

Produce Clarifications as of 10/26/09

This is not a complete list of allowed/not allowed produce.
For more details please refer to the Oregon WIC Food List.

Item	Allowed?	Fruit	Vegetable	Not Allowed	Note
alfalfa sprouts	yes		x		
aloe vera	no			x	not a fruit or veggie
anise	no			x	herb or spice
avocado	yes	x			
bamboo shoot	yes		x		
banana leaves	no			x	used in food prep/wrapping
basil	no			x	herb or spice
bay leaves	no			x	herb or spice
cactus leaf	yes		x		
caraway	no			x	herb or spice
celery root	yes		x		
chervil	no			x	herb or spice
chives	no			x	herb or spice
cilantro	no			x	herb or spice
coconut	yes	x			but not dried in baking aisle
corn husks	no			x	used in food prep/wrapping
cranberries	yes	x			
dates - fresh	yes	x			
diakon radish	yes		x		its an asian radish
dill	no			x	herb or spice
fenugreek	no			x	herb or spice
figs-fresh	yes	x			
garlic	yes		x		
ginger	yes		x		It's a tuber
horseradish	no			x	herb or spice
Jicama	yes	x			
lemongrass	no			x	per USDA FAQ
marjoram	no			x	herb or spice
mint	no			x	herb or spice
mustard greens	yes		x		
onion	yes		x		
oregano	no			x	herb or spice
parsley	no			x	per USDA FAQ
parsnips	yes		x		
peppers (e.g. jalapenos)	yes		x		
pumpkin	yes	x			No painted pumpkins
rosemary	no			x	
sage	no			x	per USDA FAQ
savory	no			x	
shallots	yes		x		
soy bean pod	yes		x		aka edamame
sprouts	yes		x		
squash	yes		x		
sugar cane	no			x	It's a grass
tarragon	no			x	herb or spice
thyme	no			x	herb or spice
tomato	yes		x		
tomatillos	yes		x		
vanilla bean	no			x	herb or spice
wheatgrass	no			x	it's a grass and dietary supplement
yucca root	yes		x		