

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!

Fats
 lard
 butter
 seed oils

Grains
 oats
 buckwheat
 corn
 barley rye
 spelt
 wheat

Dairy
 milk
 cheese
 yogurt

Sweets
 maple
 honey

Protein
 dry beans
 pork tempeh
 beef goat
 seafood tofu
 eggslamb
 poultry



To find certified organic, local and seasonal food, please visit MOFGACertification.org

Look for the logo!