



Montana grown food chart products:

<u>GRAINS</u>	<u>VEGETABLES</u>	<u>FRUITS</u>	<u>FATS/OILS</u>	<u>DAIRY</u>	<u>MEATS</u>
Wheat	Beets	Apples	Safflower Oil	Eggs	Beef
Buckwheat	Radishes	Cherries	Butter	Yogurt	Chicken
Kamut	Rhubarb	Raspberries	Honey	Cheese	Turkey
Rye	Tomatoes	Peaches	Jams	Milk	Buffalo
Millet	Peppers	Cantaloupe	Jellies		Venison
Spelt	Squash	Apricots			Pork
Flax	Carrots	Strawberries			Lamb
Pasta	Pumpkin	Huckleberries			Lentils
Tortilla	Sweet Corn	Pears			Garbanzo beans
	Potatoes	Plums			Pinto beans
	Cauliflower				Split peas
	Garlic				
	Onions				
	Corn				
	Shallots				
	Mushrooms				
	Arugula				
	Broccoli				
	Cucumbers				
	Green Beans				
	Cabbage				
	Green pepper				
	Lettuce				
	Chard/Kale				
	Peas				
	Spinach				
	Zucchini				
	Leeks				

