



# My Maine Organic Plate

A Maine-grown, organic approach to a healthy, balanced diet


**Fruit**  
apples  
blueberries  
strawberries  
raspberries  
pears  
cranberries




**Vegetables**  
potatoes  
cabbage  
carrots  
beets  
garlic  
onions  
tomatoes  
squash  
greens  
& much more!



**Grains**  
oats  
buckwheat  
corn  
barley  
rye  
spelt  
wheat



**Protein**  
dry beans  
pork  
tempeh  
beef  
goat  
seafood  
tofu  
egg  
lamb  
poultry



**Fats**  
lard  
butter  
seed oils



**Dairy**  
milk  
cheese  
yogurt



**Sweets**  
maple  
honey



To find certified organic, local and seasonal food, please visit [MOFGACertification.org](http://MOFGACertification.org)