

Welcome!

Alaska's farmers grow some of the best produce in the country. Fresh fruits and vegetables are an essential part of good nutrition. The Alaska Farmers' and Senior Farmers' Market Nutrition Program introduces WIC participants and eligible seniors to produce grown in Alaska. Through this program, participants are issued coupons and vouchers that they can exchange for Alaska-grown fruits, vegetables and herbs at local Farmers' Markets and farm stands. The program helps Alaska's economy by bringing new customers to Alaskan farmers who sell their products directly to consumers. The USDA and the State of Alaska fund this program.

We encourage participants to keep this brochure as a useful resource for using Farmers' Market Nutrition Program coupons and Senior Farmers' Market Nutrition Program vouchers and Fruit and Vegetable Vouchers.

Enjoy!

Examples of Approved & Ineligible Produce

| Fruits | | Vegetables | |
|--|--------------|------------|----------|
| Apples | Pears | Beets | Greens |
| Blueberries | Pumpkins | Broccoli | Onions |
| Cantaloupe | Raspberries | Cabbage | Radishes |
| Cherries | Rhubarb | Carrots | Tomatoes |
| Marionberries | Strawberries | Corn | Yams |
| Fresh-Cut Herbs (not allowed for purchase with FVV) | | | |
| Basil | Dill Weed | Parsley | Tarragon |
| Chives | Mint | Rosemary | Thyme |
| Cilantro | Oregano | Sage | |
| Ineligible Foods | | | |
| Fruits/vegetables processed beyond their natural state | | | |
| Fruits or vegetables with added sugars, fats, or oils | | | |
| Dried fruits or vegetables | | | |
| Honey, tree or fruit syrups, cider or juice | | | |
| Vegetable-grain or fruit mixtures | | | |
| Nuts, seeds, fruit leathers or fruit roll-ups | | | |
| Eggs, meat, cheese, or seafood | | | |
| Canned or dried mature legumes | | | |
| <i>Honey approved for Seniors only.</i> | | | |



State of Alaska
Department of Health & Social Services
Division of Public Assistance
Nutrition Services
PO Box 110612
Juneau, Alaska 99811-0612
Phone: 907 - 465 - 3100
Fax: 907 - 465 - 3416
E-mail: wic@alaska.gov

2016 farmers market nutrition program



rural sales locations

(as of June 21, 2016)



Alaska WIC Senior &
Farmers' Market
Nutritional Program
(907) 465-3100

Kenai

Kenai Farmers Market Saturdays 10-5pm
O'Brien Garden & Trees
Valley's Bounty Produce
Cool Cache Farms LLC

Soldotna Farmers Market Saturdays 10-2pm
O'Brien Garden & Trees Sharon Efta
Valley's Bounty Produce Dandelion Acres

Farm Fresh Market Tuesdays 3-6pm
Valley's Bounty Produce Sharon Efta
Abundant Blessings Farm Dandelion Acres

Dandelion Acres
Mon-Sat 10-7pm — Farm at 4412 N. Dogwood

O'Brien Garden & Trees
Saturday 12-5pm — Farm at 49200 Freda Dr.

Alaska Berries (Soldotna)
Tues-Sun 2-7pm — Farm at 48660 W. Poppy Ln

Northern Lights Mushrooms (Soldotna)
Tues-Sat 10-4pm — Farm at 33430 Gaswell

Cool Cache Farms LLC
Mon-Sat 10-2pm — Farm at 47110 Autumn Rd.

Anchor Point & Seward

Scooters Ranch (Anchor Point)
Monday to Wednesday 11-4pm
Farm at 32840 Augusta Ln.
Saturday 11-4pm
Anchor Point Farmers' Market

Grazing Moose (Seward)
Thursdays 10-4pm
312 5th Avenue.

Homer

Homer Farmers' Market
Wednesdays 2-6pm & Saturdays 10-3pm
Luba's Garden Will Grow
Snowshoe Hollow Farm Spruce Top
Lucky Star Gardens Synergy Gardens
Sweet Berries Evfemia Reutov

Evfemia Reutov
Monday to Saturday 10am-6pm
Farm at 33095 Kachemak Selo Dr.
Tuesday, Thursday and Saturdays 10-6pm
Wildberry Emporium

Back to the Garden
Daily 10am-5pm
Farm at 2095 Mark White Ave.

Southeast

Sitka Farmers' Market (Sitka)
Every other Saturday 10am-1pm
Down-to-Earth U-Pick Gardens
Sitka Local Foods Network

Down-to-Earth U-Pick Gardens (Sitka)
Monday-Saturday 12pm-6:30pm
Farm at 2103-A Sawmill Creek Road

Farragut Farm LLC (Petersburg)
Saturdays 10am-1pm
Market in Petersburg

Four Winds Farm (Haines)
Saturdays 10-1pm
Haines Farmers Market

Dillingham

Hockey Rink Farmers' Market
Wednesdays 3-6pm and Saturdays 11am-2pm
Warehouse Mountain Farm
Unicorn Gardens

Unicorn Gardens
By Appointment, call 842-5370
Farm at 4538 Unicorn Lane

Talkeetna

Talkeetna Grown
Sundays 1-5pm at Denali Education Center
Tues-Sun 7:30am-6pm at Flying Squirrel Bakery
Fridays 2-7pm at Willow Farmers Market
Saturdays 1-5pm at Northern Susitna Institute

Bethel

Meyers Farm Bethel
Wednesdays 2pm-6pm
Saturdays 9am-2pm
Farm at 9101 Ptarmigan Street

Copper Center

Copper River Red Spud Co.
Daily at Lot 9 Willow Loop Rd.
Tuesdays 11am-2pm at Kenny Lake Market
Wednesdays 3-6pm at Glennallen Market

Questions?
Call your Local Agency
or the State Office.