

# 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 a **BLUE** 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**.

## FOR MORE INFORMATION OR ASSISTANCE CONTACT:

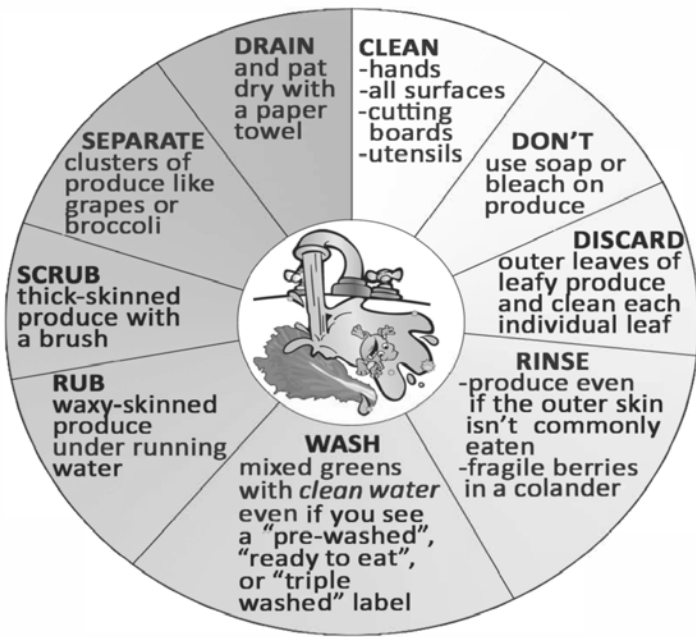


Hawaii Foodbank  
 Phone: (808) 954-7877  
 Web: [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)  
 Hawaii Foodbank,  
 2611 Kilihau Street  
 Honolulu, HI 96819

Office of Community Services  
 (808) 586-8675  
 Email: [dlir.ocs@hawaii.gov](mailto:dlir.ocs@hawaii.gov)  
 OR  
 Web: [www.labor.hawaii.gov/ocs](http://www.labor.hawaii.gov/ocs)  
 830 Punchbowl Street, Room 420  
 Honolulu, HI 96813



## Safe Produce: KEEP IT CLEAN



**Rinse all produce thoroughly before eating!**

[www.ctahr.hawaii.edu/foodsafety-ces/](http://www.ctahr.hawaii.edu/foodsafety-ces/)



## 10 tips Nutrition Education Series

## smart shopping for veggies and fruits



### 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

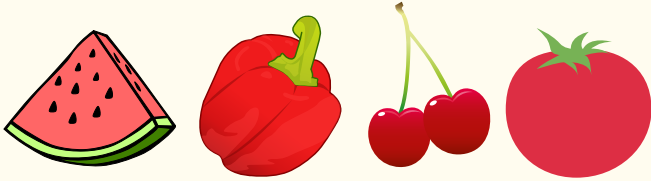
- 1 **celebrate the season**  
 Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.
- 2 **why pay full price?**  
 Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).
- 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. You'll have more of your food budget for vegetables and fruits.
- 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 use 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 = savings**  
 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 their 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 soup. Overripe fruit is great for smoothies or baking.



# HAWAII FARMERS' MARKET

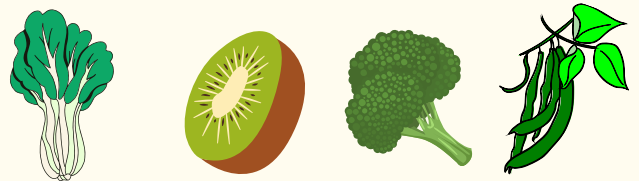
## SMART FOOD CHOICES

### RED: FRUITS AND VEGETABLES



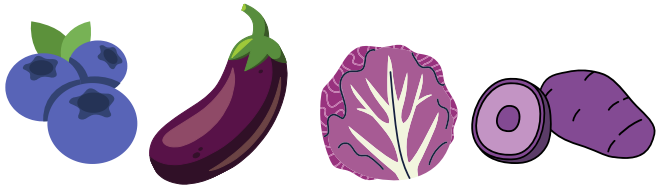
Contains: Vitamin C, A, Potassium and Antioxidants

### GREEN: FRUITS AND VEGETABLES



Contains: Vitamin K, A, C, Potassium, Folate, helps with blood clotting

### BLUE/PURPLE: FRUITS AND VEGETABLES



Boost Urinary tract health and promotes healthy aging

### 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](https://www.rush.edu/news/eat-colorful-diet)
- [2\)http://cultivatorkitchen.com/goya-chanpuru/](http://cultivatorkitchen.com/goya-chanpuru/)
- [3\)http://www.samoafood.com/2010/10/faalifu-savoury-coconut-sauce.html](http://www.samoafood.com/2010/10/faalifu-savoury-coconut-sauce.html)

### Farmers' Market Locations

Locations are organized first by area on the island then by day of the week.

\*People's Open Markets are CLOSED on *all* City Holidays

Updated 4/11/2024

Farmers' Market Name	Location	Day	Time	Farmer(s) 2024	Area
Marketplace at City Square	1199 Dillingham Blvd Honolulu, HI 96817	Monday - Sunday	8:00a.m. - 4:00p.m.	Marissa Sotelo	Honolulu
*People's Open Market - Manoa Valley District Park	2721 Kaaipu Ave Honolulu, HI 96822	Mondays	6:45a.m. – 7:45a.m.	Enomoto Farm, Sisou Farm	Honolulu
*People's Open Market - Makiki District Park	1527 Ke'eaumoku St Honolulu, HI 96822	Mondays	8:30a.m. – 9:30a.m.	Enomoto Farm, Sisou Farm, Orathai Vixayvong	Honolulu
People's Open Market - Alamoana (Magic Island)	1201 Ala Moana Blvd, Honolulu, HI 96814	Mondays	10:00a.m. - 11:00a.m.	Enomoto Farm, Sisou Farm	Honolulu
*People's Open Market - Frank Fasi Municipal Bldg.	650 S King St Honolulu, HI 96813	Mondays	11:45a.m. – 12:30p.m.	Enomoto Farm, Sisou Farm	Honolulu
*People's Open Market - Waipahu District Park	94-230 Paiwa St Waipahu, HI 96797	Tuesdays	8:15a.m. – 9:15a.m.	Enomoto Farm, Gloria's Produce, Sisou Farm, Emma Lucas	Central
*People's Open Market - Wahiawa District Park	1008 California Ave Wahiawa, HI 96786	Tuesdays	10:00a.m. – 11:00a.m.	Enomoto Farm, Gloria's Produce, Sisou Farm, Emma Lucas	Central
*People's Open Market - Mililani District Park	94-1150 Lanikuhana Ave Mililani, HI 96789	Tuesdays	11:45a.m. – 12:30p.m.	Sam's Flower's and Imports, Enomoto Farm, Gloria's Produce, Sisou Farm, Emma Lucas	Central
*People's Open Market - Waiiau District Park (komo drive)	98-1650 Kaahumanu St Pearl City, HI 96782	Tuesdays	6:30a.m. – 7:30a.m.	Enomoto Farm, Gloria's Produce, Sisou Farm	Central
Kaiser High School Farmers Market	511 Lunalilo Home Rd Honolulu, HI 96825	Tuesdays	4:00p.m. – 6:00p.m.	Ho Farms	East Honolulu
Fort Street Mall Farmers' Market - Fort Street Mall	1032 Fort Street Mall Honolulu, HI 96813	Tuesdays	7:00a.m. – 1:00p.m.	Creative Cookery, Marissa Sotelo	Honolulu
Manoa Honey - Wahiawa Honey House & Meadery - <b>HONEY ONLY</b> No Produce	930 Palm Pl Wahiawa, HI 96786	Wed - Thur Fri - Sun	10:00a.m. - 4:00p.m. 11:00a.m. - 6:00p.m.	Ph:808-493-9081	Central
*People's Open Market - Palolo Valley District Park	2007 Palolo Ave Honolulu, HI 96816	Wednesdays	6:30a.m. – 7:30a.m.	Enomoto Farm, Harada Farm, Sisou Farm	East Honolulu

*People's Open Market - Queen Kapiolani Park (Monsarrat and Paki St.)	3840 Paki Ave Honolulu, HI 96815	Wednesdays	10:00a.m. – 11:00a.m.	Enomoto Farm, Harada Farm, Sisou Farm	East Honolulu
*People's Open Market - Old Stadium Park	2237 S King St Honolulu, HI 96826	Wednesdays	8:15a.m. – 9:15a.m.	Enomoto Farm, Harada Farm, Sisou Farm	Honolulu
Hawaii Farm Bureau Farmers' Market - Neal Blaisdell Concert Hall	777 Ward Ave Honolulu, HI 96814	Wednesdays	4:00p.m. – 7:00p.m.	King's Farm, Ho Farms	Honolulu
Ka Makana Alii Farmers Market	91-5431 Kapolei Pkwy Kapolei, HI 96707	Wednesdays	3:00p.m. - 7:00p.m.	Holomua Produce	Leeward
Windward Mall Farmers' Market	46-056 Kamehameha Hwy Kaneohe, HI 96744	Wednesdays	2:00p.m. – 6:00 p.m.	Waihole Valley Farm, Touan Farm, Orathai Vixayvong	Windward
Waimānalo Farmers Market - Waimānalo Health Center	41-1347 Kalaniana'ole Hwy Waimānalo, HI 96795	Wednesdays	2:00p.m. – 5:00 p.m.	TBD	Windward
Ono Grindz & Makeke Farmers Market - Wai Kai	91-1621 Keoneula Blvd Suite 5110, Ewa Beach, HI 96706	Thursdays	4:00p.m. – 8:00p.m.	Kahumana Organic Farms, Sam's Flower's and Imports	Leeward
*People's Open Market - Waimanalo Beach Park	41-741 Kalaniana'ole Hwy Waimanalo, HI 96795	Thursdays	7:15a.m. – 8:15a.m.	Enomoto Farm, Sisou Farm	Windward
*People's Open Market - Kailua District Park	21 S Kainalu Dr Kailua, HI 96734	Thursdays	9:00a.m. – 10:00a.m.	Enomoto Farm, Rye Huang, Harada Farm, Sisou Farm, Waiahole Valley Farm	Windward
*People's Open Market - Kaneohe District Park	45-660 Keaahala Rd Kaneohe, HI 96744	Thursdays	10:45a.m. – 11:45a.m.	Enomoto Farm, Rye Huang, Harada Farm	Windward
Hawaii Farm Bureau Farmers' Market - Kailua Town Center	609 Kailua Rd Kailua, HI 96734	Thursdays	5:00p.m. – 7:30p.m.	King's Farm	Windward
Manoa Farmers' Market	2753 Woodlawn Dr Honolulu, HI 96822	Thursdays	7:00a.m. – 2:00p.m.	Creative Cookery	Honolulu
*People's Open Market - Halawa District Park	99-795 Iwaiwa St Aiea, HI 96701	Fridays	7:00a.m. – 8:00a.m.	Gloria's Produce	Central
Fort Street Mall Farmers' Market - Fort Street Mall	1032 Fort Street Mall Honolulu, HI 96813	Fridays	7:00a.m. – 1:00p.m.	Creative Cookery, Marissa Sotelo	Honolulu
*People's Open Market - Ewa Beach Community Park	91-955 N Rd Ewa Beach, HI 96706	Fridays	9:00a.m. – 10:00a.m.	Gloria's Produce, Emma Lucas	Leeward

Aloha Stadium Swap Meet & Market Place (Admission \$1.00 per person)	99-500 Salt Lake Blvd Honolulu, HI 96818	Saturdays	6:30a.m. - 11:00a.m.	Oasis Aloha Farm	Central
Farmlovers Market - Pearlridge Wai Makai	98-180 Kamehameha Hwy Aiea, HI 96701	Saturdays	8:00a.m.- 12:00p.m.	Ma'o Organic Farms, Son Farm	Central
*People's Open Market - Salt Lake Municipal Lot	5337 Likini St Honolulu, HI 96818	Saturdays	11:15a.m. – 12:00p.m.	Enomoto Farm, Sisou Farm, Marissa Sotelo	Central
*People's Open Market - Hawaii Kai Park-n-Ride	300 Keahole St Honolulu, HI 96825	Saturdays	1:00p.m. – 2:00p.m.	Enomoto Farm, Sisou Farm, Marissa Sotelo	East Honolulu
*People's Open Market - Kaumualii Street	700 Kalihi St Honolulu, HI 96819	Saturdays	6:30a.m. – 9:30a.m.	Enomoto Farm, Gloria's Produce, Sisou Farm, Marissa Sotelo, Waiahole Valley Farm, Charlie Reppun	Honolulu
Hawaii Farm Bureau Farmers' Market - Kapiolani Community College	4303 Diamond Head Rd Honolulu, HI 96816	Saturdays	7:30a.m. – 11:00a.m.	King's Farm, PIT Farm, Manoa Honey (1st & 3rd Sat Only), Ho Farms, King's Farm, Thai Farmers Association, Hawaiian Cane Juice, Ko Farms, Meli LLC (2nd, 4th and 5th Sat Only)	Honolulu
Farmlovers Market - Kakaako	1050 Ala Moana Blvd Honolulu, HI 96814	Saturdays	8:00a.m. – 12:00p.m.	Kahumana Organic Farms, Ed's Little Farm, Ma'o Organic Farms, Ho Farms, Touan Farm	Honolulu
*People's Open Market - Kalihi Valley District Park	1911 Kam IV Rd Honolulu, HI 96819	Saturdays	10:00a.m. – 10:45a.m.	Enomoto Farm, Sisou Farm, Marissa Sotelo	Honolulu
Makeke Mahi'Ai - Waianae Mall	86-120 Farrington Hwy Waianae, HI 96792	Saturdays	8:00a.m. – 12:00p.m.	Sam's Flower's and Imports, Lao Sticky Rice, Ma'o Organic Farms, Hubert Hermann, Touan Farm, Kahumana Organic Farms	Leeward
Aloha Stadium Swap Meet & Market Place (Admission \$1.00 per person)	99-500 Salt Lake Blvd Honolulu, HI 96818	Sundays	6:00a.m.- 11:30a.m.	Sisou Farm, Oasis Aloha Farm	Central

Hawaii Farm Bureau Farmers' Market - Mililani High School	95-1200 Meheula Pkwy Mililani, HI 96789	Sundays	8:00a.m. – 11:00a.m.	King's Farm, Ed's Little Farm, PIT Farm, Son Farm, Ho Farms, Thai Farmers Association	Central
Aloha Market at Waikiki - Jefferson Elementary School	324 Kapahulu Ave Honolulu, HI 96815	Sundays	8:00a.m.-1:00p.m.	Creative Cookery	East Honolulu
*People's Open Market - Royal Kunia Park-n-Ride (Kupuna Lp./Kupuohi St.)	94-640 Kupuohi St Waipahu, HI 96797	Sundays	9:30a.m. – 11:00a.m.	Gloria's Produce, Harada Farm, Emma Lucas	Central
*People's Open Market - Kapolei Community Park	91-1049 Kamaaha Loop Kapolei, HI 96707	Sundays	7:00a.m. – 8:30a.m.	Gloria's Produce, Harada Farm, Emma Lucas, Hubert Hermann	Leeward
Ka Makana Alii Farmers Market	91-5431 Kapolei Pkwy Kapolei, HI 96707	Sundays	11:00a.m. - 3:00p.m.	Holomua Produce	Leeward
*People's Open Market - Waikele Community Park	94-870 Lumiaina St Waipahu, HI 96797	Sundays	11:30a.m. – 12:30p.m.	Gloria's Produce, Harada Farm, Emma Lucas	Leeward
Farmlovers Market - Castle Medical Center	640 Ulukahiki St Kailua, HI 96734	Sundays	8:00a.m. - 12:00p.m.	Touan Farm	Windward
Windward Mall Farmers' Market	46-056 Kamehameha Hwy Kaneohe, HI 96744	Sundays	10:00a.m. – 2:00p.m.	Waihole Valley Farm, Touan Farm, Orathai Vixayvong	Windward

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