



HARVEST FOOD FEST



ELIGIBLE PRODUCTS
GROWN OR PRODUCED IN THE FINGER LAKES REGION

YOUR RECIPE MUST INCLUDE 1 CUP OF A
NEW YORK STATE/FINGER LAKES PRODUCT

MEAT and FISH



Beef, turkey, lamb, pork, chicken,



VEGETABLES



Asparagus, cabbage, corn, onions, potatoes,
dry beans,(kidney, red, black), eggplant, beans (snap), carrots, tomatoes, squash,
spinach, beets, cauliflower, green pepper, pumpkins, brussel sprouts, broccoli,
cucumbers, zucchini, peas, greens (swiss chard, lettuce etc)

DAIRY

Milk, buttermilk, cheese, yogurt, cottage cheese,
sour cream, ice cream, whipped cream,



FRUITS

Apples, grapes, rhubarb, blackberries, melons, strawberries, blueberries,
pears, peaches, cherries, raspberries



MISC.

Maple syrup, honey, eggs



Note: Since Harvest Food Fest is designed to promote products commercially grown in the Finger Lakes Region, the use of wild game will not be acceptable. Wild game is not readily available to the average consumer in the marketplace. No use of alcohol may be used in any form at Harvest Food Fest.