

2023 WVFMNP

West Virginia Farmers Market Nutrition Program

ELIGIBLE FOOD LIST

FRESH VEGETABLES

Artichokes	Lettuce
Asparagus	Mushrooms
Beans	Okra
Beets	Onions
Broccoli	Parsnips
Brussels Sprouts	Peas
Cabbage	Peppers
Carrots	Potatoes
Cauliflower	Pumpkins
Celery	Radishes
Collard Greens	Rhubarb
Corn	Rutabaga
Cucumbers	Spinach
Endive	Squash
Eggplant	Zucchini
Kale	Tomatoes
Kohlrabi	Turnips
Leeks	Yams

FRESH FRUITS

Apples
Apricots
Blackberries
Cantaloupes
Cherries
Grapes
Honeydew Melon
Nectarines
Paw Paws
Peaches
Pears
Plums
Raspberries
Strawberries
Watermelon

FRESH HERBS

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

Unprocessed Honey
(excludes WIC)

Any fruit, vegetable, or herb that can be produced in or below
USDA Hardiness Zone 6 is eligible for sale within this program.

WVFMNP benefits **CANNOT** be used to purchase baked goods, jams, jellies, ciders, juices, popcorn, flowers, dried beans, eggs, gourds, nuts, plants, butter, citrus/tropical fruits, or ornamental corn.

WIC participants cannot purchase unprocessed honey.

Participants **MUST NOT** ask farmers to sell goods that are not on the eligible food list.
Selection and type of fruits and vegetable depends upon weather and season.

This institution is an equal opportunity employer.