

Farmers' Market Nutrition Program Allowed Foods

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

Farmers' Market Nutrition Program Disallowed Foods

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