

Coupon Use Instructions

Kansas Senior Farmers Market Nutrition Program (KSFMNP)

Visit a Farmers Market listed on the Regional Farmers Market List during their normal business hours to use your coupons.

You may use KSFMNP coupons to purchase locally grown, fresh:

- Fruits
- Vegetables
- Cut Herbs
- Honey

You may not purchase the following items using KSFMNP coupons:

- Ornamental pumpkins
- Dried fruit/veggies/herbs
- Jams/Jellies
- Baked Goods
- Meat
- Eggs
- Potted Plants

Use coupons at market stands that display the KSFMNP "Accepted Here" sign.

Each coupon is \$5, and you must use the whole amount. You will not receive change from KSFMNP coupons.

Sign your coupons in advance using blue or black ink.

Use all your coupons between June 1 and November 1.

For more information, please visit <https://www.kdhe.ks.gov/1041/Kansas-Senior-Farmers-Market-Nutrition-P> or call 785-291-3742.



This institution is an equal opportunity provider.



What's Growing?

Kansas Seasonal Specialty Crop Calendar

Crop	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples									
Apricots									
Asparagus									
Basil									
Snap Beans									
Beets									
Berries*									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Cherries									
Cucumber									
Eggplant									
Garlic									
Greens**									
Melons									
Okra									
Onions									
Peaches									
Pears									
Peas									
Peppers									
Plums									
Potatoes									
Pumpkin									
Radish									
Summer Squash									
Winter Squash									
Sweet Corn									
Sweet Potatoes									
Tomatoes									
Turnips									
Watermelon									

* Blueberries, Blackberries, Raspberries, Elderberries, Gooseberries, Strawberries and Grapes

** Lettuce, Kale, Arugula, Chard, Collards, Endive, Spinach and Bok Choy