



2024 Senior Farmers' Market Nutrition Program



Approved Markets & Stands - Sauk County

<p>Baraboo Farmer's Market Downtown Courthouse Square May 11 - October 28 Wednesdays & Saturdays 8:00am - 12:30pm</p>	<p>The Berry Farmer E10222 Hoot Owl Valley Rd, Baraboo July 1 - August 15 Wednesdays: 5:00pm - 8:00pm Saturdays: 8:00am - 5:00pm</p>	<p>Flyte Family Farms Corner of Jefferson & Hwy 33, Baraboo July 15 - October 9 Daily 10:00am - 6:00pm</p>
<p>Ski-Hi Fruit Farm E11219A Ski Hi Rd, Baraboo August 26 - October 31 Daily 8:00am - 5:00pm (6pm Fri/Sat)</p>	<p>Reedsburg Area Medical Center 2000 North Dewey Ave, Reedsburg May 3 - October 25 Fridays 10:00am - 3:00pm</p>	<p>City of Reedsburg Community Market 115 N Web St, Reedsburg May 6 - October 16 Mondays: 8:00am - 1:00pm Thursdays: 3:00pm - 7:00pm</p>
<p>Spring Green Farmers Market 230 E Monroe St, (Spring Green Library) May 11 - October 26 Saturdays 9:00am - 12:00pm</p>	<p>Pecks Farm Market West E3217 Hwy 14 & 60, Spring Green June 1 - October 31 Daily 8:00am - 7:00pm</p>	<p>Peck's Farmstand 825 Phillips Blvd, Sauk City July 4 - August 31 Daily 10:00am - 6:00pm</p>

Friendly Reminders:

- Checks can only be used for locally grown produce. Vendors will tell you what is/isn't local.
- Vendors can not give change so purchase at least \$9 worth of goods for each transaction.
- Please note that cash can be used to supplement the checks if what you are purchasing is over the \$9 and you do not want to use an additional check.
- Checks can be used anywhere in the state of Wisconsin as long as the market or stand has the yellow vendor sign (shown here).
- All checks must be used by October 31, 2024. Checks become void after that date.
- Checks cannot be replaced if lost/stolen so treat them like cash.

<p>Country Bumpkin Farm Market E9745 County Rd P, Wisconsin Dells April 27 - October 31 Daily 9:00am - 6:00pm</p>





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Senior Farmers' Market Checks can be used anywhere in the State of Wisconsin.
For your convenience, please find markets and stands outside of Sauk County:

Richland County

Richland Area Farmers' Market
100 Orange S St, Richland Center
May 8 - October 9
Wednesdays | 1:30pm - 5:30pm

Oakwood Fruit Farm
31128 Apple Ridge Rd
Richland Center
August 20 - October 31
Daily | 9:00am - 5:00pm

Iowa County

Peck's Farm Market East
6445 UW Hwy 14, Arena
May 1 - October 31
Daily | 8:00am - 7:00pm

Columbia County

Flyte Family Farms
Hwy 51 & New Pinery Rd, Portage
(Culver's parking lot)
June 1 - October 9
Daily | 10:00am - 6:00pm

Portage Farmers Market
303 W Wisconsin St, Portage
May 16 - October 31
Thursdays | 12:00pm - 5:00pm

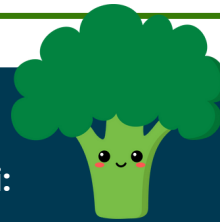
Juneau County

Flyte Family Farm
517 Gateway Ave, Mauston
July 10 - October 1
Daily | 9:00am - 6:00pm

The Market
303 Mansion St, Mauston
May 4 - October 31
Saturdays | 9:00am - 2:00pm

Mosquito Ranch
Riverside Park, Mauston
May 1 - October 31
Saturdays | 9:00am - 2:00pm

3 ways
to eat
more broccoli:



from: Nutrition
Matters,
Wisconsin DHS

- 1. Roast It!** Sprinkle bite-sized pieces of broccoli with olive oil. Cook in a 450 F oven for 10 minutes on a metal baking pan. Sprinkle with shredded parmesan cheese.
- 2. Steam It!** Cook bite-sized pieces in a pan of boiling water for 6 to 8 minutes. Or cover in a dish with wet paper towel and microwave for 2-3 minutes.
3. Serve **raw broccoli** spears with hummus.

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