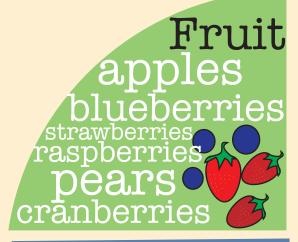
My Maine Organic Plate

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



Vegetables
potatoes
cabbage
carrots
beets
garliconions
tomatoes
squash
greens
% much
more!



Grains Sweets
Oats
Oats
buckwheat
COT



Protein dry beans pork tempeh beef goat seafood tofu eggslamb poultry



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