

COTTAGE FOOD LAW REPORT

Knox County

Maine · Rockland · FIPS 23013 · Population 40,981 · Crosodo Index #1303*

STATE BASELINE

7 M.R.S.A. §282 (Food Sovereignty Act)

STATE TIER

Freedom

ANNUAL SALES CAP (STATE)

—

CONFIDENCE

MEDIUM

LAST VERIFIED

2026-05-06

IMPORTANT — NOT LEGAL ADVICE

This report compiles publicly-available statutes, regulations, and county zoning rules into a research reference. It is **not legal advice** and is provided **without warranty** as to accuracy, completeness, or current applicability.

Cottage food law changes frequently. Counties may amend zoning, health departments may issue new permits, and state legislatures may update statutes after the publication date shown above.

Always verify rules directly with your state department of health/agriculture and your county health and planning offices before relying on them for any business or regulatory decision. Consult a licensed attorney for advice specific to your situation.

MAINE: KNOX COUNTY

CROSODO INDEX #1303* · FIPS 23013 · Rockland

Knox County

Population 40,981 · State baseline: 7 M.R.S.A. §282 (Food Sovereignty Act) · **MEDIUM**

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most non-TCS shelf-stable foods allowed. (2) Local Food Sovereignty Ordinances — in participating municipalities, nearly any food allowed for direct producer-to-consumer transactions.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Under statewide license: animals typically excluded from production areas during production.

HOME OCCUPATION PERMIT?

Varies (Knox County municipalities vary; Knox County is confirmed as having food sovereign communities (localfoodrules.org). Individual towns within Knox County administer their own zoning.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Yes (Kitchen inspection required by ME DACF for statewide Home Food Processor License. Local food sovereignty ordinances may not require inspection.)

Home kitchen rules

HOME KITCHEN ALLOWED	Yes — Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most non-TCS shelf-stable foods allowed. (2) Local Food Sovereignty Ordinances — in participating municipalities, nearly any food allowed for direct producer-to-consumer transactions.
SEPARATE DEDICATED KITCHEN	No
PET RESTRICTIONS	Under statewide license: animals typically excluded from production areas during production.
WATER SUPPLY	Potable water required. Private well users must provide water test results for statewide home food processor license.
HANDWASHING	Required per Maine food safety standards.
FOOD STORAGE	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.

Inspection & permitting

INSPECTION REQUIRED	Yes — Kitchen inspection required by ME DACF for statewide Home Food Processor License. Local food sovereignty ordinances may not require inspection.
HOME OCCUPATION PERMIT	Varies — Knox County municipalities vary; Knox County is confirmed as having food sovereign communities (localfoodrules.org). Individual towns within Knox County administer their own zoning.
LOCAL BUSINESS LICENSE	Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. Sellers at farmers markets need a Mobile Food Vendor license.
MAX EMPLOYEES IN HOME	Not specifically restricted under statewide license framework.

Relevant county code

7 M.R.S.A. §282; ME DACF Home Food Processor License requirements; individual town ordinances.

RESEARCH NOTES

Maine state baseline applied. Knox County confirmed as having food sovereign communities per localfoodrules.org. Rockland is a coastal city with a farmers market. Confidence medium.

SOURCES VERIFIED AT RESEARCH TIME

https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

<https://www.localfoodrules.org/food-sovereignty-by-county/>

Questions? Join the Crosodo Forum to discuss your county’s specific zoning rules at <https://crosodo.com/nb/maine/knox-county-discuss>

State context — Maine cottage food law

Knox County’s rules sit on top of Maine’s state cottage food framework. The state law sets the floor — counties can add but cannot remove protections.

<p>STATUTE 7 M.R.S.A. §282 (Food Sovereignty Act)</p>	<p>ANNUAL SALES CAP —</p>
<p>REGISTRATION REQUIRED Yes</p>	<p>FOOD HANDLER CERT No</p>
<p>KITCHEN INSPECTION Yes</p>	<p>DIRECT SALES ONLY No</p>
<p>INDIRECT SALES Yes — Under the statewide Home Food Processor License, producers may sell at any venue including restaurants, retail stores, farmers markets, and online, with no sales limit; indirect wholesale and retail channels are allowed once licensed and kitchen-inspected.</p>	

For the full state-level analysis including the verbatim statute text, see the [Maine cottage food law report](#).

STATE-LEVEL REFERENCES

State statute: <https://legislature.maine.gov/statutes/7/title7sec282.html>

State dept cottage food page: https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

Forrager.com: <https://forrager.com/law/maine/>

Questions?

Join the Crosodo Forum to discuss Knox County's specific zoning rules, permits, and what other home bakers are seeing locally.

<https://crosodo.com/nb/maine/knox-county-discuss>
