

# Frequently Asked Questions

## Where can I use my Farmers' Market Benefits?

- › Visit [www.Maine.gov/WIC](http://www.Maine.gov/WIC) or use the camera on your phone to scan the QR code to view the most up-to-date statewide list of locations. Disclaimer: ME WIC does its best to keep this information current. Farmers' hours may vary, please call or check their social media for most current hours.
- › Participating farms listed in this brochure accept WIC farmers' market benefits.
- › Locate local farms using the WIC Shopper app....
- › Follow us on social media for updates on pop-ups:  
**Facebook: [WMCA WIC Program](#)**  
**Instagram: [@wmcawic](#)**



## How do I use my Farmers' Market Benefits?

- › A seasonal total of \$50 will be automatically issued to each eligible participant.
- › **You must create a BNFT app account before going shopping.**
- › Create a BNFT account by downloading the BNFT app.  
Or visit [www.mybnft.com](http://www.mybnft.com) and click Sign Up. Enter your card number, zip code and birthdate. Then create an account using an email address and password.
- › When you are ready to check out at the farmers' market or farm stand, log into the BNFT app and click the button to display the barcode. Show the barcode to the farmer at checkout to complete your transaction.
- › If you are accessing BNFT from a computer, make sure you print the barcode and bring it with you when you go to shop. If you need help printing your barcode, please let the WIC office know!
- › Know your eWIC balance before you go to the market. If you do not have enough benefits on your eWIC card to complete your purchase, it will decline. You can check your balance in the BNFT app or ask the farmer to check for you if you are using a paper barcode.
- › You may purchase more than the face value of your seasonal WIC farmers' market benefit by using your monthly cash value WIC produce benefits.



- › If the total exceeds the sum of the eWIC farmers' market benefit, the extra amount will be automatically deducted from your available monthly cash value eWIC produce balance.
- › If the sum of the transaction exceeds the total of your available farmers' market and monthly produce benefits, you will need to use another form of payment. This will need to be done in a separate transaction.
- › If you need help with the BNFT app or your barcode, please call eWIC customer service **1-855-250-8945**.

## Can I use my monthly CVB at farmers' markets?

- › Yes! Your monthly produce cash value benefits can be used at farm stands and farmers' markets with the BNFT app.

## What can I buy with my Farmers' Market benefits?

- › Any Maine-grown fruit, vegetable and/or fresh herbs.

## What is not allowed for purchase with the Farmers' Market benefits?

- › Honey, maple syrup, eggs, cheese, meat, seafood, decorative vegetables, painted pumpkins, party trays, fruit baskets, pickled vegetables, olives, baked goods, jams/value added products, dried herbs, plant starts, and produce that is not Maine grown.

## What about using my SNAP benefits at the farmers' market?

- › You can earn Harvest Bucks at some markets!
- › Visit [www.maineharvestbucks.org](http://www.maineharvestbucks.org) to learn more.

**October 31 is the last day to use your 2024 WIC Farmers' Market Benefits**

- › You have the right to file a complaint about any improper farmer or farmers' market practices. To file a complaint, call **1-800-437-9300** or email [WICVendor@maine.gov](mailto:WICVendor@maine.gov).



## **WMCA WIC Offices**

Auburn – 207-795-4016  
East Wilton 207-860-4486

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# 2024 WIC FARMERS' MARKETS & FARM STANDS



2024 WIC-Approved Vendors for  
ME-Grown Fruits and Vegetables  
in the WMCA service area.

This institution is an equal opportunity provider.

## Farmers' Markets

### Bethel

**Bethel Farmers' Market** - *Wandering Root Farm*

1 Parkway

Saturdays 9am-1pm

### Bridgton

**Bridgton Farmers' Market** - *Patch Farms*

12 Depot Street (Green behind Reny's)

Saturdays 8am-Noon

### Farmington

**Farmington Farmers' Markets** - *Rasmussen Farm*

Fridays: 181 Front Street (10am-1pm)

Saturdays: 129 Main Street (10 am – 1 pm)

### Industry

**Industry Local Vendors Market** - *Martin Woods Farm*

1033 Industry Rd

Saturdays 9am-noon

### Lewiston

**Kennedy Park Farmers' Market**

- *Cultivating Communities Farmers*

27 Pine Street

Tuesdays 2pm-5pm

**Lewis Farmers' Market** - *Andy Valley Farm &*

*New Roots Market*

2 Oxford St

Sundays 9:30am-1pm

### Lisbon

**Lisbon Farmers' Market** - *RMT Farms*

1 Canal Street

Sundays 10am-3pm

### Rangeley

**Rangeley Area Farmers' Market** *Martin Woods Farm*

33 Town Hall Rd. Sandy River Plantation

Tues 10am-2pm

### Sabattus

**Sabattus Community Market** - *RMT Farms*

190 Middle Rd

Saturdays 9am-1pm - Rain date Sundays

## Farms and Farm Stands

### Auburn

**Blackie's Farm Stand**

966 Minot Avenue

Daily 6am-7pm (YEAR-ROUND)

### Freeman Township

**Rasmussen Farm**

21 Schoolhouse Rd

By Appointment or for delivery at drop locations

(207) 860-0703 or order online at:

<https://harvesttomarket.com/farmers-market/Western-Maine-Market>

### Livermore Falls

**Berry Fruit Farm Market and Bakery**

54 Main St.

Mon-Fri 6am-5:30pm & Sat 7am-4pm

### New Sharon

**Root Down Market**

54 Farmington Falls Rd

First Fridays of the month 7am-4pm

### Oquossoc

**The Farmer's Daughter**

13 Rumford Rd

Mon-Sun 10-6, July-Sept 8th

Fri- Sun 10-6, Sept 9 – Oct 31st

### Sabattus

**Willow Pond Farm**

395 Middle Rd

Daily 9am-6pm

### Wales

**The Suuq Farmstand – Liberation Farms**

1002 Gardiner Rd

First Saturdays of the month 10am-2pm

## What's in Season?

### July

Beets, blueberries, carrots, chard, corn, garlic, kale, lettuce, new potatoes, peas, radishes, raspberries, scallions, spring onions, summer squash, turnips, zucchini

### Early August

Apples, artichokes, beans, beets, blueberries, chard, cherries, collard greens, corn, cucumbers, fennel, garlic, kale, lettuce, peaches, peppers, plums, potatoes, radishes, raspberries, scallions, spring onions, summer squash, tomatoes, turnips, zucchini

### Late August

Apples, beans, beets, blueberries, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, chard, corn, cucumbers, eggplant, fennel, garlic, greens, kale, lettuce, melons, onions, peppers, potatoes, pumpkins, radishes, raspberries, scallions, Swiss chard, summer squash, tomatoes, turnips, watermelon, zucchini

### September

Apples, beans, beets, broccoli, Brussels sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, chard, chili peppers, corn, cucumbers, eggplant, garlic, gourds, greens, kale, leeks, lettuce, melons, mushrooms, onions, pears, peppers, potatoes, pumpkins, radishes, raspberries, scallions, spinach, squash, sweet potatoes, tomatoes, turnips, zucchini

### October

Apples, beans, beets, broccoli, Brussels sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, chard, chili peppers, corn, cucumbers, squash, eggplant, garlic, greens, kale, leeks, lettuce, melons, mushrooms, onions, pears, peppers, parsnips, potatoes, pumpkins, radishes, raspberries, scallions, spinach, squash, sweet potatoes, Swiss chard, tomatoes, turnips, zucchini

*Source: Maine Federation of Farmers' Markets*