Arkansas WIC Farmers’ Market Nutrition Program
Approved Fruits, Vegetables & Herbs
Locally Grown Only

Apples
Asparagus
Beans
Berries
Beets
Broccoli
Brussels sprouts
Cabbage (Bok Choy)
Carrots
Cauliflower
Cherries
Corn
Cucumbers
Eggplant
Figs
Garlic
Grapes
Greens
Herbs
Kohlrabi
Lettuce
Melons (whole)
Muscadines
Mushrooms
Nectarines
Peaches
Pears
Peas
Persimmons
Peppers
Plums
Potatoes
Pumpkins
Okra
Onions
Radishes
Rutabagas
Squash
Sweet Potatoes/Yams
Tomatoes/Tomatillos
Turnips

Rev. February 2017