



Delaware Senior Farmers' Market Nutrition Program

-List of Eligible Fruits, Vegetables, Herbs and Honey-

Fruits (raw or fresh only): apples, apricots, blackberries, blueberries, cherries, chokecherries, crabapples, currants, elderberries, gooseberries, grapes, mulberries, raspberries, strawberries, pawpaws, peaches, pears, plums, persimmons.

Vegetables (raw or fresh only): arugula, asparagus, artichokes, beans, beets, broccoli, broccoli rabe, brussel sprouts, cabbage, cantaloupes, calabaza, carrots, cauliflower, celeriac, celery, chayote, chard, collards, mustard and turnip greens, sweet corn and fresh Indian corn (blue, red, multicolored), cucumbers, dandelion greens, eggplant, epazote, garlic, Florence fennel, green onions, horseradish, Jerusalem artichokes, kale, kohlrabi, leeks, lettuces, melons, muskmelon, mushrooms, okra, onions, oriental vegetables (bitter melons, wax melons), specialty greens, squash tips, parsley, parsnips, peas and pea shoot tips, peppers, potatoes, pumpkins, radishes, rhubarb, sprouted seeds (beans, alfalfa, peas), shallots, salad mixes, spinach, summer and winter squashes, squash blossoms, vine tips, sweet potatoes (yams), tomatoes, tomatillos, turnips, vegetable amaranth, watercress, watermelon, zucchini.

Herbs (fresh only): anise, basil, bay leaves, borage, calamints, camomile, chervil, chives, cilantro, corianders, dill fennel, germander, hyssops, lemongrass, laurels, lavenders, lemon balms, lovage, marjoram, mints, nasturtium, parsleys, pennyroyals, plectranthus, oregano, rosemary, sage, santolina, savory, silver beauties, sorrel, thymes, tarragon, fresh locally produced oriental herbs.

Honey (unprocessed and locally produced):

- Comb Honey – honey that comes exactly as it was produced in the hive.
- Cut Comb Honey – liquid honey that may have added chunks of the honey in the jar.
- Liquid Honey – honey that is 100 percent pure, is free of visible crystals and has been extracted directly from the honey comb.
- Naturally Crystallized Honey – honey that is has spontaneously crystallized.
- Kosher/Wild/Organic Honey – 100 percent pure, conventionally produced honey which is free of chemicals, drugs, and antibiotics.
- Honey Sticks – liquid honey in a straw (unflavored only).