

Senior Farmers' Market Nutrition Program Allowed Foods

Apples	Cantaloupes	Garlic	Lemons	Peas (Shelled)	Sweet Potatoes
Apricots	Carrots	Grapefruit	Melons	Peppers	Table Grapes
Artichokes	Cauliflower	Green Onions	Mushrooms	Persimmons	Tomatoes
Asparagus	Celery	Greens/tops	Mustard Greens	Plums	Swiss Chard
Beans	Collard Greens	Head Lettuce	Nectarines	Potatoes	Turnips
Beets	Corn	Herbs (fresh cut)	Okra	Pumpkins	Watermelons
Blackberries	Cucumbers	Honey	Onions	Radishes	
Blueberries	Dates	Kale	Oranges	Raspberries	
Broccoli	Dewberries	Kohlrabi	Parsnips	Spinach	
Brussels Sprouts	Eggplants	Leaf Lettuce	Peaches	Squash	
Cabbage	Figs	Leeks	Pears	Strawberries	

Senior Farmers' Market Nutrition Program Disallowed Foods

Dried Fruits	Eggs	Processed Foods
Aloe Vera	Flowers	Roasted Peppers
Baked Goods	Jams	Seafood
Cactus (any kind)	Meat	Seeds
Cheese	Non-food items	Sun-dried Tomatoes
Cider	Nuts of any kind	Syrup
Decorative Gourds	Pecans	Wild Rice
Dried Chili Peppers	Picante Sauce	
Dried/Potted Herbs	Potted Fruits or vegetable plants	
Dried Fruits/Vegetables	Preserves	