

 **WIC Farmers Market/Fayette County**

*\*Appleseed Farms*, 2740 Memorial Blvd, Connellsville  
John Elias, **June-November, Daily, 8 am-8 pm**

*\*Appleseed Farms*, 1151 Pittsburgh Rd, Uniontown  
John Elias, **June-November, Daily, 9 am-8 pm**

*\*Belle Vernon Farm Market*, Rachel Willson  
101 Main St, Route 906, Belle Vernon  
**June-November, Wed, 3 pm-6 pm**

*\*Belle Vernon Farm Market*, Rachel Willson  
500 Blind Lane, Belle Vernon  
**June-November, Wed, 12 pm-2:45 pm**

*\*Christner Farms*, Christner Farms  
800 Scottdale-Dawson Rd, Dawson  
**June-October, Mon-Sat, 9 am-5 pm**

*\*Duda's Farm*, Mark Duda  
157 Creek Rd, Brownsville  
**June-November, Mon-Sat, 8 am-6 pm,  
Sun, 8 am-5 pm**

*\*Duda's Farm*, Mark Duda  
Rt. 119, 1256 University Dr, Dunbar  
**July-October, Mon-Fri, 10 am-5:30 pm,  
Sat-Sun, 10 am-4:30 pm**

*\*May's Produce*, John D. May  
106 Mill Run Road, Normalville  
**July-September, Fri-Sun, 11 am-6 pm**

*\*Redrange Farm LLC*, Clawson Rogers  
590 Footedale Rd, New Salem  
**June-November, Tue, Thu, Sat, 10 am-6 pm**

*\*Sweet Peas*, Mark Duda  
6003 National Pike, Rt 40, Brownsville  
**June-November, Mon-Fri, 8:30 am-6 pm  
Sat-Sun, 8 am – 5 pm**

*\*Sweet Peas*, Mark Duda  
Rt. 166 & Rt.22, McClellandtown  
**June-October, Mon-Fri, 9:30 am-5:45 pm  
Sat-Sun, 9:30 am – 4:45 pm**

*\*The Christmas Shop*, Mark Duda  
2958 National Pike Rd, Chalk Hill  
**July-October, Mon-Fri, 9:30 am-5:30 pm  
Sat-Sun, 9:30 am-4:30 pm**

*\*Thomas Produce FM*, Ray Thomas  
Route 201, Flatwoods Rd, Vanderbilt  
**June-November, Mon-Sat, 10 am-6 pm, Sun 10 am-4 pm**

*\*Uniontown Mall Farm Market*, 1368 Mall Run Rd, Uniontown  
Mark Duda, **June-October, Mon-Fri, 9:30 am-5:45 pm,  
Sat-Sun, 9:30 am-4:45 pm**

 **WIC Farmers Market/Greene County**

*\*Forever Greene House*, Jack Davin  
1937 W. Roy Furman Highway, Waynesburg  
**June-September, Daily, 7:30 am-8:30 pm**

*\*Waynesburg Prosperous*  
676 East Greene St, Waynesburg  
Kay Collins, **June-August, Wed, 10 am-2 pm**  
Sheila McConn, **June-October, Wed, 10 am-2 pm**

 **WIC Farmers Market/Washington County**

*\*Bayer Farm*, James Bayer  
262 Caldwell Rd, Eighty Four  
**July-November, Daily, 10am -5 pm**

*\*Bedners Farm*, Melanie Bedner  
315 Coleman Rd, McDonald  
**July-October, Daily, 9 am-5 pm**

*\*Charleroi Farmers Market*, Sheila McConn  
McKean Ave across from Rite Aid, Charleroi  
**July-September, Thu, 3 pm-6 pm**

*\*Fredericktown Market*, Sheila McConn  
Front St by Library, Fredericktown  
**June-September, Sat, 9 am-12 pm**

*\*Joe's Farm Market*, Joseph Snodgrass  
3132 National Pike, Richeyville  
**June-November, Tue-Sun, 9 am-6 pm**

*\*Kern Farm*, Kevin Kern  
434 Valley View Rd, Eighty Four  
**July-October, Sun, 10 am-5 pm**

*\*Krenzelak Orchards*, Carlo Krenzelak  
85 McCormick Rd, Prosperity  
**July 15-October, Mon-Fri, 10 am-6 pm,  
Sat, 12 pm-4 pm, Sun, 1 pm -4 pm**

*\*McDonald Trail Station Farmers Market*  
160 S. McDonald St, McDonald  
Beth Smith, **July-September, Sat, 9 am-12 pm**

*\*Monongahela Farmers Market*,  
Chess Park, Main St, Monongahela  
Sheila Harden, William Beinlich  
**June-September, Fri, 3 pm-6 pm**

*\*Peters Township Farmers Market*,  
St. David's, 905 E. McMurray Rd, McMurray  
Kevin Kern, **June-November, Wed, 3 pm-7 pm**  
Robert Simmons, **June-September, Wed, 3 pm-7 pm**

*\*Simmons Farm Market*, Robert Simmons  
170 Simmons Rd, McMurray  
**June-November, Daily, 9 am-7 pm**

*\*Simmons Farm Market*, Robert Simmons  
2861 Washington Rd, McMurray  
**June-November, Daily, 9 am-7 pm**

*\*Stone Church Farms*, John Varner  
318 Stone Church Rd, Finleyville  
**June-October, Fri, 9 am-7 pm; Sat, 9 am-5 pm**

*\*Taggart's Orchard*, Kermit Taggart  
184 Wotring Rd, Washington  
**September-October, Fri-Sun, 12 pm-5 pm**

*\*Trax Farms*, 528 Trax Rd, Finleyville  
**June-November, Mon-Sat 9 am-8 pm, Sun, 9 am-6 pm**

*\*Washington County Farmers Market*,  
139 S Main St, Washington  
Diana Conover, Kevin Kern, Robert Simmons, Beth Smith  
**June-October, Thu, 3 pm-6 pm**

For updated information regarding locations please visit:  
[www.pafmnp.com](http://www.pafmnp.com)



**The best way to give your body balanced nutrition is by eating a variety of nutrient-packed foods every day. A healthy eating plan is one that:**

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

**Every day it is important to:**

- Eat foods that are fortified with vitamin D and vitamin B<sub>12</sub>. Check the label.
- Eat whole grains, such as whole-grain bread and shredded wheat cereal more often.
- Eat foods that provide no more than 1,500 milligrams of sodium per day. Check the Nutrition Facts label for the number of milligrams of sodium in a food. You don't want to exceed a total of 65% Daily Value (DV) for sodium from all foods in a day.
- Meet the potassium recommendation of at least 4,700 milligrams a day with food. Get an adequate number of daily servings of vegetables, fruits, and low-fat or fat-free milk products such as sweet potatoes, beet greens, tomatoes, bananas, prune juice and low-fat or fat-free yogurt.

For more information about nutrition  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



**PENNSYLVANIA SENIOR  
FARMERS MARKET NUTRITION PROGRAM**



The Pennsylvania Department of Agriculture, Bureau of Food Distribution, is funding a Farmers Market Nutrition Program that provides four checks or vouchers totaling \$20 to eligible older individuals. The purpose is to encourage older consumers to eat more fruits and vegetables available at area farmers' markets and to support PA farmers by stimulating sales at local farmers' markets.

**You are eligible if you are:**

- A resident of Fayette, Greene or Washington County.
- Age 60 or older during the program year.
- An individual or couple who is income eligible based on the posted income guidelines.

**To use the Farmers Market checks:**

- Select a participating farmer's market from this list or look for the blue and gold PA Preferred sign indicating the farmers who will accept the Farmers Market checks.
- Select fruits and vegetables grown, or able to be grown, in Pennsylvania, such as apples, green peppers, pears, etc.

*Note: No citrus or tropical fruits and no processed foods such as jams, honey, cider, baked goods or potted plants.*

Vouchers are redeemable only at participating farmers' markets. For more information on the Farmers Market Nutrition Program and participating farmers' markets, contact your senior center in Fayette, Greene or Washington County. You may also call the AAA county offices at:

**Fayette County, Uniontown, 724-430-4603  
Greene County, Waynesburg, 724-852-1510  
Washington County, Washington, 724-228-7080**



Funded by the Pennsylvania Department of Agriculture,  
Bureau of Food Distribution