

**MICHIGAN SENIOR FARMERS MARKET NUTRITION PROGRAM  
ELIGIBLE FOODS**

**FRUIT**

Apples  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Currants  
Elderberries  
Grapes  
Peaches  
Pears  
Plums  
Raspberries  
Strawberries  
Watermelon  
Howell Melons

**VEGETABLES**

Rhubarb  
Okra  
Parsnips  
Bok Choy  
Peas  
Brussels Sprouts  
Rutabagas  
Scallions  
Celeriac  
Spinach  
Corn (not ornamental  
Sprouts  
or popcorn)  
Sunchoke  
Cucumbers

**Vegetables, con't**

Eggplant  
Swiss Chard  
Greens (all)  
Tomatilla  
Kohlrabi  
Leeks  
Turnips  
Lettuce (all)  
Watercress  
Asparagus  
Beans-all  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Mushrooms  
Onion  
Peppers  
Potatoes  
Pumpkin  
Radishes  
Squash  
Tomatoes  
Zucchini

**HERBS:**

Lovage  
Basil  
Marjoram  
Chives  
Mint  
Cilantro  
Oregano  
Cutting Celery  
Dill  
Rosemary  
Epazote  
Sage  
Garlic  
Summer Savory  
Chives  
Sorrel  
Lemon Balm  
Tarragon  
Lemon Grass  
Thyme  
Celeriac  
Fennel  
Parsley

**OTHER:**

Honey  
Wheatberries