



TARRANT AREA FOOD BANK

FARMERS MARKET

NUTRITION PROGRAMS

FOR FRESH FRUIT, VEGETABLES, AND CUT HERBS
PARA FRUTAS FRESCAS, VERDURAS Y HIERBAS CORTADAS

ALLOWED FOODS

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|-----------------|-------------------|----------------|
| Apples | Figs | Papaya |
| Apricots | Garlic | Parsnips |
| Artichokes | Grapefruit | Peaches |
| Beans | Green Onions | Pears |
| Beets | Greens/Tops | Peas (Shelled) |
| Blackberries | Head Lettuce | Peppers |
| Blueberries | Herbs (fresh cut) | Persimmons |
| Broccoli | Kale | Plums |
| Brussel Sprouts | Kohlrabi | Potatoes |
| Cabbage | Leaf Lettuce | Pumpkins |
| Cantaloupes | Cactus/Noaples/ | Radishes |
| Carambola/Star | Prickly Pear | Raspberries |
| Fruit | Leeks | Spinach |
| Carrots | Lemons | Sprouts |
| Cauliflower | Limes | Squash |
| Celery | Melons | Strawberries |
| Collard Greens | Micro Greens | Sweet Potatoes |
| Corn | Mushrooms | Swiss Chard |
| Cucumbers | Mustard Greens | Table Grapes |
| Dates | Nectarines | Tomatoes |
| Dewberries | Okra | Turnips |
| Dragon Fruit | Onions | Watermelon |
| Eggplants | Oranges | |

*Edible parts of allowed crops are also allowed.

ALIMENTOS PERMITIDOS

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|-------------------|-------------------|---------------|
| Manzanas | Higos | Papaya |
| Albaricoques | Ajo | Chirivías |
| Alcachofas | Toronjas | Melocotones |
| Frijoles | Cebolletas | Peras |
| Remolachas | Hojas verdes | Guisantes |
| Moras Arándanos | Cabeza de lechuga | (desgranados) |
| Brócoli | Hierbas (recién | Pimientos |
| Coles de Bruselas | cortadas) | Caquis |
| Repollo | Col rizada | Ciruelas |
| Melones | Colirrábano | Patatas/Papas |
| Carambola/Fruta | Lechuga de hoja | Calabazas |
| Estrella | Cactus/Nopales/ | Rábanos |
| Zanahorias | Higo chumbo | Frambuesas |
| Coliflor | Puerros | Espinacas |
| Apio | Limonos | Calabacín |
| Col rizada | Limas | Fresas |
| Maíz | Melones | Batatas |
| Pepinos | Microvegetales | Acelgas |
| Dátiles | Champiñones | Uvas de mesa |
| Moras | Hojas de mostaza | Tomates |
| Pitahaya | Nectarinas | Nabos |
| Berenjenas | Okra | Sandía |
| | Cebollas | |
| | Naranjas | |

*También se permiten las partes comestibles de los cultivos permitidos.

NOT ALLOWED

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|-------------------------|----------------------------|
| Aloe Vera | Non-Food Items |
| Baked Goods | Nuts of Any Kind |
| Cheese | Pecans |
| Cider | Picante Sauce |
| Decorative Gourds | Potted Fruits or Vegetable |
| Dried Chili Peppers | Plants |
| Dried Fruits | Preserves |
| Dried/Potted Herbs | Processed Foods |
| Dried Fruits/Vegetables | Roasted Peppers |
| Eggs | Seafood |
| Flowers | Seeds |
| Honey | Sun-dried Tomatoes |
| Jams | syrup |
| Meat | Wild Rice |

NO PERMITIDO

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|-------------------------|--------------------------------|
| Aloe vera | Artículos no alimenticios |
| productos horneados | Frutos secos de cualquier |
| queso | tipo Nueces pecanas |
| sidra | Salsa picante |
| calabazas decorativas | Frutas o plantas de hortalizas |
| chiles secos | en maceta |
| frutas secas | Conservas |
| hierbas secas/en maceta | Alimentos procesados |
| frutas/verduras secas | Pimientos asados |
| huevos | Mariscos |
| flores | Semillas |
| miel | Tomates secos al sol |
| mermeladas | Jarabe |
| carne | Arroz salvaje |