



Choctaw Nation

CHOCTAW NATION OF OKLAHOMA FARMERS MARKET (FMNP)
AND SENIORS FARMERS (SFMNP) NUTRITION PROGRAM

List of Eligible Fruits, Vegetables & Fresh Herbs

Apples	Blueberries	Cantaloupe
Corn	Lettuce	Okra
Peas	Radishes	Strawberries
Apricots	Bok Choy	Carrots
Cucumber	Loganberries	Onions
Peppers	Raspberries	Sweet Potatoes
Asparagus	Boysenberries	Cauliflower
Grapes	Marion Berries	Parsnips
Plums	Rhubarb	Tomatoes
Beans	Broccoli	Celery
Greens	Melons	Peaches
Potatoes	Rutabagas	Turnips
Beats	Brussel Sprouts	Chard
Kale	Mushrooms	Pears
Prunes	Spinach	Watermelon
Blackberries	Cabbage	Cherries
Kohlrabi	Nectarine	Yams
Pumpkins	Squash	Egg Plant

Honey-Seniors Only

Fresh herbs: Basil, Garlic, Rosemary, Tarragon & Thyme

This institution is an equal opportunity provider.