

## Unprocessed Maine grown fresh fruits and vegetables are allowed, including:

apples, asparagus, beans, beets, blackberries, blueberries, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, grapes, greens, herbs, lettuce, melons, mushrooms, onions, parsnips, peas, pears, peppers, plums, potatoes, pumpkins, radishes, raspberries, rhubarb, scallions, shallots, spinach, strawberries, squash, tomatoes and zucchini



## The following items are NOT allowed for purchase with your Farmers Market Benefits or CVB Benefits:

baked goods, bedding plants, candied apples, milk, cheese, cider, dried beans, dried herbs, eggs, honey, jams & jellies, maple syrup, meats, nuts, pickles and seafood

## You can use your monthly CVB benefits for:

Any variety of fresh fruits and vegetables, including all varieties of potatoes.

## Reminder: create your Bnft app account before shopping!



- Farmers Market benefits (eFMNP) are available on the Bnft app or mybnft.com.
- To use your benefits at the farmers market, show the barcode on the Bnft app or bring a printed copy of the barcode from mybnft.com.
- If the total exceeds your eFMNP balance, it will be deducted automatically from your monthly fruit and veggie amount (CVB).
- If the total exceeds your eFMNP and CVB combined, you may pay the remaining balance with an alternative form of payment.

Please call 855-250-8945 if you have issues with the Bnft app such as login or lockout



You have the right to file a complaint about any improper farmer or Farmer Market practices. A complaint may be filed by calling 1-800-437-9300 or emailing [WICvendor@maine.gov](mailto:WICvendor@maine.gov)



Benefits available 07/01/24-10/31/24



York County  
**COMMUNITY  
ACTION**  
Corporation

This institution is an equal opportunity provider

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# WIC Approved Farm Stands and Farmers Markets

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This list will be updated throughout the season, so for the most up to date list:

- visit [Maine.gov/WIC](http://Maine.gov/WIC)
- check the WICShopper app
- or scan the QR code below



ME WIC does its best to keep this information current. Farmer's hours may vary. Please call or check social media for the most current hours.

Make sure to visit early in the day for the best selection!

## Farm Stands:

### **Girard Farm**

207-332-4814 [girardfarm.com](http://girardfarm.com)  
385 Main St. Waterboro  
Tues and Fri 2pm-6pm, Sat 8am-1pm

### **Kelly Orchards**

207-636-1601 [www.kellyorchards.com](http://www.kellyorchards.com)  
Opening August 3rd  
82 Sanborn Rd. Acton  
Saturday & Sunday 9am-4pm

### **McDougal Orchards**

Opening August 10th  
207-324-5054 [mcdougalorchards.com](http://mcdougalorchards.com)  
201 Hanson Ridge Rd. Sanford  
Sat-Wed 9am-5pm & Thurs-Fri 9am-6pm

### **Salad Bowls Farm**

207-802-0237  
8 Evans Meadows Rd. Lyman  
Hours vary, please call ahead

## Farmers Markets:

### **Cherry Hill Farmers Market**

(November's Harvest Farm)  
616 Main St. Gorham  
Wed 2pm-6pm



### **Kennebunk Farmers Market**

(Kelly Orchards, New Roots Coop Farm, Tiny Roots Organic Farm)  
[kennebunkfarmersmarket.com](http://kennebunkfarmersmarket.com)  
3 Garden St., municipal parking lot  
Saturday 8am-12:30 pm

### **Kittery Community Market**

(Kelly Orchards, Tiny Roots Organic Farm)  
207-805-2025 [kitterycommunitymarket.com](http://kitterycommunitymarket.com)  
10 Shapleigh Rd, Kittery Post Office  
Sunday 10am-2pm

### **Portland Farmers Market**

(Alewives Brook Farm LLC, Andy Valley Farm, FSF Christine Pompeo, Goranson Farm, Tiny Acres Farm)  
[portlandmainefarmersmarket.org](http://portlandmainefarmersmarket.org)  
92 Deering Ave, in Deering Oaks Park  
Sat. and Wed. 7am-1pm

### **Saco Farmers Market**

(Alewives Brook Farm, Girard Farm)  
[sacofarmersmarket.com](http://sacofarmersmarket.com)  
4 Scammon St, in Saco Valley Shopping Ctr.  
Saturday 8am-12pm

### **Sanford Farmers Market**

(Bell's Greens, Chill Hill Farm & Forest, Kelly Orchards, Poplar Brooks Farm, Two Toad Farm)  
207-459-9438 [sanfordfarmersmarket.org](http://sanfordfarmersmarket.org)  
6 School St, in Central Park  
Saturday 8am-12pm

### **Scarborough Farmers Market**

(Girard Farm)  
207-799-7743  
259 US Route 1, Scarborough  
Sunday 9am-1pm

### **South Portland Farmers Market**

(Alewives Brook Farm, New Roots Coop. Farm)  
207-799-7743  
25 Cottage Rd, in City Hall parking lot  
Sunday 10am-2pm