## Senior Farmers’ Market Nutrition Program

### Herbs
- Basil
- Chives
- Cilantro
- Dill
- Garlic
- Horseradish
- Lovage
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage

(Honey)

### Vegetables
- Asparagus
- Beans
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Greens (all)
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Radishes
- Rhubarb
- Rutabagas
- Spinach
- Squash
- Tomatoes
- Turnips
- Zucchini

(Fruits)
- Apples
- Apricots
- Berries (all)
- Cherries
- Grapes
- Melons (all)
- Pears
- Peaches
- Plums
- Pumpkins

(non-decorative)

To apply, contact:

[COA Council on Aging of Southwestern Ohio](http://www.help4seniors.org)

1-800-252-0155

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