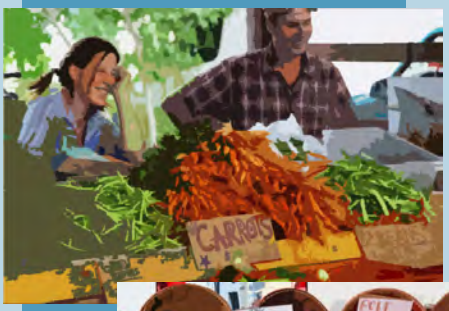

Urban Agriculture and

Farmers Markets & Produce Stands

September 2016

A Blueprint Developed by the Cass Clay Food Systems Initiative

Farmers Markets & Produce Stands

This issue brief will provide background information related to farmers markets and produce stands, addressing the common concerns and benefits from a health, environment, social, and economic standpoint. Appendices have been provided to share how regional jurisdictions are managing their farmers markets and produce stands as well as example policy language from other jurisdictions.

Background

According to the USDA, a farmers market can be defined as "a multi-stall market at which farmer-producers sell agricultural products directly to the general public at a central or fixed location, particularly fresh fruit and vegetables (but also meat products, dairy products, and/or grains)." A produce stand (also known as a farm stand) is defined as "an area for the temporary or seasonal sales and promotion of agricultural products that are grown or raised on the site."[1]

The number of farmers markets in the United States has tripled since 1994.[2] This significant increase is due to many factors, including: consumer's concerns regarding food safety, the rise in preferences for organic food, the movement to support the local economy, and the larger Greenhouse Gas (GHG) emissions produced through large-scale commercial farming operations. These concerns can be minimized, or possibly eliminated, through the use of local farmers markets and produce stands. Not only will the introduction of local farmers markets and produce stands provide for a decrease in the aforementioned concerns, but they are also able to provide a wide array of benefits. The modern industrial food system is responsible for 44 to 57 percent of all global GHG emissions, with 15 to 20 percent of these produced from the processing, transportation, packing, and retailing methods currently in use. These inordinately high emission levels are automatically reduced through the use of local farmers markets and stands, as these avenues of production decrease the need for international food shipments and intranational food transportation costs. [3,4]

Not only do farmers markets positively impact the environment, they also have an economic impact on the local community. At farmers markets and produce stands, consumers buy goods directly from the producer; this action stabilizes the local economy by keeping this stream of revenue within the community. The avenue of direct-to-consumer sales allows the farmer to retain a larger financial portion of what would normally be lost in commercial retail expenses. If the farmer were to sell their products through a chain grocery store, additional packaging and transportation fees would be required, and, most likely, the products would be sold outside of the local community which would deny the local economy this line of revenue and, as aforementioned, increase the production of GHG emissions.
Farmers markets and produce stands increase the prevalence of access to healthy and inexpensive foods to individuals in lower socioeconomic classes. Various farmers markets across the county allow, and promote, the use of individual Supplemental Nutrition Assistance Program (SNAP) funds for individuals eligible to receive this federal assistance benefit. To incentivize the acceptance of SNAP

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[1] Agriculture Ombudsman. (2015). Definitions Used by Permit & Resource Management Department. Retrieved from http://ucanr.edu/sites/CESonomaAgOmbuds/On-Farm_Retail_Sales/.

[2] United States Department of Agriculture. Agriculture Marketing Service. Farmers Market Growth. Retrieved from http://www.ams.usda.gov/AMSv1.0/ams.fetchTemplateData.do?template=TemplateS&navID=WholesaleandFarmersMarkets&leftNav=WholesaleandFarmersMarkets&page=WFMFarmersMarketGrowth&description=Farmers%20Market%20Growth&acct=frmrdirmk.

[3] Grain. (2011). Food and Climate Change: The Forgotten Link. Retrieved from https://www.grain.org/article/entries/4357-food-and-climate-change-the-forgotten-link

[4] Bentley, S., & Barker, R. (2005). Fighting global warming at the farmer's market: the role of local food systems in reducing greenhouse gas emissions. *Toronto: Foodshare*.

benefits, cities, such as Miami, FL, will discount the farmers market permit fees by 50 percent (from $500.00 to $250.00) if the producers accept SNAP benefits. In 2007, approximately $1.6 million in SNAP benefits were redeemed at 532 farmers markets across the country.[5] This number has increased to $16.5 million in 2012, with the acceptance of SNAP benefits at an estimated 3,200 farmers markets across the country.[6] This substantial increase in expenditures of SNAP benefits at farmers markets has resulted in a decrease in the prevalence of domestic hunger rates all while increasing the consumption of organic, fresh, and healthy foods in the low-income population served by SNAP.[7] One study conducted in Boston, MA concluded that SNAP beneficiaries who shopped at farmers markets consumed 50 percent more vegetables per day than beneficiaries who did not.[8]

A number of incentives, like those listed above, have been implemented throughout the country to allow better access to farmer's markets for customers and vendors. Through incentives like SNAP are important to increasing accessibility, there is also a need for clear and understandable zoning regulations for vendors and market managers. Currently, Fargo-Moorhead legislation requires markets to follow the health and zoning codes of their respective jurisdictions. Relying on individual cities to enforce zoning laws can create confusion for vendors attending more than one market, so it is important to have standardized zoning laws for Fargo-Moorhead markets. Zoning issues can also be solved through designating an area for the market to take place year round, such as is the case with the Town Square Farmer's Market in Grand Forks, North Dakota. The Town Square Market is located at the corner of 3 Street and DeMers Avenue, and that space is used for the farmer's market on Saturdays from May to October, as well as community events throughout the year. The area was purchased and developed through grants and donations received by the city of Grand Forks.[9]

Table 1. Incentives Provided for Farmers and Buyers at Markets

Market	**Sponsoring Program**	**Incentives Offered**
Greenmarket, New York City	GrowNYC	Farm Succession and Land Transfer, Financial and Business Planning, Legal Assistance, Strategic Marketing, Access to Capital, Food Safety and Risk Management[10]

[5] Briggs, S. (2010). Real food, real choice: Connecting SNAP recipients with farmers markets. Community Food Security Coalition.

[6] Roper, N., & Miller, S. (2013). Farmers Market Coalition. Slow and Steady: Farmers Market SNAP Sales Continue to Expand. Retrieved from http://farmersmarketcoalition.org/snapsales-up-in-2012.

[7] Bodonyi, B., & Gilroy, A. (2011). Healthy Eating at Farmers Markets: The Impact of Nutrition Incentive Programs. Retrieved from http://www.ophi.org/download/PDF/healthy_planning_pdfs/hefm_nutritionincentives0923.pdf.

[8] Spiller, K., & Obadia, J. (2012). Boston Collaborative for Food and Fitness. Farmers Markets: Impact on fruit and vegetable consumption of Supplemental Nutrition Assistance Program clients. Retrieved from http://bostonfarmersmarkets.org/wp-content/uploads/2012/07/FarmersMarket-Impact-on-FV_Website.pdf.

[9] Celebrating the Past, the Present, and the Future… The Grand Forks Town Square. https://www.fema.gov/pdf/about/regions/regionviii/jurnys31.pdf

[10] GrowNYC. (2015.) FARMroots, Greenmarket's Technical Assistance Program. http://www.grownyc.org/farmroots

Los Angeles and Southern California Markets	LA Food Policy Council	Market Opportunities: Incentives for Food Retailers (funding, planning assistance, expedited permitting, tax credits, and energy discounts); Truck Gardening and Farming Uses; Food Waste Recycling Program; Farmer's Markets in Residential Zones; Rebuilding Local and Regional Food Infrastructure (ensure fs fair compensation and increases access to small and midsized producers); Eat Local, Buy California Grown Day; Small Business Incubation[11]
Town Square Farmer's Market, Grand Forks, North Dakota	Town Square, City of Grand Forks, North Dakota	Designated farmer's market location[12]
Red River Market, Fargo, North Dakota	Red River Market, local businesses	Double SNAP bucks, Free Rides by MATBUS[13]

Additional things to consider include coordinating between markets within a jurisdiction for joint advertising and logistical planning (time, location, etc.), Double SNAP Bucks sponsored by the jurisdiction, partnering with local food banks to donate excess produce at the end of the market, and having a year round farmer's market. The ratio of farmers to crafters, bakers, and other vendors should remain between 75:25[14] and 60:40[15] to ensure markets hold to values of a farmer's market, but also provide a diverse assortment of goods.

The Fargo-Moorhead metropolitan area currently accommodates 10 farmers markets and produce stands. This amounts to only 0.044 farmers markets per 1,000 individuals in the FM metropolitan area. Understanding the benefits and concerns of these farmers markets and produce stands (identified in Table 3) allows for further insight into how they should be regulated, areas of improvement, and if the overall number of these markets and stands is sufficient for the population in the FM metropolitan area. The health and zoning regulations followed by these markets are those of their respective jurisdiction, as according to the policies in the states of Minnesota and North Dakota.

[11] Los Angeles Food Policy Council. (2016.) Resources, LA Food Policies. http://goodfoodla.org/resources/la-food-policies/

[12] Celebrating the Past, the Present, and the Future… The Grand Forks Town Square.

[13] Red River Market. (2016.) www.redriver.market

[14] Matthew Community Farmer's Market Rules. (2015.) http://www.matthewsfarmersmarket.com/MCFM_2015__Market_Rules.pdf

[15] Policies of the Swain Tailgate Farmer's Market (2015.) https://swain.ces.ncsu.edu/wp-content/uploads/2014/05/Swain-Farmers-Market-Guidlelines-2015.pdf?fwd=no

Table 2. Farmers Markets and Produce Stands in the FM Metro Area

Market Name	Location	Notes
Farmers Market & Beyond	500 13th Ave W, West Fargo (South Elmwood Park parking lot)	Mondays and Thursdays: 3:30 PM – 6:30 PM July 9 – October 1
FM Farmers Market	349 E Main Ave, West Fargo	Mon – Fri: 10 AM – 7 PM Saturday: 10 AM – 6 PM Sunday: Noon – 6 PM *Accepts SNAP benefits
Great Plains Producer Association's Community Farmers Market	West Acres Mall, Fargo (West parking lot at the Mall)	Tuesdays, Thursdays, Saturdays: 10 AM – 5 PM (or until produce is sold) June 23 – October *Accepts Supplemental Nutrition Assistance Program (SNAP) benefits **Co-opted with the Northern Plains Botanical Society Farmers Market on Thursdays
Ladybug Acres Produce Stand	2110 S University Drive, Fargo (Tesoro parking lot)	Mondays – Saturday: 11 AM – 5 PM July 1 – October 1
Moorhead Center Mall Market	4 St N & Center Ave, Moorhead (Moorhead Center Mall parking lot)	July & August – Tuesdays: 3 PM – 7 PM September – Tuesdays: 3:30 PM – 6:30 PM
Old Trail Market/Legacy Garden	Probstfield Farm & Living History Foundation, North Moorhead	Call for days and times
Red River Market	Broadway & 4th Ave N, Fargo	Saturdays: 10 AM – 2 PM July 11 – October *Accepts Supplemental Nutrition Assistance Program (SNAP) benefits
Sydney's Health Market	810 30th Ave S, Moorhead	Mon – Fri: 9 AM – 7 PM Saturday: 9 AM – 5 PM Sunday: Noon – 5 PM *Farmers provide produce to be sold inside the store; vendors outside on some days
Veggie Bus	1302 3rd Ave N, Fargo	Call for days and times July 1 – October 1
Whistle Stop Farmers Market	Whistle Stop Park at 14th St NE, Dilworth	Thursdays 3 PM – 7 PM July 1 – October

Regarding farmers markets and produce stands in Cass and Clay Counties, only zoning ordinance have been addressed. Rules regarding the sale of produce or processed foods are regulated by local Public Health Offices (See Appendix C).

Table 3. Summary of farmers market approval in local jurisdictions (As of November 2015)

Moorhead	Dilworth	Clay County	Fargo	West Fargo	Cass County
Not addressed*	Permitted in select zones**	Permitted in select zones***	Permitted in select zones****	Not addressed	Not addressed

**Permits for farmers markets in commercial districts are handled by the City as "temporary" 180 day permits pursuant to the building code.*
*** A farmers market, commercial greenhouse, or nursery operation (retail and wholesale) would be considered a permitted use in the TZ district, C-1, C-2, C-3, I-1 and I-2 districts.*
****Farm stands and/or seasonal agricultural sales are a permitted accessory uses in specific zoning districts. Stands are limited to one structure not exceeding 600 square feet. Farmers markets may be considered as an allowed "use" with an Interim Use Permit.*
*****This type of use is not specifically addressed in any of the zoning districts as a permitted or conditional use. The City of Fargo would classify this use as "retail sales and service," which is a permitted use in the UMU, NC, LB, DMU, GC and LI zoning districts. Temporary permits are also an option for permitting, depending on duration of the operation.*

Table 4. Framework for evaluating farmers markets and produce stands

DOMAIN	BENEFIT	CONCERN
Health	Increased access to fresh, healthy local foods. Increased access to a larger variety of products and products unique to the market or local area. Consumers are able to experiment with different crops and value-added products at a low cost and low risk.[16] Diverse local food in markets restores consideration for the origin of food.[17] Farmers markets may contribute to community food security (the community's capacity to feed itself) with safe, culturally acceptable, nutritionally adequate food through a sustainable food system based on community self-reliance.[18]	Markets and stands follow separate food safety standards and may increase health risk for consumers.
Environment	Food waste – 22 percent of farmers crops would not be marketed if farmers markets were not available due to supermarkets not accepting produce outside of their stringent specifications.[19]	

[16] Gillespie, G., Hilchey, D.L., Hinrichs, C.C., & Feenstra, G. (2007). Farmers markets as keystones in rebuilding local and regional food systems. Remaking the North American food system: Strategies for sustainability, 65-83.
[17] Gillespie. 2007.
[18] Gillespie. 2007.
[19] Festing H. 1998, Farmers Markets: an American success story, Ecological Books, Bath.

	Reduction in packaging material.[20] Reduction in greenhouses gases due to produce being transported shorter distances.	
Social	Consumers feel conventional supermarkets are missing "food with a face." Farmers markets are able to deliver this need.[21] Attract broad spectrum of people who might not, under other circumstances, meet or interact.[22] Vendors value the social and recreational aspects of selling among friends and learn how to improve the market from the example and mentoring of other vendors.[23]	
Economic	Potential for some producers to retain a higher proportion of the usual retail price.[24] Increased spending in the local economy, providing a multiplier effect. Provides a new site to sell products and an opportunity for farmers to access new markets through consumer interaction.[25] Consumers gain access to fresh healthy local produce at competitive prices.[26] Small-scale food processors and farmers experience difficulties in getting their products into large conventional supermarket chains. Farmers markets and stands allow them to increase sales and their customer base.[27] Farmers markets maintain infrastructure for local and regional food systems by serving as informal business incubators that nurture entrepreneurship, diversification, and expansion of small farms and food enterprises.[28]	Produce may be more expensive due to increased costs for small farm sustainability and pesticide-free environments raising growing costs.[30]

[20] Festing. 1998.

[21] Gillespie. 2007.

[22] Sommer, R., Herrick, J., & Sommer,T.R. (1981). The behavioral ecology of supermarkets and farmers markets. *Journal of Environmental Psychology*, 1(1), 13-19.

[23] Gillespie. 2007.

[24] Coster, M., & Kennon, N. (2005). "New Generation" Farmers Markets in Rural Communities. Kingston: Rural Industries Research and Development Corporation. Retrieved from https://rirdc.infoservices.com.au/downloads/05-109.

[25] Coster & Kennon. 2005.

[26] Coster & Kennon. 2005.

[27] Gillespie. 2007.

[28] Gillespie. 2007.

[30] Ramage, N. (2011). Examiner. The pros and cons of local farmers markets. Retrieved from http://www.examiner.com/article/the-pros-and-cons-of-local-farmers-markets

	Vendors at farmers markets can avoid exacting grading and packing standards common in many wholesale markets as well as eliminating non-local competition.[29] Allow for diversification of new crops or products or new varieties of familiar crops or products which can lengthen the market season, add value to products, attract more or different customers, and better utilize resources (including labor and equipment). This allows reduced risks of production failures and market price fluctuations.	

Resources

- Minnesota Cottage Food Law (2015) - Minnesota Department of Agriculture Website → Search "Cottage Food Laws"
- North Dakota's Guide to Selling Local Food - North Dakota Department of Agriculture Website → Search "Farm to Market Handbook"
- South Dakota Requirements for the Sales of Baked Goods and Canned Items - South Dakota Department of Health → Food and Lodging Safety → Farmer's Markets
- Model ordinances not listed: Austin, TX, Miami, FL

If you have questions, please contact Kim Lipetzky with the Fargo Cass Public Health Office at 701-241-8195 or klipetzky@cityoffargo.com.

[29] Feenstra, G., & Lewis, C. (1999). Farmers markets offer new business opportunities for farmers. *California Agriculture*, 53(6), 25-29.

Appendix A: Farmers Markets & Farm Stands in Regional Jurisdictions

Bismarck, ND
Farmers markets and produce stands are not addressed in city code.

Duluth, MN
Farmers markets and produce stands are not addressed in city code.

Grand Forks, ND
Farmers markets and produce stands are not addressed in city code.

Lincoln, NE
Farmers markets are address in the city food code, which covers permitted food items and permits required.

Mankato, MN
There is not a licensure requirement for selling home grown produce. A peddler's license does not apply to farm stands, but the planning and zoning requirements is dependent upon on the type of property and is considered on an individual basis.

Rochester, MN
Farmers markets and produce stands are not addressed in city code.

Sioux Falls, SD
Farmers markets and produce stands are not addressed in city code.

Appendix B: Example Ordinances

Des Moines, IA

DIVISION 4. – FARMERS' OR PUBLIC MARKET

Sec. 102-556. – Definitions

The following words, terms and phrases, when used in this division, shall have the meanings ascribed to them in this section, except where the context clearly indicates a different meaning:

- Farmers' or public market means a sale of products, the majority of which have been produced in the state, including but not limited to raw fresh vegetables, fruit, honey, herbs, flowers, plants, nuts, baked goods or handcrafted items which conform to all applicable city, county or state health and safety provisions, particularly state department of agriculture and land stewardship regulations, and which are offered for sale by any person, business, or organization on a portion of or entirely on a public street, sidewalk, alley, park or public place during set hours, no more than two days per week within a one-year period.
- Market manager means a person who or organization which holds a farmers' or public market permit and who organizes the participants of the market, promulgates regulations for the conduct of the market consistent with section 102-564 of this division, and generally is responsible for the operation of the market.

(C91, § 23-20.08; O.13,023)

Cross reference— Definitions generally, § 1-2.

Sec. 102-557. – Required

No person shall conduct a farmers' or public market, as defined in section 102-556 of this division, without first having obtained a permit as provided in sections 102-558 and 102-559 of this division. This shall not apply to activities sponsored by and held at the state fairgrounds.

(C91, § 23-20.09; O.13,023)

Sec. 102-558. – Application

Any person applying for a permit to conduct a farmers' or public market shall make written application to the city manager's office at least 30 days prior to the first proposed date for the market. No permit shall be issued unless an application containing the following information is first completed:

- The name, address and phone number of the applicant and/or market manager he or she represents.
- The proposed location of the market and the names of any businesses which the market will front.
- If such businesses are not participating in the market, a copy of the notice sent to such businesses of the market, its location and duration.
- The proposed dates of the market and its hours of operation.
- The number of vendors involved in the market, their names, and permanent addresses.
- The type of merchandise to be sold.
- A certificate of insurance demonstrating compliance with all insurance requirements. The amount and type of liability insurance to be required shall be determined by the city's finance director or designee and are hereby, by reference, made a part of the permit application form.

(C91, § 23-20.10; O.13,023, 13,737, 15,104)

Sec. 102-559. – Issuance

Upon the city clerk determining that a person or organization applying for farmers' or public market permit has complied with the terms of section 102-558 of this division; the chief of police, the city engineer, and, if a market is held in a park, the director of park and recreation and the park and recreation board agree that the proposed sale will not reasonably disrupt pedestrian and vehicular traffic in the area of the market; that no other application has been submitted which proposes a similar geographic location for the market; that the city ordinances will be obeyed in the conduct of the market; and upon payment of the appropriate fees, the city clerk shall issue a permit to conduct a farmers' or public market. If the permit is denied, the city clerk shall state the reason therefor on the face of the application and shall so inform the applicant. No farmers' or public market permit shall be issued for a market within any residential zone of the city.

(C91, § 23-20.11; O.13,023)

Sec. 102-560. – Appeal of denial

Any farmers' or public market permit denial may be appealed to the city council within ten days of the denial by submitting a written request for appeal to the city clerk. The city council shall consider the denial at its next regular

meeting and shall either affirm the denial or direct the city clerk to issue the permit upon receipt of the appropriate fees. The city council shall base its decision upon a review of the application, the reasons for denial, and any statements from interested parties. If more than one application has been submitted which proposes a farmers' or public market in similar geographic locations, the council shall consider the following criteria to determine which application to grant:

- Experience in managing a farmers' or public market.
- For what purpose the proceeds of the farmers' or public market will be used.

(C91, § 23-20.12; O.13,023)

Sec. 102-561. – Duration

The farmers' or public market permit shall be issued in the name of the market manager and contain the dates of the sale and shall be valid through December 31 of the year in which the market is held.

(C91, § 23-20.13; O.13,023)

Sec. 102-562. – Fee

(a) The applicant for a farmers' or public market permit shall pay a permit fee to the city clerk at the time of filing the application in the amount set in the schedule of fees adopted by the city council by resolution.

(b) In the event the application is withdrawn by the applicant or denied either initially or on appeal, either all or a portion of such fee in an amount set in the schedule of fees adopted by the city council by resolution shall be retained by the city to defray the administrative costs incurred.

(C91, § 23-20.14; O.13,023, 13,737; 14,174)

Sec. 102-563. – Market manager's responsibilities

(a) Under this division, the market manager's responsibilities shall be to:

(1) Contact the city engineer to arrange for the appropriate signs and/or barriers to control traffic and/or parking in the area of the market, including but not limited to obtaining street closing permits and any other permit required by this Code.

(2) Provide, maintain, and remove portable toilets, the requisite number to be designated by the environmental health officer.

(3) Ensure that trash containers are provided in the market and that the market area is reasonably free of trash during and at the close of the market.

(b) Failure to comply with any of the subsections in subsection (a) of this section shall be punishable as a simple misdemeanor and may result in the revocation of the farmers' or public market permit.

(C91, § 23-20.15; O.13,023)

Sec. 102-564. – Conduct of permittee

A farmers' or public market permittee as well as all agents, employees or representatives shall comply with the following in conducting a farmers' or public market:

- No person shall conduct a farmers' or public market from 10:00 p.m. until 7:00 a.m. the following day.
- No person shall erect booths, tables, or display merchandise in such a manner so as to block pedestrian or vehicular traffic.
- No person shall erect booths, tables, or display merchandise or in any other manner participate in a farmers' or public market without the express consent of the market manager.

(C91, § 23-20.16; O.13,023)

Appendix C: Cass-Clay Farmers Markets Rules and Regulations

Fact Sheet

for farmers markets in Fargo and West Fargo

This fact sheet addresses foods allowed at farmers markets.

The food products can only be sold at community and nonprofit events or farmers markets located in Fargo and West Fargo. This includes such events as: county fairs, nonprofit and charitable events, public spirited and/or community celebrations and farmers markets and roadside stands.

It does NOT include:
Craft shows, food festivals, or other for profit events nor sales to other businesses, interstate or internet sales, or sales from one's home or business.

Home-Processed, Home-Canned and Home Baked foods:
The individual who is selling home-processed, home-canned and home-baked foods under this exemption should have available, upon request of the regulatory authority, the product's recipe and/or pH results .

The seller must display a sign or placard at the point of sale which states:

These canned goods/baked goods are homemade and not subject to state inspection

Persons producing and selling these products are encouraged to have the recipe and manufacturing process reviewed by a person knowledgeable in the food canning/processing industry and recognized as a process authority.

Labeling requirements:
Each food container and/or food item sold must include the following statement using a font size that is prominent, conspicuous, and easy to read.

"These food products were produced in an un-inspected home kitchen where major food allergens may also have been handled and prepared, such as tree nuts, peanuts, eggs, soy, wheat, milk, fish, and crustacean shellfish"

If you have questions, please contact:

Fargo Cass Public Health
Environmental Health Division
701.476.6729

Public Health
Prevent. Promote. Protect.
Fargo Cass Public Health

You May NOT Sell

Foods that require refrigeration

Fresh-processed (not canned) foods that require refrigeration such as fresh salsa, pesto, refrigerator pickles, etc.

Potentially hazardous foods including, but not limited to: cut melons, cut leafy greens, and cut tomatoes.

Nut butters of any kind (peanut, almond, sunflower, etc.)

Frozen pasta, or pastas requiring refrigeration.

Foods that are home-processed or home-canned such as home-canned fish, pickled eggs and meat.

NOT ALLOWED: Certain foods are not allowed to be sold under these rules.

Any non-acidified foods processed by either the use of a boiling water bath or by the use of a home pressure cooker.

Some foods naturally have a pH of 4.6 or greater. ***These foods are not allowed unless the pH of these foods is reduced to pH 4.6 or less.***

These foods include:

artichokes	asparagus
beans (lima, string, kidney, Boston style, soy, waxed)	
beets	broccoli
Brussels sprouts	cabbage
carrots	cauliflower
horseradish	sweet corn
egg plant	mushrooms
peas	peppers
potatoes	squash
spinach	vegetable soups

Home-Baked Foods

ALLOWED: Home-baked foods may include but are not limited to lefse, bread, rolls, fruit pies, candies/ confectioneries, and cookies & bars.

NOT ALLOWED: Foods that require refrigeration may not be sold under this ruling.

These foods include home-baked foods such as custards, custard-filled pastries, meringue-topped pies or pastries, kuchen, pumpkin pies, cream pies or other pies, pastries or baked goods that are considered potentially hazardous or require temperature control.

Certain foods fall under regulatory jurisdiction and are not exempted by this ruling. ***YOU MAY NOT SELL WITHOUT A LICENSE:***

- fish
- dairy
- poultry
- meat products including:
  - smoked fish
  - butter
  - milk
  - jerky
  - potentially hazardous products such as garlic and oil mixtures or other flavored oils.

You May Sell

ALLOWED: Foods that have a natural pH of 4.6 or less and acidified foods which have acid(s) or acid food(s) added. ***The final pH of the food must be 4.6 or less.***

Home-canned high acid foods such as:

- sweet or dill pickles
- tomatoes
- salsa
- apples
- cherries
- grapes
- plums
- peaches
- flavored vinegars
- naturally fermented foods such as : sauerkraut pickles and KimChi
- jellies and jams

You May Also Sell:

- honey
- dried pasta
- eggs-as long as kept at 41°F or below
- all fresh picked/non processed/not cut produce

When in doubt - check it out!

Call
Fargo Cass Public Health
701.476.6729