



Tips for Storing Your Fruits and Vegetables

- Always wash all fruits and vegetables before eating or preparing
- Rinse green leafy vegetables, and dry well. Wrap in a paper towel before placing in a bag
- Refrigerate fruits and vegetables unless you are going to eat them within one to two days
- Store potatoes and onions in a cool, dry, and dark place
- Plan to eat fresh fruits and vegetables within five days of purchase

Pop-up Markets

West Warwick

The West Warwick Manor
62 Roberts Street
Friday July 2nd &
Friday October 1st
11 a.m. - 1 p.m.

The West Warwick Public Library
1043 Main St.
Friday August 6th
11 a.m. - 1 p.m.

The West Warwick Senior center
145 Washington St.
Friday September 3rd
11a.m. - 1p.m



2021 Participant Guide Farmer's Market Checks



This institution is an equal opportunity provider.

To get more information about WIC or Farmers' Markets, call the Health Information Line at 401-222-5960/RI Relay 711
health.ri.gov/wic

Look for:
We accept WIC Farmer's Market Checks posters or signs at approved Rhode Island Farmers' Market locations.

How to use your WIC Farmer's Market Checks

FARMER'S MARKET CHECKS

Eligible WIC participants will receive three Farmer's Market Checks for the season that can be used from June through October.

You can purchase fresh, unprepared, locally grown fruits and vegetables, and fresh-cut cooking herbs.

Farmer's Market checks can ONLY be used toward purchases at Farmers' Markets.

If you wish to purchase unauthorized WIC foods at the Farmer's Market, two separate transactions must be made.

No change will be given. If your purchase is less than the check value, only the total amount purchased is entered on the check.

One check (Farmer's Market check) cannot be split between farmers. Use one check for each farmer.

Farmer's Market Checks may be combined with each other in a single transaction.

Paying the difference is allowed.

Lost or stolen checks cannot be replaced.

NO CASH BACK from the Farmer's Market Checks

Items that **cannot** be purchased with:

FARMER'S MARKET CHECKS:

- | | |
|-------------------------|--------------------|
| • Baked Goods | • Maple syrup |
| • Bananas | • Meats |
| • Cheeses | • Medicinal herbs |
| • Cider | • Milk |
| • Dried or potted herbs | • Nuts |
| • Dried fruits | • Oranges |
| • Eggs | • Tangerines |
| • Flowers | • Painted pumpkins |
| • Grapefruits | • Party trays |
| • Gourds | • Pineapples |
| • Honey | • Plants |
| • Jams and jellies | • Potted flowers |
| • Lemons | • Salad bars |
| • Limes | • Seafood |
| • Mangos | • Seeds |

Recipe Corner

Fresh Zucchini Salad

Farmer's Market shopping list:

- ✓ Zucchini
- ✓ Green onion (scallion)
- ✓ Green pepper
- ✓ Tomato



Ingredients:

- 1 medium zucchini
- 1 green onion (scallion)
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- ¼ cup white vinegar

Directions:

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite-size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

FARMERS' MARKETS

Bristol

Mount Hope Farm **(EBT accepted)**
250 Metacom Avenue
Saturdays, May 15 – October 30
9 a.m. – 12:30 p.m.

Burrillville

Stillwater Mill Complex **(EBT accepted)**
75 Tinkham Lane
Saturdays, June 5 – September 25
9:30 a.m. - 12:30 p.m.

Central Falls

Central Falls Farmer's Market **(EBT accepted)**
559 Dexter Street
Tuesdays, July 6 – October 26
3 p.m. – 6:30 p.m.

Charlestown (NEW)

Charlestown Land Trust Farmer's Market
Church of the Holy Spirit
4150 Old Post Road
Fridays, June 25 – September 3
9:30 a.m. – 1 p.m.

Cranston (NEW)

Pawtuxet Village Farmer's Market **(EBT accepted)**
Rhodes on the Pawtuxet Parking Lot
60 Rhodes Place
Saturdays, May 1 – October 30
9 a.m. - Noon

East Providence

Weaver Library Farmer's Market **(EBT accepted)**
41 Grove Avenue
Thursdays, June 24 – September 9
4 p.m. – 7 p.m.

Narragansett

Fisherman's Memorial Park
1011 Point Judith Road
Sundays, May 2 – October 31
9 a.m. – 1 p.m.

Newport

Aquidneck Growers Market **(EBT accepted)**
Edgar Court and Chapel Street
Wednesdays, May 19 – October 27
2 p.m. – 6 p.m.

Aquidneck Growers Market (EBT accepted)

35 Dexter Street
Saturdays, May 15 – October 30
9 a.m. – 1 p.m.

North Kingstown

Coastal Growers' Market at Casey Farm
2325 Boston Neck Road
Saturdays, May 15 – October 30
8:30 a.m. - 12:30 p.m.

Providence

Armory Park **(EBT accepted)**
Parade Street & Hudson Street
Thursdays, June 3 – October 28
3:30 p.m. – 7 p.m.

Broad Street Farmer's Market (EBT accepted)

807 Broad Street
Saturdays, June 19 – October 30
8 a.m. – Noon

Hope Street Farmer's Market (EBT accepted)

Lippitt Park
1015 Hope Street
Saturdays, May 1 – October 30
9 a.m. – 1 p.m.

Neutaconkanut Park (EBT accepted)

675 Plainfield Street
Mondays, July 5th – October 25th
3 p.m. – 6 p.m.

Sankofa Market (EBT accepted)

Knight Memorial Library
275 Elmwood Avenue
Wednesdays, June 23 – October 27
2 p.m. – 6 p.m.

Sims Ave Farmer's Market (NEW)

10 Sims Ave **(EBT accepted)**
Saturdays, June 1 – October 30
9 a.m. – 1 p.m.

Scituate (NEW)

Scituate Farmer's Market
Scituate Art Festival
46 Institute Lane
Saturdays, May 22 – October 2
9 a.m. – Noon

Smithfield

Blackbird Farm Farmer's Market
660 Douglas Pike
Sundays, June 13 – October 10
10 a.m. – 2 p.m.

Tri-county Community Action agency (NEW)

374 Farnum Pike
Mondays, June 7 – August 2
12 p.m. - 5 p.m.
Closed July 5th

South Kingstown

South Kingstown Farmer's Market **(EBT accepted)**
25 West Independence Way
Saturdays, April 24 – October 30
8:30 a.m. – 12:30 p.m.

South County Farmer's Market (NEW)

71 Beaver River Road
Fridays, May 7 – October 29
3:30 p.m. – 7:30 p.m.

Warren

Schoolyard Farmer's Market **(EBT accepted)**
691 Main Street
Wednesdays, June 16 – October 13
4 p.m. – 7 p.m.

Warwick

Goddard State Park **(EBT accepted)**
1095 Ives Road
Fridays, May 28 - October 29
9 a.m. - 1 p.m.

West Warwick (EBT accepted)

Arctic Gazebo (Heart of Arctic Village)
Between Main Street & Washington Street
Wednesdays, July 7 – October 27
3 p.m. – 6 p.m.

Westerly (EBT accepted)

Westerly Land Trust Farmer's Market
85 Main Street
Thursdays, June 17 – September 16
10 a.m. – 1 p.m.

Woonsocket

Woonsocket Farmer's Market **(EBT accepted)**
Corner of John A. Cummings Way & Clinton Street
Tuesdays, July 6 – October 26
3 p.m. – 6 p.m.

FARM STANDS

Charlestown

Quonnie Farms
16 West Beach Road
May 15 – October 31
Daily 10 a.m. – 6 p.m.

East Greenwich

Pezza Farms & Garden Center
2657 South County Trail
April - December
Daily 9 a.m. – 5 p.m.
Closed on Tuesdays

Glocester

The Farm LLC
463 Tourtellot Hill Rd
April - November
Sundays 10 a.m. – 2 p.m.
Wednesdays 1 p.m. – 6 p.m.

Johnston

Pezza Farm
2279 Plainfield Pike
April – December
Daily 9 a.m. – 5 p.m.

Salisbury Farm
11 Peck Hill Road
May – October 31
Daily 10 a.m. – 5 p.m.

Lincoln

Old Orchard Farm
505 Old River Road
June 3 - October 17
Monday – Friday 9 a.m.- 6 p.m.
Saturday/Sunday 9 a.m. - 5 p.m.

North Kingstown

Narrow Lane Orchard
213 Narrow Lane
August 1 – October 31
Daily 10 a.m. – 5 p.m.

Luckyfoot Ranch
1337 Gilbert Stuart Road
June – December
Wednesdays 2 p.m. – 6 p.m.

North Smithfield

Goodwin Brothers Farm
458 Greenville Road
June 1 - October 31
Daily 9 a.m. – 6 p.m.

Scituate

Barden Family Orchard
56 Elmdale Road
July 31 – October 31
Weekdays 9 a.m. – 6 p.m.
Weekends/Holidays 9 a.m. – 5 p.m.

PV Farm Stand
56 Peep Toad Road
Friday - Saturday 3:30 p.m. – 6 p.m.
Sundays 12 p.m. – 6 p.m.

Smithfield (NEW)

Appleland Orchard
135 Smith Avenue
Late August – December 24
Daily - 8 a.m. – 6 p.m.

West Kingston (NEW)

Lazy K Ranch Farm
71 Beaver River Road
May – November
Fridays 3 p.m.-7 p.m.
Weekends 10 a.m.-4 p.m.

Warwick (NEW)

Westbay Community Action
West Bay Farm
1351 Centerville Road
June 24 - October 7
Thursdays 3 p.m. – 6 p.m.