



## 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. **\*\*All products must be grown within Alaska borders.\*\***

Vegetables		Herbs	Fruit
artichoke	lettuce	basil	apple
arugula	mushrooms	chamomile	cherries
asparagus	mustard greens	chives	currants
baby greens	onion	cilantro	gooseberries
beet	parsnip	dill	haskaps
bok choy	peas	fennel	honeyberry
broccoli	peppers	lavender	huckleberries
Brussels sprout	potato	lovage	lingonberries
cabbage	pumpkin	marjoram	melon
carrot	radicchio	mint	raspberry
cauliflower	radish	oregano	rhubarb
celery	romanesco	parsley	strawberry
chickweed	rutabaga	rosemary	
collard	snap beans	sage	<b>Others</b>
corn	spinach	savory	Honey (SFMNP Only)
cucumber	sprouts	scallions	
egg plant	squash	sorrel	
endive	Swiss chard	Spearmint	
garlic	taro	Stevia	
Good King Henry	tatsoi	tarragon	
green beans	tomatillo	thyme	
green onion	tomato		
kale	turnip		
kohlrabi	watercress		
leeks	zucchini		

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

Fruits & vegetables processed beyond their natural state	Diced, shredded, sliced, chopped products
Frozen products	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
Edible flowers	Honey (may be purchased with SFMNP only)