



Cherokee Nation WIC FARMER'S MARKET NUTRITION PROGRAM

AUTHORIZED PRODUCE LIST

FRESH VEGETABLES

Artichokes	Cucumbers	Parsnips	Squash
Asparagus	Eggplant	Peas	Squash blossoms
Beans	Garlic	Peppers	Sweet potatoes
Beets	Greens (<i>collards, swiss chard</i>)	Potatoes	Tomatillos
Bok choy	Herbs (<i>cut, edible</i>)	Pumpkins (<i>edible</i>)	Tomatoes
Celery	Kohlrabi	Radishes	Zucchini
Broccoli	Leeks	Rhubarb	Watercress
Brussels sprouts	Lettuce	Rutabagas	Other locally grown vegetables
Cabbage	Mushrooms	Scallions	
Carrots	Okra	Soybeans (<i>edible</i>)	
Cauliflower	Onions	Spinach	
Corn		Sprouts	

FRESH FRUITS

Apples	Melons (<i>cantaloupe, honeydew, watermelon</i>)	Other locally grown fruits
Apricots	Nectarines	
Blackberries	Peaches	
Blueberries	Pears	
Cherries	Persimmons	
Currants	Plums	
Elderberries	Pumpkins (<i>edible</i>)	
Gooseberries	Raspberries	
Grapes	Strawberries	
Huckleberries		

HERBS

A variety of fresh cut herbs may also be purchased from farmers' markets, farmers and farm stands.



Cherokee Nation

TRIBAL BENEFITS

FOOD LIST

FRESH VEGETABLES

Artichokes	Corn	Onions	Spinach
Asparagus	Cucumbers	Parsnips	Sprouts
Beans	Eggplant	Peas	Squash
Beets	Garlic	Peppers	Squash blossoms
Bok choy	Greens (<i>collards, swiss chard</i>)	Potatoes	Sweet potatoes
Celery	Herbs (<i>cut, edible</i>)	Pumpkins (<i>edible</i>)	Tomatillos
Broccoli	Kohlrabi	Radishes	Tomatoes
Brussels sprouts	Leeks	Rhubarb	Zucchini
Cabbage	Lettuce	Rutabagas	Watercress
Carrots	Mushrooms	Scallions	Other locally grown vegetables
Cauliflower	Okra	Soybeans (<i>edible</i>)	

FRESH FRUITS

Apples	<i>honeydew, watermelon</i>)
Apricots	Nectarines
Blackberries	Peaches
Blueberries	Pears
Cherries	Persimmons
Currants	Plums
Elderberries	Pumpkins (edible)
Gooseberries	Raspberries
Grapes	Strawberries
Huckleberries	Other locally grown fruits
Melons (<i>cantaloupe,</i>	

HERBS

Basil	Chamomile
Lovage	Rosemary
Sorrel	Other locally grown herbs
Cilantro	
Marjoram	
Tarragon	
Dill	
Oregano	
Mint	
Fennel	
Parsley	

EGGS, NUTS, HONEY, PLANTS, PEANUT BUTTER

Locally grown and produced by contracted farmer