

# DC GET FRESH

## FMNP & SFMNP 2019 APPROVED FOOD LIST

### FRUITS

Apples, Apricots, Berries, Cherries, Figs, Grapes, 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)