

What products can be included in shares?

Only fresh, unprocessed 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 (e.g., eggs, dried fruits or vegetables, meats, cheese, pickles, etc.) are **not** allowed.

Farmers who have a farm stand where produce is sold that is not grown in Maine must clearly designate/identify the produce that is eligible for SFMNP recipients with the MSFP stickers or sign (provided by the MSFP).

Fruits, vegetables, fresh cut herbs and honey that are eligible in the program are listed on the next page.

Maine Senior FarmShare Program Eligible Foods List

Fruits

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Elderberries
Figs
Grapes
Nectarines
Peaches
Pears
Plums
Quince
Raspberries
Rhubarb
Strawberries
Watermelon

Other

Honey (Pure only)

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 100 percent pure is free of visible crystals and has been extracted directly from the honey comb.

Naturally Crystallized Honey – honey that has spontaneously crystallized.

Vegetables

Artichokes
Arugula
Asparagus
Beans (snap/ wax)
Beets
Beet Greens
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Chicory
Collard Greens
Corn (sweet)
Cucumbers (slicing, pickling)
Eggplant
Escarole
Fava Beans
Fiddleheads
Garlic
Garlic Scapes
Ginger
Gourds (edible)
Horseradish
Husk Cherries
Jerusalem Artichokes
Kale
Kohlrabi
Leeks
Lettuce/Mixed Greens
Morels
Mushrooms
Mustard Greens
Nettles
Okra
Onions/Scallions
Parsnips

Vegetables cont.

Pea Shoots
Peas
Peppers
Potatoes
Pumpkins (pie/edible - **NOT DECORATIVE**)
Radishes
Rutabaga
Shallots
Spinach
Sprouts
Squash (summer/zucchini)
Squash (winter)
Sour Gherkin
Sweet Potatoes
Swiss Chard
Tomatoes
Turnips/Rutabaga

Herbs

Anise
Basil
Chives
Chervil
Coriander
Dill
Fresh Fennel
Lemon Balm
Lovage
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Savory
Sorrel
Tarragon
Thyme