

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 or 207-446-5550.

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

Maine Senior FarmShare Program Eligible Foods List

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.

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.