



## Farmer Market (FMNP) and Senior Farmers Market (SFMNP) Nutrition Programs Approved Food List

**ELIGIBLE FOODS:** The following fresh fruits, vegetables and fresh-cut herbs are allowed for purchase with program benefits.

Fruits			
Apple	Currant	Lingonberry	Raspberry
Blackberry	Gooseberrt	Loganberry	Rhubarb
Blueberry	Haskaps	Marionberry	Strawberry
Boysenberry	Honeyberry	Melon	
Cherry	Huckleberry	Plums	
Vegetables			
Artichoke	Collard	Mushroom	Snap Bean
Arugula	Corn	Mustard Green	Spinach
Asparagus	Cucumber	Onion	Sprout
Baby Greens	Egg Plant	Pak Choi	Squash
Beet	Endive	Parsnip	Swiss Chard
Bok Choi	Garlic	Peas	Taro
Broccoli	Good King Henry	Pepper	Tatsoi
Brussel Sprouts	Green Beans	Potato	Tomatilla
Cabbage	Kale	Pumpkin	Tomato
Carrot	Kohlrabi	Radicchio	Turnip
Cauliflower	Leeks	Radish	Watercress
Celery	Lettuce	Romanesco	Zucchini
Chickweed	Microgreens	Rutabaga	
Fresh-Cut Herbs			
Basil	Lavender	Rosemary	Spearmint
Chamomile	Lovage	Sage	Stevia
Chives	Marjoram	Savory	Tarragon
Cilantro	Mint	Scallions	Thyme
Dill	Oregano	Sorrel	
Fennel	Parsley	Sourdock	

**INELIGIBLE FOODS:** The following are **not** allowed for purchase with program benefits:

Fruits & vegetables processed beyond their natural state	Nuts, seeds, fruit leathers & fruit roll-ups
Fruits & vegetables with added sugars, fats, or oils	Eggs, meat, cheese, & seafood
Dried fruits & vegetables, syrups, cider, honey*	Canned & dried mature legumes
Vegetable-grain & fruit mixtures	Potted starts, plants, flowers, & herbs

\*Honey may be purchased with SFMNP checks only.