

**Arkansas WIC Farmers' Market Nutrition Program  
Approved Fruits, Vegetables & Herbs  
Locally Grown Only**

Apples  
Asparagus  
Beans  
Berries  
Beets  
Broccoli  
Brussels sprouts  
Cabbage (Bok Choy)  
Carrots  
Cauliflower  
Cherries  
Corn  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapes  
Greens  
Herbs  
Kohlrabi  
Lettuce  
Melons (whole)  
Muscadines  
Mushrooms  
Nectarines  
Peaches  
Pears  
Peas  
Persimmons  
Peppers  
Plums  
Potatoes  
Pumpkins  
Okra  
Onions  
Radishes  
Rutabagas  
Squash  
Sweet Potatoes/Yams  
Tomatoes/Tomatillos  
Turnips