

## Helpful hints

- 👉 For the best selection, get there early.
- 👉 Bring your own shopping bag.
- 👉 Shop all through the summer and fall. Different fruits and vegetables are sold each month.
- 👉 Let your child choose a fruit or vegetable to try.
- 👉 Look for these green signs to find farmers who take Farm Direct checks.



For more information or if you need this in alternate format, call 971-673-0040 or TTY 1-800-735-2900.

WIC is an equal opportunity provider.

[www.healthoregon.org/wic](http://www.healthoregon.org/wic)



**Oregon**  
Department  
of Agriculture

**Oregon**  
**Health**  
Authority



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## Oregon WIC

### Farm Direct Nutrition Program



Use your checks at markets and farm stands by **October 31**.

**Buy local, eat fresh!**

# How to use your checks

- 1 Take your checks to any participating farmers' market or farm stand.
- 2 Look for the green signs that say "Oregon Farm Direct Nutrition Program Checks Welcome Here!" to find farmers who take Farm Direct checks.
- 3 Choose the fresh fruits, herbs and vegetables you want to buy. Organic products are allowed.
- 4 Choose only locally grown produce (no bananas, oranges, lemons, pineapples, etc.).
- 5 Tell the farmer you are using WIC Farm Direct checks.

*Enjoy!*

## Remember

- Use each check to buy \$4 of fresh fruits, cut herbs and vegetables only.
- Checks must be spent by October 31 of each year.
- Lost checks cannot be replaced.
- The farmer cannot give you change for your checks.
- You can use your own money if you want to buy even more!
- Please spend your checks. If you can't use your checks, take them back to your WIC clinic.

# Oregon harvest calendar

Here are the best times to buy fruits and veggies at farmers' markets and farm stands.

Apples	July - Oct.
Apricots	July - Aug.
Asparagus	June - July
Beans	July - Aug.
Blackberries	July - Sept.
Bok Choy	July - Oct.
Broccoli	July - Oct.
Cabbage	July - Oct.
Cantaloupe	Aug. - Sept.
Carrots	July - Oct.
Cauliflower	June - Oct.
Cherries	June - July
Corn	Aug. - Oct.
Cucumber	July - Sept.
Garlic	June - Oct.
Green beans	July - Aug.

Greens	Aug. - Oct.
Lettuce	June - Oct.
Nectarines	July - Aug.
Onions	June - Oct.
Peaches	June - Aug.
Pears	Aug. - Oct.
Peas	June - July
Peppers	Aug. - Oct.
Plums	Aug. - Sept.
Potatoes.	July - Oct
Pumpkins	Sept. - Oct.
Spinach	June - July
Squash	July - Oct.
Strawberries	June - July
Tomatoes	July - Oct.
Watermelon	Aug. - Sept

