

**2022 ELIGIBLE FOODS  
FARMERS' MARKET NUTRITION PROGRAMS**

**FRESH VEGETABLES (Must be grown in Montana)**

Asparagus	Artichokes	Beans, green, long or waxed
Beets	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower
Celery	Chinese Cabbage	Collard Greens
Corn	Cucumbers	Eggplant
Kale	Kohlrabi	Leeks
Lettuce/Tender Greens	Mushrooms	Mustard Greens
Okra	Onions	Parsnips
Peas	Peppers	Potatoes
Pumpkins	Radishes/Horseradishes	Rhubarb
Rutabagas	Spinach	Squash
Sweet potatoes	Swiss Chard	Tomatoes/Tomatillos
Turnips/Turnip Greens	Watercress	Zucchini

**FRESH FRUITS (Only fruits produced in MT are eligible for coupon exchange)**

Apples	*Apricots (in state only)	Blackberries
Blueberries	Cantaloupe	Casaba Melons
Cherries	Chokecherries	Currants
Gooseberries	Grapes	Honey Dew Melons
Huckleberries	*Nectarines (in state only)	*Peaches (in state only)
*Pears (in state only)	Plums	Raspberries
Strawberries	Watermelons	

**FRESH HERBS**

Cut fresh herbs only, no chopped, processed, packaged herbs

Basil	Chives	Cilantro	Dill	Fennel
Garlic	Marjoram	Oregano	Parsley	Peppermint
Rosemary	Savory	Sage	Shallots	Spearmint
Tarragon	Thyme			

**PURE HONEY (PRODUCED IN MONTANA)**

**ITEMS THAT CANNOT BE PURCHASED WITH COUPONS**

**USDA only allows fresh produce to be purchased through this grant.** Processed produce, non-produce, or non-foods items are **prohibited**, including but not limited to:

Baked Goods	Cheese	Crafts
Dried fruit	Eggs	Flavored honeys
Jams / Jellies	Juices	Meat / Chicken / Fish / Seafood
Nuts / Seeds	Plants (Flowers, Herb, Vegetable)	

**ANY ITEM NOT PRODUCED IN MONTANA**