



## MAINE SENIOR FARM SHARE PROGRAM ELIGIBLE FOODS LIST

*Only fresh, nutritious, unprepared, 100% Maine-grown fruits, vegetables, fresh-cut culinary herbs, and honey are acceptable Maine Senior FarmShare (MSFP) products.*

### INELIGIBLE FOODS

<b>Dried fruits, vegetables, beans</b>	These are preserved, not fresh.
<b>Eggs, meats, cheeses</b>	Animal products beyond honey are not included.
<b>Pickles, jams, other canned goods</b>	These are preserved, not fresh.
<b>Flour, cornmeal, other grains</b>	These are processed: dried, removed from chaff, and sometimes milled.
<b>Maple syrup, infused honey, creamed honey</b>	These are processed: sap boiled, honey heated or whipped.

### ELIGIBLE FOODS

FRUITS			
<b>Tree fruits</b>	Apples Apricots Cherries	Figs Nectarines Peaches	Pears Plums Quince
<b>Vine fruits</b>	Grapes	Hardy kiwi	
<b>Berries</b>	Strawberries Raspberries	Blackberries Blueberries	Cranberries Elderberries
<b>Melons</b>	Watermelon	Cantaloupe	Other specialty melons

HONEY	
<b>Comb honey</b>	Honey that comes exactly as it was produced in the hive
<b>Cut comb honey</b>	Liquid honey that may have added chunks of the honey in the jar
<b>Liquid honey</b>	Honey that is free of visible crystals and has been extracted directly from the honeycomb
<b>Naturally crystallized honey</b>	Honey that has spontaneously crystallized



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<b>VEGETABLES</b>			
<b>Bean family</b>	Snap beans Wax beans	Snap peas Shelling peas	Fava beans Pea shoots
<b>Beet family</b>	Beets Beet greens	Swiss chard Spinach	Rhubarb Sorrel
<b>Cabbage family</b>	Broccoli Cauliflower Cabbage Brussels sprouts Collard greens	Kale Arugula Bok choi Turnips Rutabaga	Mustard greens Radishes Horseradish Kohlrabi Watercress
<b>Carrot family</b>	Carrots Celery Celeriac	Parsnips Fennel Parsley	Cilantro Dill Lovage
<b>Lettuce family</b>	Lettuce heads Lettuce mix Chicory	Radicchio Escarole Dandelion greens	Artichokes Sunchoke Tarragon
<b>Mint family</b>	Basil Mint Oregano	Sage Rosemary Thyme	Lemon balm Lavender (fresh only) Savory
<b>Nightshade family</b>	Tomatoes Potatoes	Peppers Eggplant	Tomatillos Husk cherries
<b>Squash family</b>	Summer squash Zucchini Winter squash	Slicing cucumbers Pickling cucumbers Sour gherkin	Pumpkins (edible only) Gourds (edible only)
<b>Onion family</b>	Onions Garlic Leeks	Shallots Scallions Garlic scapes	Chives Garlic chives
<b>Other</b>	Asparagus Sweet corn Flint corn* Amaranth greens Callaloo	Ginger Turmeric Lemongrass Sweet potatoes Sprouts	Okra Mushrooms Stinging nettles Ramps Fiddleheads

\*Only unprocessed flint corn, on the cob and intended for human consumption, is eligible.