

**BUY MOFGA CERTIFIED ORGANIC!**

# Maine Organic 20

Twenty organic AND local foods Maine can produce for you to enjoy all year!



**FRUIT:** Blueberries, Apples

**VEGETABLES:** Potatoes, Carrots, Beets & Beet Greens, Garlic, Salad & Braising Greens, Tomatoes, Winter Squash, Cabbage, Onions



**DAIRY:** Milk, Cheese, Butter

**PROTEIN:** Eggs, Ground Meat, Seafood, Dry Beans



**SWEETS:** Maple Syrup

**GRAINS:** Wheat

For more information on organic, local, and seasonal eating in Maine, please visit

**[MOFGA.org/buyorganic](http://MOFGA.org/buyorganic)**



*Look for the logo!*