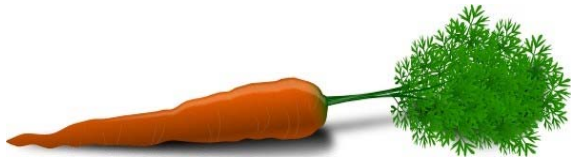


2019

Unprocessed Maine grown fresh fruits and vegetables are allowed, including:

apples, asparagus, beans, beets, blackberries, blueberries, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, grapes, greens, herbs, lettuce, melons, mushrooms, onions, parsnips, peas, pears, peppers, plums, potatoes, pumpkins, radishes, raspberries, rhubarb, scallions, shallots, spinach, strawberries, squash, tomatoes, and zucchini



Items other than unprocessed Maine grown fresh fruits and vegetables are NOT allowed, including:

Fruits and veggies grown outside of Maine, baked goods, bedding plants, candied apples, milk, cheese, cider, dried beans, dried herbs, eggs, honey, jams & jellies, maple syrup, meats, nuts, pickles, and seafood



Remember:

- Bring your WIC ID Folder with you to the Farmers' Market.
- Look for the "WIC Farmers' Market Checks Accepted Here" sign.
- Farmers can not give you change back.
- You can use more than one check at a time.
- Don't forget to sign your WIC check when you make your purchase.
- Use the checks during July, August and September for a better selection.

Call your local WIC office with any questions:

**Biddeford and Buxton: 283-2402
Sanford, Kittery and Limerick:
459-2942**



Nutrition Program

Visit the farmers early in the day to get the best selection!

Did you know...
You can also use your monthly fruit and veggie voucher at WIC farmers' markets?

Farm Stands

(opening days & hours may vary)

Buxton

Snell Family Farm 929-6166
1000 River Rd.
Daily 10am-5pm

Dayton

Harris Farm 499-2472
262 Buzzell Rd.
Daily 9am- 6pm

Gorham

King's Farm Market 712-1783
46 County Rd.
Mon.-Sat. 9am-7pm, Sun. 9am-6pm

Hollis

Uncle's Farm Stand 247-3618
897 Hollis Rd. (Route 202)
Mon.-Sat. 9am-5pm

Lebanon

McDougal Orchards 324-5054
Little River Rd. and Rt. 202
Sat. and Sun. 10am-5pm

Saco

Fenderson Farm Stand 468-9315
97 New County Rd.
Daily 9am-4:30pm
(Also in Ocean Park on Ocean Park Rd on
Tue. and Thur. 9am-12pm)

Springvale

McDougal Orchards 324-5054
201 Hanson Ridge Rd.
Daily 9am-5pm

Scarborough

Frith Farm Stand 730-9077
61 Ash Swamp Rd.
Daily 8am-7pm



Farmers' Markets

Kennebunk Farmers' Market 646-5926
kennebunkfarmersmarket.org
3 Wells Court (Garden St. Municipal Lot)
Sat. 8am-1pm

Kittery Community Market 805-2025
(Bumbleroot and Cannons at Noon farm)
Post Office Square, 10 Shapleigh Rd.
Sun. 10am-2pm

North Berwick Farmers' Market
21 Main St.
Fri. 3pm-6pm

Portland Farmers' Market 382-6007
portlandmainefarmersmarket.org
At Monument Square Wed. 7am-1pm
At Deering Oaks Park Sat. 7am-1pm

Saco Farmers' Market
sacofarmersmarket.com
4 Scammon St. (Saco Valley Shopping
Center)
Wed. and Sat. 7am-12pm

Sanford Farmers' Market 459-9438
sanfordfarmersmarket.org
919 Main St. (Central Park)
Sat. 8am-12pm

Scarborough Farmers' Market 799-7743
(Frith Farm)
259 US Rt. 1 Scarborough Town Hall lot
Sun. 9am-1pm

South Portland Farmers' Market
southportlandfarmersmarket.com
(Beacon Blessings and Fresh Start Farm)
Ocean and Thomas St. (City Hall parking lot)
Sun. 10am-2pm

Steep Falls Farmers' Market
steepfallsfarmersmarket.com
(Sweet Relief Farm and Kestrel Farm)
Corner of Rt. 11 & 11 (Village Park Gazebo)
Sat. 9am-2pm

Wells Farmers' Market 646-6698
wellsfarmersmarket.org
(Annette's Garden and Kelly Orchards)
270 Post Rd (rear parking lot of Wonder
Mountain Fun Park)
Wed. 1:30-5pm

