

APPROVED FOOD LIST

FMNP & SFMNP 2021

FRUITS

Apples, Apricots, Berries, Cherries, Figs, Grapes, Melons, Nectarines, Paw Paw, Peaches, Pears, Plums, Quince

VEGETABLES

Artichokes, Asparagus, Beans (fresh), Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cassava Leaves, Cauliflower, Celeriac, Collard Greens, Corn, Cucumbers, Eggplants, Fennel, Ginger, Edible Gourds, Greens, Jute Leaf, Jamma Jamma, Kohlrabi, Leeks, Lettuce, Melons, Microgreens, Mushrooms, Okra, Onions (Including Ramps and Shallots), Parsnips, Peas, Peppers, Potatoes, Purslane, Radishes, Rhubarb, Rutabagas, Spinach, Squash (including Pumpkins), Sunchokes, Swiss Chard, Tomatillos, Tomatoes, Turnip Roots and Greens

HERBS

Basil, Bay Laurel, Borage, Caraway, Catnip, Chervil, Chives, Cilantro, Dill, Garlic, Lemon Verbena, Lavender, Lemongrass, Lemon Balm, Lovage, Sweet Marjoram, Mint, Nasturtium, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Savory, Sorrel, Tarragon, Thyme

OTHERS

Honey (only approved for Senior FMNP participants)