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

Fruit
- apples
- blueberries
- strawberries
- raspberries
- pears
- cranberries

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

Vegetables
- potatoes
- cabbage
- carrots
- beets
- garlic
- onions
- tomatoes
- squash
- greens

Protein
- pork
- dry beans
- tempeh
- beef
- goat
- seafood
- tofu
- eggs
- lamb
- poultry

Dairy
- milk
- cheese
- yogurt
- butter
- seed oils
- lard

Fats
- maple
- honey

Sweets
- raspberries
- garlic
- onions
- much more!

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

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