

**Unprocessed Maine grown fresh fruits and vegetables are allowed, including:**

apples, asparagus, beans, beets, blackberries, blueberries, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, grapes, greens, herbs, lettuce, melons, mushrooms, onions, parsnips, peas, pears, peppers, plums, potatoes, pumpkins, radishes, raspberries, rhubarb, scallions, shallots, spinach, strawberries, squash, tomatoes and zucchini



**Items other than unprocessed Maine grown fresh fruits and vegetables are NOT allowed, including:**

fruits, veggies and/or herbs grown outside of Maine, baked goods, bedding plants, candied apples, milk, cheese, cider, dried beans, dried herbs, eggs, honey, jams & jellies, maple syrup, meats, nuts, pickles and seafood

**Reminder: create your Bnft app account before shopping!**



- Farmers Market benefits (eFMNP) are available on the Bnft app or mybnft.com
- To use your benefits at the farmers market, show the barcode on the Bnft app or bring a printed copy of the barcode from mybnft.com
- If the total exceeds your eFMNP balance, it will be deducted automatically from your monthly fruit and veggie amount (CVB).
- If the total exceeds your eFMNP and CVB combined, the transaction will be denied, so make sure you know your balance! (Participants shall use another form of tender if the sum of the transaction exceeds the total of the participant's eFMNP and CVB benefits.)

Call us with any questions:  
Biddeford and Buxton: 283-2402  
Sanford, Kittery and Limerick: 459-2942



**You have the right to file a complaint about any improper farmer or Farmer Market practices. A complaint may be filed by calling 1-800-437-9300 or emailing [WICvendor@maine.gov](mailto:WICvendor@maine.gov)**

**2023**

**FARMER'S**



**MARKET**

*Nutrition Program*

**\*Benefits available 07/01/23-10/31/23**

York County  
**COMMUNITY  
ACTION**  
Corporation

This institution is an equal opportunity provider

# WIC Approved Farm Stands and Farmers Markets

**This list will be updated throughout the season, so for the most up to date list:**

- visit [Maine.gov/WIC](http://Maine.gov/WIC)
- check the WICShopper app
- or scan the QR code below



**\*ME WIC does its best to keep this information current. Farmers hours may vary. Please call or check social media for the most current hours.**

Make sure to visit early in the day for the best selection!

(Revised 06/22/23)



## **Girard Farm**

207-332-4814 [girardfarm.com](http://girardfarm.com)  
385 Main St. Waterboro  
Tues and Fri 2pm-6pm, Sat 8am-1pm

## **Kelly Orchards**

207-636-1601 [www.kellyorchards.com](http://www.kellyorchards.com)  
Opening September 6th  
82 Sanborn Rd. Acton  
Daily 9am-4pm

## **McDougal Orchards**

Opening August 19th  
207-324-5054 [mcdougalorchards.com](http://mcdougalorchards.com)  
201 Hanson Ridge Rd. Sanford  
Sat-Wed 9am-5pm & Thurs-Fri 9am-6pm

## **Two Toad Farmstand**

978-223-8088  
[twotoadfarm.com](http://twotoadfarm.com)  
320 Carl Broggi Highway Lebanon, in front  
of the post office  
Fri 3pm-6pm & Sat-Sun 10am-2pm

## **Salad Bowls Farm**

8 Evans Meadows Rd. Lyman  
Mon-Fri 10-6, Sat 9-6 & Sun 1-5



## **Kennebunk Farmers' Market**

207-649-5926  
(multiple farmers, look for the WIC sign)  
3 Wells Ct., Garden St. parking lot  
Saturday 8am-1pm

## **Kittery Community Market**

207-805-2025 [kitterycommunitymarket.com](http://kitterycommunitymarket.com)  
(Kelly Orchards, Tiny Roots Organic Farm)  
10 Shapleigh Rd, Kittery post office  
Sunday 10am-2pm

## **Portland Farmers' Market**

(multiple farmers, look for the WIC sign)  
[portlandmainefarmersmarket.org](http://portlandmainefarmersmarket.org)  
92 Deering Ave, in Deering Oaks Park  
Sat. and Wed. 7am-1pm

## **Saco Farmers' Market**

[sacofarmersmarket.com](http://sacofarmersmarket.com)  
(Alewives Brook Farm, Girard farm)  
4 Scammon St, in Saco Valley Shopping Ctr.  
Saturday 8am-12pm

## **Sanford Farmers' Market**

207-459-9438 [sanfordfarmersmarket.org](http://sanfordfarmersmarket.org)  
(multiple farmers, look for the WIC sign)  
6 School St, in Central Park  
Saturday 8am-12pm

## **South Portland Farmers' Market**

207-799-7743  
(Alewives Brook Farm, New Roots Coop. Farm)  
25 Cottage Rd, in City Hall parking lot  
Sunday 10am-2pm

## **Steep Falls Farmers' Market**

(November's Harvest Farm)  
1 Main St. Gazebo Park  
Saturday 9am-2pm

## **York Gateway Framers' Market**

(New Roots Coop. Farm)  
[www.gatewaytomaine.org/farmers-market](http://www.gatewaytomaine.org/farmers-market)  
1 Stonewall Ln.  
Saturday 9am-1pm