

## Appendix G.

### Maine Senior FarmShare Program Eligible Foods List

#### What products can be included in shares?

Only fresh, nutritious, unprepared, Maine-grown fruits, vegetables, fresh cut herbs, and honey, grown by the participating farmer (or up to 25% by other Maine farmers) are acceptable MSFP products. Other items often offered for sale at farm stands are not allowed; see below for a list of ineligible items and an explanation for why they are not allowed.

- Dried fruits, vegetables, or beans: these are preserved, not fresh
- Eggs, meats, and cheeses: these animal products are not included because they are not fruits, vegetables, herbs, or honey
- Pickles, jams, and other canned goods: these are preserved, not fresh
- Flour, cornmeal, or other grains: these are dried, removed from chaff, and sometimes milled, thus they are not fresh or unprocessed.
- Infused and creamed honey: these are processed products

**Farmers who sell produce that was not grown in Maine must clearly identify Maine-grown, MSFP-eligible produce with MSFP stickers.**

Fruits, vegetables, fresh cut herbs and honey that are eligible in the program are listed below. If you have questions about whether an item is eligible, contact us at [SeniorFarmShare.AGR@maine.gov](mailto:SeniorFarmShare.AGR@maine.gov) or 207-446-5550.

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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VEGETABLES			
<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 choy 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 Sunchokes 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.

We understand that this list is not exhaustive. If you grow and sell a product that you believe is eligible but is not represented in this document, contact us at SeniorFarmShare.AGR@maine.gov or 207-446-5550.