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

### 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

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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.