

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



Look for the logo!