ARKANSAS GROWN	SEASON
Asparagus	April-May
Beans (Green)	June-Oct
Beets	April-May, Nov-Dec
Broccoli	May-July, Nov-Dec
Butter Beans (Lima)	May-June, Nov-Jan
Cabbage	May-June, Nov
Carrots	May-June, Nov
Cauliflower	May
Chard	April, Nov-Dec
Collard	Nov-May
Cucumbers	May-Oct
Eggplant	June-Oct
English Peas (Green)	April-May, Nov-Dec
Greens, Leafy	Oct
White Potatoes	May-July
Kale	March-April, Nov-Dec
Lettuce	April-July,
Okra	June-Oct
Onions	May-June
Peppers	June-Oct
Pumpkin	September-Oct
Radish	March-June, Nov-Dec
Black-Eyed Peas	July-Oct
Spinach	March-April, Nov-Dec
Summer Squash	June-August
Sweet Corn	June-September
Sweet Potatoes	August-Oct
Tomatoes	May-Oct
Turnip Greens	Nov-April
Winter Squash	August-Oct, Nov-Dec
Apples	July-Oct
Blackberries	June-July
Blueberries	June-July
Cantaloupe	July-Oct
Grapes	July-August
Muscadines	August-Sept
Nectarines	July-August
Peaches	June-August
Plums	June-August
Raspberries	June
Strawberries	May
Watermelon	July-September

About the WIC Farmers Market Nutrition Program

In counties where the Supplemental Nutrition Program for Women, Infants and Children (WIC) Farmers Market Nutrition Program (FMNP) is available, WIC Program women and children participants can get coupons for free, fresh locally-grown produce at approved farmers markets. For questions, contact the WIC FMNP Coordinator at: 501-661-2177 (local) or 1-800-462-0599 (toll free). The WIC Program is an equal opportunity provider.

For More Information

Anyone interested in additional fruit and vegetable or nutrition information, can go to Centers for Disease Control and Prevention's (CDC) Fruits & Veggies—More Matters® Internet site at ***www.fruitsandveggiesmatter.gov***, or to the United States Department of Agriculture's (USDA) MyPyramid Internet site at ***www.mypyramid.gov.***

Find an Arkansas farmers market near you:

Go to ***www.arkansasgrown.org*** or ***http://apps.ams.usda.gov/FarmersMarkets/***

Certified Arkansas Farmers Markets (CAFM)

Many of Arkansas' outdoor farmers markets sell only Arkansas grown and made produce, while some do not. Look for the CAFM logo at your local market to be sure that all the growers have been inspected and sell only Arkansas grown and made products.

CERTIFIED ★ ARKANSAS ★ FARMERS MARKET

Arkansas Department of Health
Keeping Your Hometown Healthy

Arkansas Food Policy Council
From Seed To Table

This brochure was created by a collaborative effort between the Arkansas Department of Health and the Arkansas Food Policy Council. Publication was made possible by funding from the Centers for Disease Control and Prevention Cooperative Agreement DP08-805.

SHOPPING Farmers Markets in Arkansas

What is a farmers market?

It is a kind of grocery store, where you can buy products grown by farmers in your community. You can get a wide variety of fresh produce in season, always tasty and freshly picked. Who doesn't like a juicy, sweet tomato instead of a store-bought one? The farmers market with its colorful vegetables and fruits, fresh herbs, and friendly faces, is a fun place to shop.

Do I need to plan my farmers market visit?

Yes. Find out which market is the nearest to you and what days and hours they are open. You may want to go early to get the best choice of produce. Plan a special day to take your children. To make it even more fun, invite a friend to come along with you, and be sure to bring a couple of cloth market bags.

How do I buy fresh produce there?

Walk around the market and compare the quality and price of produce offered by each vendor (farmer). Purchase what you want from the individual farmer. Buy any amount you want of any of their produce. Some farmers markets take Supplemental Nutrition Assistance Program (formerly Food Stamps) EBT (electronic benefits transfer) cards. WIC participants may use their WIC Farmers Market Nutrition Program coupons to purchase approved produce from individual farmers authorized to accept them.

Advice for fruit and vegetable storage at home

At times it is necessary to store fruits and vegetables not eaten right away. Without proper storage conditions, fresh produce easily loses its original flavor, texture and nutritional value. Proper storage means correct temperature and humidity (moisture), and avoiding odors and gases (ethylene gas) given off from other fresh produce stored in the same place.

Temperature and humidity: To keep fresh produce at the highest quality, you should store at different temperatures. (Items marked with a * are kept best in a plastic bag.)

Coldest part of the refrigerator (Crisper): Apples*, Blackberries, Blueberries, Cantaloupe*(after it is cut), Cherries*, Grapes*, Raspberries, Strawberries, Asparagus*, Broccoli*, Brussel Sprouts*, Cabbage*, Carrots*, Cauliflower* in plastic bag with small holes, Endive*, Leeks*, Leafy Greens*, Lettuce*, Mushrooms, Green Onions*, Parsnip*, Peas* in plastic bag with small holes, Radicchio*, Radish*, Salad Mixes*, Spinach*, Sweet Corn*.

Warmest part of the refrigerator (45-50 degrees F): Honeydew melon* (after it is cut), Beans, Snap Beans*, Cucumber* (after it is cut), Eggplant*, Okra*, Chili Peppers*, Summer Squash*, Sweet Peppers*.

Dry, cool place (55-60 degrees F): Garlic, Onions, Potatoes, Sweet Potatoes, Winter Squash, Watermelon (uncut), Tomatoes (at room temperature).

Storage tips for special produce groups

Apricots, Peaches, Pears, Plums: Keep in paper bags at room temperature for a few days to ripen (soften). Store ripe ones in the refrigerator crisper. Best used in 1 to 2 days after ripened.

Cut melons: Keep them in a plastic bag in the refrigerator.

Cherries, berries: Keep in a shallow dish and cover with paper towels, then plastic wrap. These spoil quickly, so use in a few days.

Mushrooms: Refrigerate in a paper bag or open container so they get air. Cover them with damp paper to keep moist.

Sweet corn: Store with the husk (leaves) left on. If the husk is removed, store in a plastic bag.

Garlic, dry onions, potatoes: Keep in a dry, cool place separate from other produce because of the odor. Never wash before storing.

Some fruits give off a gas called ethylene during ripening. This does not make the produce unsafe, but lowers the quality. For better produce quality, store the produce items that give off a large amount of ethylene gas away from the produce items that are most sensitive to ethylene gas. Keep lids on storage boxes.

Fruits that produce large amounts of ethylene gas: Apples, Cantaloupe, Honeydew Melon, Peaches, Pears, Plums, Tomatoes (ripe).

Fruits and vegetables most sensitive to ethylene gas: Asparagus, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Endive, Green Beans, Leafy Greens, Leeks, Lettuce, Okra, Onions, Peas, Peppers, Potatoes, Spinach, Squash, Sweet Potatoes, Watermelon.

Washing: Wash produce with clean water just before using, not when storing. The water used should be safe for drinking.

Eat Your Servings Fresh and Local
The table below gives you an idea of how many servings you can get from the fresh fruits and vegetables you buy at the farmers market.

Amount purchased	Number of cups	Number of servings
Berries (1 pint)	2 cups	4 servings
Cantaloupe (1 melon)	5 1/2 cups	11 servings
Grapes (16 each)	1/2 cup	1 serving
Beans, green (20 each)	1 cup	2 servings
Broccoli (1 bunch)	7 cups	14 servings
Cabbage (1 head)	12 1/2 cups	25 servings
Greens (1 pound)	9 cups	18 servings
Okra (25 pods)	3 cups	6 servings
Peppers (2 medium)	1 1/2 cups	3 servings
Squash (1 medium)	1 1/2 cups	3 servings
Tomatoes (1 medium)	1/2 cup	1 serving