruits, vegetables, and fresh cut
cooking herbs.

No change will be given. If your purchase is
less than \$5.00, the farmer will add fruits or
vegetables to make up the difference.

One FMNP check cannot be split between
farmers. Use one \$5.00 check for each farmer.

If you wish to buy items that cannot be
purchased with your FMNP checks, make two
separate purchases.

Lost or stolen checks cannot be replaced.

Items That CANNOT Be Purchased with FMNP Checks

Baked Goods	Bananas
Cheese	Cider
Eggs	Edible Flowers
Potted Flowers	Gourds
Grapefruits	Dried Herbs
Honey	Jams
Lemons	Limes
Mangoes	Milk
Nuts	Oranges
Painted Pumpkins	Pineapples
Plantains	Plants
Potted Herbs	Maple Syrup
Seafood	Tangerines

Seasonal Fruit and Vegetable Guide

	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples			Yellow	Yellow	Yellow	Yellow	Yellow	
Blueberries			Green	Green	Green			
Melons			Light Blue	Light Blue	Light Blue			
Peaches			Yellow	Yellow	Yellow			
Pears			Orange	Orange	Orange			
Raspberries			Red		Red			
Strawberries		Orange	Orange					
Beans			Light Green	Light Green	Light Green			
Beets		Purple	Purple	Purple	Purple	Purple	Purple	
Broccoli		Dark Blue	Dark Blue	Dark Blue	Dark Blue			
Cabbage		Light Green	Light Green	Light Green	Light Green	Light Green	Light Green	Light Green
Carrots			Orange	Orange	Orange	Orange	Orange	Orange
Cauliflower			Yellow	Yellow		Yellow	Yellow	
Corn			Light Blue	Light Blue	Light Blue	Light Blue		
Cucumbers			Purple	Purple	Purple			
Eggplant			Yellow	Yellow	Yellow	Yellow		
Lettuce		Light Green	Light Green	Light Green	Light Green	Light Green		
Peas		Light Blue	Light Blue					
Peppers			Red	Red	Red	Red		
Potatoes			Dark Blue	Dark Blue	Dark Blue			
Pumpkins				Orange	Orange	Orange		
Rhubarb		Light Green	Light Green	Light Green	Light Green	Light Green		
Spinach		Light Blue	Light Blue	Light Blue	Light Blue	Light Blue		
Squash		Light Green	Light Green	Light Green	Light Green	Light Green		
Tomatoes			Red	Red	Red	Red		
Turnips			Orange	Orange	Orange	Orange	Orange	

Tips for Storage

Refrigerate most fresh fruits and vegetables unless you are going to eat them within a day or two. Store potatoes and onions in a cool, dry, dark place.

Eat fresh fruits and vegetables within 5 days of

purchasing. Even in the refrigerator they will spoil.

Authorized Locations Where WIC Farmers' Market Nutrition Program Checks May Be Used

Bristol

Colt State Park
Fridays: June 5 – October 30
2:00 PM – 6:00 PM

Burrillville

Levy School
135 Harrisville Main Street
Saturdays: June 6 – October 10
9:00 AM – 12:00 PM

Cranston

Pawtuxet Village, Rhodes on the
Pawtuxet parking lot
Saturdays: May 9 – Nov 21
(closed June 13 only)
9:00 AM – 12:00 PM

Pastore Complex, Department of
Labor & Training
Fridays: July 24 - September 25
10:00 AM – 2:00 PM

Charlestown

Cross Mills Public Library
Fridays: June 19 – Sept 11
9:00 AM – 12:00 PM

East Providence

Haines Memorial Park, Rte. 103
Wednesdays: June 3 – October 28
2:00 PM – 6:00 PM

Lincoln

Blackstone River Visitor Center, 295N
Tuesdays: July 14 – October 27
2:00 PM – 6:00 PM

Middletown

909 East Main Road
Saturdays: June 6 – October 31
9:00 AM – 1:00 PM

Narragansett

Fisherman's Memorial Park
Route 108
Sundays: June 7 - October 25
9:00 AM to 1:00 PM

Newport

Memorial Blvd
(Between Edgar & Chapel St.)
Wednesdays: June 10 - October 28
2:00 PM – 6:00 PM

North Kingstown

Coastal Growers' Market at
Casey Farm, 2325 Boston Neck
Saturdays: May 16 – November 7
9:00 AM–12:00 PM

Pawtucket

67 Roosevelt Ave, Slater Mill,
Downtown
Sundays: June 7 – October 25
12:00 PM – 3:00 PM

Providence

Fruit Hill Market
RI College Parking Lot
Wednesdays: July 8 – October 14
3:30 PM – 6:00 PM

Hope Street Farmers Market

Lippit Park – Hope & Blackstone
Saturdays: June 6 – October 31
9:30 AM - 12:30 PM

Parade Street Market

(Next Cranston St. Armory)
Thursdays: June 4 - October 29
3:00 PM – 7:00 PM

Closes at dusk in late October

Broad Street Market
807 Broad Street
Saturdays: July 11 - October 31
9:00 AM- 1:00 PM

Capitol Hill, Outside Dept. of Health
Thursdays: July 23 – September 24
11:00 AM – 2:00 PM

Brown University, Wriston Quad
(Corner of Thayer St & George St.)
Wednesdays: Sept 9 – October 28
11:00 AM – 2:00 PM

Kennedy Plaza
Fridays: June 12 - October 30
11:00 AM - 2:00 PM

Richmond

Richmond Farmer Market
Richmond Town Hall
5 Richmond Townhouse Road
Saturdays: May 16 – October 31
9:00 AM – 12:30 PM

Scituate

North Scituate Farmers' Market
(Route 116, Scituate Village)
Saturdays: May 2 – October 17
9:00 AM – 12:00 PM

South Kingstown

URI- Rte. 138 Keaney Gym lot
Saturdays: June 6 - October 31
8:30 AM - 12:00 PM

Wakefield

Marina Park, (off Route 1)
Tuesdays: June 2 - October 27
2:00 PM - 6:00 PM

