



MAINE SENIOR FARM SHARE PROGRAM ELIGIBLE FOODS LIST

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

INELIGIBLE FOODS

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

ELIGIBLE FOODS

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

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



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VEGETABLES			
Bean family	Snap beans Wax beans	Snap peas Shelling peas	Fava beans Pea shoots
Beet family	Beets Beet greens	Swiss chard Spinach	Rhubarb Sorrel
Cabbage family	Broccoli Cauliflower Cabbage Brussels sprouts Collard greens	Kale Arugula Bok choy Turnips Rutabaga	Mustard greens Radishes Horseradish Kohlrabi Watercress
Carrot family	Carrots Celery Celeriac	Parsnips Fennel Parsley	Cilantro Dill Lovage
Lettuce family	Lettuce heads Lettuce mix Chicory	Radicchio Escarole Dandelion greens	Artichokes Sunchokes Tarragon
Mint family	Basil Mint Oregano	Sage Rosemary Thyme	Lemon balm Lavender (fresh only) Savory
Nightshade family	Tomatoes Potatoes	Peppers Eggplant	Tomatillos Husk cherries
Squash family	Summer squash Zucchini Winter squash	Slicing cucumbers Pickling cucumbers Sour gherkin	Pumpkins (edible only) Gourds (edible only)
Onion family	Onions Garlic Leeks	Shallots Scallions Garlic scapes	Chives Garlic chives
Other	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.