

Farm to Family Coupon Rules

- The coupons may only be used at participating farmers' markets. They may not be used at farm or roadside stands.
- The coupons may only be used to buy *fresh* fruits, *fresh-cut* herbs, and *fresh* vegetables (also called produce). "Fresh" means just picked – sold raw and unprepared.
- The coupons may not be used to buy produce grown in Canada.
- Farmers are not allowed to give change for a coupon, so take some cash with you. If what you want costs a little over \$3, it is better to pay the extra in cash than waste part of a coupon.
- Anyone who buys/sells a coupon may be disqualified from the program and subject to legal action.

Why fresh fruits and vegetables?

Eating five to nine servings of vegetables and fruits every day can lower your risk of heart disease and stroke. They are a low-calorie way to add vitamins, minerals and fiber to your diet. And you can't beat the freshness of locally-grown produce!

Get tips for eating healthy online at <http://healthvermont.gov/eatforhealth>.

Some of the foods you may buy with Farm to Family coupons:

apples	melons
beans	mushrooms
berries	onions
beets	parsnips
broccoli	peas
cabbage	peppers
carrots	potatoes
celery	radishes
corn	rhubarb
cucumbers	spinach
eggplant	squash
fresh herbs	tomatoes
greens/lettuce	turnips

The coupons MAY NOT buy:

baked goods	honey
cider	jam/jelly
dressings	meat
dried herbs	pickles
eggs	maple products
flowers/plants	prepared foods
non-food items like Indian corn or decorated Halloween pumpkins	

Harvest Calendar

CROP	June	July	Aug	Sept	Oct
apples			☼	☼☼	☼☼
beans		☼☼	☼☼	☼☼	☼☼
beets		☼	☼☼		
blackberries		☼☼	☼☼	☼☼	
blueberries		☼	☼☼	☼	
broccoli			☼☼	☼☼	☼☼
cabbage				☼☼	☼☼
carrots			☼	☼☼	☼☼
cauliflower		☼	☼☼	☼☼	☼☼
corn			☼☼	☼☼	
cucumber		☼☼	☼☼	☼☼	
eggplant		☼☼	☼☼	☼☼	
lettuce	☼☼	☼☼	☼☼	☼☼	☼☼
melons			☼☼	☼☼	☼
onions		☼	☼☼	☼☼	☼
peas	☼	☼☼			
peppers		☼	☼☼	☼☼	☼
potatoes			☼☼	☼☼	☼
pumpkins			☼	☼☼	☼☼
radishes	☼☼	☼☼	☼☼	☼☼	☼☼
raspberries		☼☼	☼☼	☼☼	
rhubarb	☼☼	☼☼			
spinach	☼☼	☼☼	☼☼	☼☼	☼
strawberries	☼	☼			
summer squash	☼☼	☼☼	☼☼	☼☼	☼
swiss chard		☼☼	☼☼	☼☼	☼☼
tomatoes		☼☼	☼☼	☼☼	☼
winter squash				☼☼	☼☼

Farmers' Market Shopping Tips

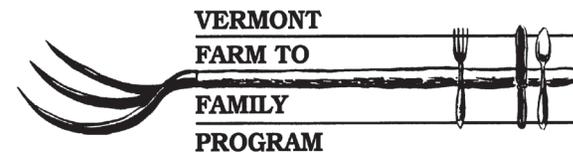
- **Use all your coupons.** They help support local farm families.
- **Spend your coupons this season.** The coupons expire on October 31, 2016 but some markets may close before then. Use your coupons before they expire.
- **Don't let a little rain stop you!** Farmers' markets are open rain or shine.
- **Get there early.** Produce selection is best during the early part of the day.
- **Plan ahead.** The selection of produce, markets and vendors gets smaller as fall approaches. An early freeze may close a market early.
- **Shop the bargains.** Some growers sell surplus produce at bargain prices after Labor Day. Buy extra tomatoes, corn or other vegetables to can, freeze or store this winter.
- **Choose well-colored vegetables and fruits.** Make sure they are not too soft or too hard.
- **Ask the farmer.** If you have questions about the produce, ask!
- **Let your children help choose what foods to buy.** They are more likely to eat different, healthy foods that they helped to pick out.

EBT & Debit Cards at Markets

Most markets accept the Vermont EBT and other debit cards (but not Vermont eWIC cards). At the EBT/debit card table you can get tokens to use as money at the market. The \$1 tokens may buy foods eligible for the 3SquaresVT program and sold by any vendor in the market. The \$5 tokens are for EBT or debit card cash accounts and may buy any product sold at the market. Most EBT markets also offer bonus Crop Cash coupons to EBT card shoppers. These tokens and Crop Cash coupons can only be spent at the market where you got them.

Farm to Family is supported with funds from the U.S. Department of Agriculture (USDA). The USDA is an equal opportunity provider and employer. To learn how to report a discrimination complaint to the USDA, see the full USDA nondiscrimination statement at <http://dcf.vermont.gov/benefits/f2f>. Report any other type of complaint to the market manager, the agency where you got the coupons or to:

Department for Children and Families - ESD *Farm to Family*
280 State Drive
Waterbury, VT 05671-1020



2016 Information For Coupon Shoppers

Welcome to *Farm to Family!* It will help you to buy fresh vegetables and fruit grown on Vermont farms and meet the folks who grew them.

This brochure includes:

- The program rules, including how, where and when you may spend your *Farm to Family* coupons.
- A harvest calendar. Foods have different growing seasons, and unusual weather affects how well crops grow. Check to see when certain foods may be available.
- Tips for buying fresh produce at local farmers' markets.

Visit <http://dcf.vermont.gov/benefits/f2f> to get a list of participating farmers' markets in Vermont.

