

Bridgton

Bridgton Farmers' Market
 12 Depot St
 Sat 8-12(summer hours)
Patch Farm

**Brunswick**

Brunswick Farmers' Market
 Maine St and Park Row
 On the Mall
 Tue, Fri 8-2
Lost & Found Farm, Six River Farm, Applewald Farm, Whatley Farm, Spears Vegetable farm

Brunswick

Crystal Springs Farmers' Market
 11 Atlantic Blvd
 Flight Deck Brewing
 Sat 8:30-12:30
Six River Farm, Cranberry Rock Farm, Applewald Farm, Whatley Farm, Spears Vegetable farm

Cumberland

Cumberland Farmers' Market
 290 Tuttle Rd
 Town Hall Complex
 Sat 10-1
Chirp Creek Farm, Valley View Farm

Falmouth

Falmouth Farmers' Market
 22 Hat Trick Dr
 Next to Ice Rink
 Wed 10-2 May-Nov
Chirp Creek Farm, Valley View Farm

Portland

Portland Farmers' Market
 Monument Square
 Wed 7-1
 (207)382-6007
Lost & Found Farm

Portland

Portland Farmers' Market - Deering Oaks Park
 Deering Oaks Park
 Sat 7-1
 (207)382-6007
Goranson Farm, Cornerstone Farm, Olde Haven Farm, Snell Family Farm, Alewives Brook Farm, Dandelion Spring Farm, Fresh Start Farms Christine Pompeo, Uncles Farm Stand

South Portland

South Portland Farmers Market
 25 Cottage Rd
 City Hall Parking Lot
 Sun 10-2
Alewives Brook Farm

Steep Falls

Steep Falls Farmers' Market
 1 Main St
 Gazebo Park
 Sat 9-2
Sweet Relief Farm

Windham

Windham Farmers' Market
 4 Turning Leaf Rd
 Sat 8:30-12:30
Mulberry Farms

Yarmouth

Yarmouth Farmers' Market
 1 Railroad Square
 Bickford Pavilion
 Thur 3-6
Tender Soles Farm, Andrews Farm, Somali Bantu Community

Cape Elizabeth

Alewives Brook Farm Stand
 83 Old Ocean House Rd
 Daily 9-6

Scarborough

Frith Farmstand
 61 Ash Swamp Rd
 Fri-Sat 9-1
 Cabbage, Carrots, Cauliflower, Peppers, Potatoes, Pumpkins

Casco

Hancock Farm
 36 Quaker Ridge Rd
 Daily 9-6
 Beans, Beets, Broccoli, Cabbage, Corn, Cucumbers, Eggplant, Lettuce, Onions, Peppers, Radishes, Squash, Tomatoes, Zucchini

Raymond

Meadow Brook Farm
 727 Webb Mills Rd
 Sat-Sun 10-5 Sept-Nov
 Apples

Raymond

Mulberry Farmstand
 96 North Raymond Rd
 Wed-Fri 11-6:30
 Sat 9-3



Using WIC FMNP (Farmer's Market Checks)

Frequently Asked Questions

Where can I use my FMNP?

- Participating farms listed in this brochure accept WIC FMNP.
- You can also locate local farms using the WIC Shopper app.

How do I use my FMNP?

- Sign the FMNP when you are purchasing your items. If you spend less than the full check amount, you won't get change back. You can pay the difference if the total is more than the checks.

What can I buy with FMNP?

- Any Maine-grown fruit or vegetable.

What am I not allowed to buy with FMNP?

- Plants, seedlings, flowers, meat, eggs, cheese, bread, jam, jelly or processed foods and anything not grown in Maine.

What about using SNAP or EBT benefits?

- You can get bonus bucks at some markets. For more information, visit:
www.maineharvestbucks.org.

Oct. 31 is the last day you may use your FMNP.

You have the right to file a complaint about any improper farmer or farmers' market practices. A complaint may be filed by calling 1-800-437-9300 or emailing WICVendor@maine.gov.

For more information about WIC call **207.553.5800** or visit www.maine.gov/wic



What's in Season?

July

Beets, blueberries, carrots, chard, corn, garlic, kale, lettuce, new potatoes, peas, radishes, raspberries, scallions, spring onions, summer squash, turnips, zucchini

Early August

Apples, artichokes, beans, beets, blueberries, chard, cherries, collard greens, corn, cucumbers, fennel, garlic, kale, lettuce, peaches, peppers, plums, potatoes, radishes, raspberries, scallions, spring onions, summer squash, tomatoes, turnips, zucchini

Late August

Apples, beans, beets, blueberries, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, chard, corn, cucumbers, eggplant, fennel, garlic, greens, kale, lettuce, melons, onions, peppers, potatoes, pumpkins, radishes, raspberries, scallions, Swiss chard, summer squash, tomatoes, turnips, watermelon, zucchini

September

Apples, beans, beets, broccoli, Brussels sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, chard, chili peppers, corn, cucumbers, eggplant, garlic, gourds, greens, kale, leeks, lettuce, melons, mushrooms, onions, pears, peppers, potatoes, pumpkins, radishes, raspberries, scallions, spinach, squash, sweet potatoes, tomatoes, turnips, zucchini

October

Apples, beans, beets, broccoli, Brussels sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, chard, chili peppers, corn, cucumbers, squash, eggplant, garlic, greens, kale, leeks, lettuce, melons, mushrooms, onions, pears, peppers, parsnips, potatoes, pumpkins, radishes, raspberries, scallions, spinach, squash, sweet potatoes, Swiss chard, tomatoes, turnips, zucchini
From Maine Federation of Farmers' Markets

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion or national origin.



2021



TOA

Farmers'

Market Guide

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