

Senior Farmers' Market Nutrition Program Allowed Foods

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

Senior Farmers' Market Nutrition Program Disallowed Foods

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|-------------------------|-----------------------------------|--------------------|
| Dried Fruits | Flowers | Roasted Peppers |
| Aloe Vera | Jams | Seafood |
| Baked Goods | 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 | |
| Eggs | Processed Foods | |