



Senior Farmers'
MARKET
Nutrition Program

Vegetables

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

Fruits

Apples	Melons (all)
Apricots	Pears
Berries (all)	Peaches
Cherries	Plums
Grapes	Pumpkin (non-decorative)
Melons (all)	

Fresh, Cut Herbs

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

Honey

Redeem
Coupons
Here!

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Southwestern Ohio
1-800-252-0155 or
513-721-1025
www.help4seniors.org



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