

**FARMERS' MARKET NUTRITION PROGRAM  
FOOD LIST**

**You can purchase any of these foods from  
authorized FMNP farmers if Tennessee-grown.**

**VEGETABLES**

Asparagus	Cucumbers	Peas, Sugar
Beans, Lima	Eggplant	Pepper, Bell
Beans, October	Greens	Pepper, Hot
Beans, Pole	Leeks	Pepper, Pimiento
Beans, Shelly	Lettuce	Potatoes, Irish
Beans, Snap	Mushrooms	Potatoes, Sweet
Beans, Wax	Okra	Radishes
Beets	Onions	Rutabagas
Broccoli	Parsnips	Spinach
Cabbage	Peas, English	Squash
Carrots	Peas, Field	Tomatoes
Cauliflower	Peas, Snow	Tomatoes, Cherry
Corn, Sweet		Turnips

**FRUITS**

Apples	Figs	Plums
Blackberries	Gooseberries	Pumpkins
Blueberries	Grapes	Raspberries
Boysenberries	Nectarines	Rhubarb
Cantaloupe/Melon	Peaches	Strawberries
Cherries	Pears	Watermelon

**FRESH HERBS**

Includes garlic and elephant garlic.

This institution is an equal opportunity provider.