

**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