

Senior Farmers' Market Nutrition Program

Vegetables

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

Herbs (Fresh, Cut)

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

Fruits

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

Honey

To apply, contact:



Council on Aging

**Council on Aging of
Southwestern Ohio**

1-800-252-0155

www.help4seniors.org

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