

August Farmers Market Shopping List

Use this list as a blueprint for weekly meal planning & bring it with you when you shop the farmers market. Newly in season foods are in **red**.
Happy Eating!



FRUITS

- Apples
- Blackberries
- Blueberries
- Currants
- Figs
- Grapes
- Nectarines
- Muskmelons
- Pawpaws
- Peaches
- Pears
- Plums
- Raspberries
- Watermelon

VEGETABLES

- Arugula
- Beets
- Broccoli
- Cabbage
- Carrots
- Chard
- Cauliflower
- Collards
- Corn
- Cucumbers

VEGETABLES Cont.

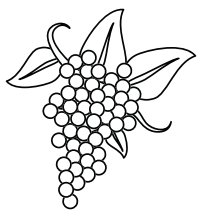
- Eggplant
- Fennel
- Garlic
- Green beans
- Herbs
- Kale
- Kohlrabi
- Leeks
- Lettuces
- Lima beans
- Mushrooms
- Okra
- Onions
- Peanuts
- Peppers
- Potatoes
- Scallions
- Shallots
- Sprouts
- Summer squash
- Sweet potatoes
- Tomatillos
- Tomatoes
- Turnips
- Winter Squash

MEAT & DAIRY

- Bacon
- Beef
- Butter
- Cheese
- Chicken
- Eggs
- Lamb
- Pork
- Sausage
- Seafood
- Yogurt

SUNDRIES etc.

- Baked goods
- Beer
- Coffee & tea
- Cut Flowers
- Flour
- Honey
- Jams & jellies
- Kombucha
- Pasta & sauces
- Pickles & krauts
- Popping corn
- Soap & skincare
- Wine & spirits



Find a Maryland farmers market near you:

<http://bit.ly/Findamarket>

Get in touch: info@marylandfma.org