2024 Senior Farmers’ Market Nutrition Program

Welcome to the Senior Farmers’ Market Nutrition Program (SFMNP). Enclosed is your booklet of SFMNP coupons. Each coupon is worth $5.00. Here are some tips for using your coupon:

1. Bring your coupon booklet to any of the farmers’ markets listed on the back of this handout. Participating farmers will have an orange-colored sign stating the acceptance of SFMNP coupons.
2. Your SFMNP coupons are valid between April 1, 2024 – October 31, 2024.
3. Coupons may only be used by yourself or the person you authorized as your proxy on your application form.
4. Coupons may only be redeemed for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey.
5. Make sure to sign in the Recipient Signature box on the coupon.
6. No cash change may be given when using a coupon. We encourage you to use the full $5.00 amount of each coupon.
7. You have the right to submit a complaint for improper SFMNP practices. Please submit complaints to Hawaii Foodbank Kauai.

FOR MORE INFORMATION OR ASSISTANCE CONTACT:

Hawaii Foodbank Kauai
(808) 482-2087
Web: hawaiifoodbank.org/kauai
4241 Hanahao Place, Suite 101
Lihue, HI 96766

Office of Community Services
(808) 586-8675
Email: dlir.ocs@hawaii.gov
830 Punchbowl Street, Room 420
Honolulu, HI 96813

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Safe Produce: KEEP IT CLEAN

10 tips for affordable vegetables and fruits

1. Celebrate the season Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
2. Why pay full price? Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut your costs. Often, you can get more for less by visiting larger grocery stores.
3. Stick to your list Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods.
4. Try canned or frozen Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.
5. Buy small amounts frequently Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.
6. Buy in bulk when items are on sale For fresh vegetables or fruits you want often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
7. Store brands save money Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
8. Keep it simple Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in basic forms.
9. Plant your own Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.
10. Plan and cook smart Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soups. Overripe fruit is great for smoothies or baking.
HAWAII FARMERS’ MARKET
SMART FOOD CHOICES

**RED: FRUITS AND VEGETABLES**
- Contains: Vitamin C, A, Potassium and Antioxidants

**BLUE/PURPLE: FRUITS AND VEGETABLES**
- Boost Urinary tract health and promotes healthy aging

**GREEN: FRUITS AND VEGETABLES**
- Contains: Vitamin K, A, C, Potassium, Folate, helps with blood clotting

**YELLOW/ORANGE FRUITS AND VEGETABLES**
- Contains: Vitamin C, A, Potassium, can help boost immune system and enhance vision

Celebrate a world of flavor with these Okinawan and Samoan inspired Recipes

**Goya Champuru**
An Okinawan dish that is full of flavor and may even lower blood sugar.

**Ingredients:**
- 1 bitter melon
- 1 block of tofu
- 1/4 onion sliced
- 1/2 red bell pepper (optional)
- 1 tbsp mirin
- 1 tbsp soy sauce
- 1 tbsp rice wine vinegar
- Salt, pepper and garlic powder to taste

**Instructions:**
Slice all vegetables into your desired sizes. Cook on medium high heat for 4-5 minutes. Add spices and liquids and cook for 5 minutes, mix ingredients occasionally. Then enjoy!

**Fa’alifu**
A savory Samoan sauce used to dress starchy root vegetables.

**Ingredients:**
- 1 medium onion
- 1 can (400ml) coconut milk
- Salt to taste
- Any starchy root vegetable including, Taro, Yams, Ulu (breadfruit), Fa’i mata(Green Banana)

**Instructions:**
Slice onions to desired size, add coconut milk and salt to taste, cook to desired thickness. Add sauce to a fork tender root vegetable of your choosing.

References:
1) https://www.rush.edu/news/eat-colorful-diet
2) http://cultivatorkitchen.com/goya-champuru/
# 2024 SFMNP Farmers’ Market Schedule

<table>
<thead>
<tr>
<th>Farmers’ Market Name</th>
<th>Location</th>
<th>Day</th>
<th>Farmers</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>North Shore</strong></td>
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<tr>
<td>Anaina Hou Farmers Market</td>
<td>Kilauea Mini Golf 5-2723 Kuhio Hwy #101, Kilauea, HI 96754</td>
<td>Saturday</td>
<td>Kauai Kunana Dairy (258-5037)</td>
<td>9:00am-12:00pm</td>
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<tr>
<td>Princeville Night Market</td>
<td>Princeville Shopping Center Kuhio Hwy, Princeville, HI 96722</td>
<td>2nd Sunday</td>
<td>Lee’s Bees (651-2239)</td>
<td>4:00pm-8:00pm</td>
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<tr>
<td>Bloom &amp; Prosper Market</td>
<td>Princeville Community Center 4334 Emmalani Dr, Princeville, HI 96722</td>
<td>Saturday</td>
<td>Kauai Kunana Dairy (828-0095)</td>
<td>9:00am-12:00pm</td>
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<tr>
<td>Kukui’ula Farmers Market (Koloa)</td>
<td>Kukui‘ula Shopping Village 2829 Ala Kalanikaumaka St. Koloa, HI 96756</td>
<td>Wednesday</td>
<td>Lins Farm (779-9396) Elmer’s Farm (652-4201) Sakda Farm (634-1398) Watchara Meephol (829-6456) Hole in the Mountain (635-0061) Kauai Nectar (742-7875) Wirat Yothachai Weeraphon Phokhee (892-9056) Lanipo Farm (635-6053)</td>
<td>3:30pm-6:00pm</td>
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<tr>
<td><strong>South Side</strong></td>
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<tr>
<td>Lanipo Farm Stand</td>
<td>6056 Olohena Rd Kapaa, HI 96746</td>
<td>Daily</td>
<td>Lanipo Farm (635-6053)</td>
<td>10:00am-6:00pm</td>
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<tr>
<td>Pau Hana Market</td>
<td>Kukui Grove 2000 Kaumualii Hwy #3, Lihue, HI 96766</td>
<td>Monday</td>
<td>Elmer’s Farm (652-4201) Lins Farm (779-9396) Sakda Farm (634-1398) Lee’s Bees (651-2239) Leialoha Tropicales L.L.C. (652-5348) Sebastian Farm (635-4409) Wirat Yothachai Weeraphon Phokhee (892-9056) Tokabango Farm (651-9131) Dang Fresh Farm (646-9229)</td>
<td>3:00pm-5:30pm</td>
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<tr>
<td>Kealia Farm Market</td>
<td>2345 Kealia Rd. Kapa‘a, HI 96746 (Across from Kealia Beach)</td>
<td>Friday</td>
<td>Alohalani Farm (635-0615)</td>
<td>3:00pm-5:00pm</td>
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<tr>
<td>Market Name</td>
<td>Location</td>
<td>Days</td>
<td>Vendors</td>
<td>Time</td>
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<tr>
<td>Coconut Market Place</td>
<td>Coconut Market Place 4-484 Kuhio Hwy. Kapa‘a, HI 96746</td>
<td>Tuesday &amp; Thursday</td>
<td>Watchara Meephol (829-6456) Funing Farm (218-0116) Lee's Bees (651-2239)</td>
<td>8:00am-1:00pm</td>
</tr>
<tr>
<td>Sunshine Market</td>
<td>Sunshine Market Kapaa Beach Park 4-1604 Kuhio Hwy. Kapa‘a, HI 96746</td>
<td>Wednesday</td>
<td>Alohalani Farm (635-0615) Funing Farm (218-0116)</td>
<td>3:00pm - 5:00pm</td>
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<tr>
<td>Grove Farm Market</td>
<td>Grove Farm Market Puhi Park Produce Puhi Rd., Lihue (across from KCC)</td>
<td>Saturday</td>
<td>Lins Farm (779-9396) Alohalani Farm (635-0615) Sakda Farm (634-1398) Kauai Glory Farm (258-5037) Lee's Bees (651-2239) Kauai Glory Farm (258-5037) Leialoha Tropicals LLC (652-5348) Elmer’s Farm (652-4201) Kauai Nectar (742-7875) Hole in the Mountain (635-0061) Dang Fresh Farm (646-9229) Wirat Yothachai Weeraphon Phokhee (892-9056)</td>
<td>9:30am-12:00pm</td>
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<td>West Side</td>
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<tr>
<td>Hale Puna Farmers Market</td>
<td>9567 Huakai Rd, Waimea, HI 96796</td>
<td>Thursday</td>
<td>Sakda Farm (634-1398) Funing Farm (218-0116) Ueunten Farm LLC (651-8513)</td>
<td>3:30pm-5:00pm</td>
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