

Cherokee Nation WIC FARMER'S MARKET ELIGIBLE FOODS

All fruits, vegetables and herbs must be unprepared and fresh ONLY

Cherokee Nation WIC is an equal opportunity provider.

FRUITS

Apples
Apricots
Blackberries
Blueberries
Raspberries
Strawberries
Boysenberries
Cherries
Grapes

Kiwi
Cantaloupe
Honeydew
Watermelon
Canary
Crenshaw
Ogen
Nectarines
Peaches

Pears
Prickly Pears
Quince
Rhubarb
Lemons
Plums
Persimmons
Elderberry
And other locally grown fruit

VEGETABLES

Arugula
Artichokes
Green Beans
Wax Beans
Purple Beans
String Beans
Beets
Broccoli
Brussel Sprouts
Cabbage
Chili Pepper (Fresh)
Carrots
Cauliflower
Celery
Corn
Cucumber

Eggplant
Garlic
Jicama
Jalapeno
Kohlrabi
Leeks
Lettuce
Mushrooms
Micro-Greens
Okra
Onions
Peas
Peppers
Potatoes
Purslane
Radish

Rutabagas
Shallots
Spinach
Squash – Summer, Winter, Zucchini
Tomatoes
Greens (chard/swiss)
Watercress
Scallions
Sprouts
Sweet potatoes
Pumpkins (edible)
And other locally grown vegetables

HERBS

Basil
Cilantro
Dill
Fennel
Chamomile

Lovage
Marjoram
Oregano
Parsley
Rosemary

Sorrel
Tarragon
Mint
And other locally grown herbs

