



vegetables

Asparagus
Beans
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumbers

Eggplant
Greens (all)
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsnips
Peas

Peppers
Potatoes
Radishes
Rhubarb
Rutabagas
Spinach
Squash
Tomatoes
Turnips
Zucchini



FRESH CUT herbs

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



fruits

Apples
Apricots
Berries
Cherries

Grapes
Melons
Pears
Peaches

Plums
Pumpkins
(non-decorative)



honey



OVER 60 YEARS OF AGE?
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NUTRITION PROGRAM



Area Agency on Aging 
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Aging

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PROTECTED**

