



Food for Health Farm

Royce Nelson
3525 300th Street
Sac City, IA 50583
712-830-7621

Selling at the Market: May 7 - October 29
Days at the Market: Every Saturday except 7/2 & 9/3

Programs: WIC & Senior

Producer Classification: Chemical Free

Vegetables:

Asparagus
Beans
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Kohlrabi
Leeks
Lettuce
Okra
Onions
Peppers
Potatoes
Pumpkins
Rhubarb
Rutabaga
Spinach
Squash
Sweet Corn
Sweet Potatoes
Tomatoes
Turnips
Zucchini

Herbs:

Dill
Cilantro
Basil
Thyme
Rosemary
Parsley
Chives

Food:

Pappy's Kettle Corn
Egg Rolls

Beverages:

Soda
Water

Plants: Starter

Flower
Vegetable

Fruits:

Cantaloupe
Pears
Strawberries
Watermelons

