

December 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 items are **red**.

Reminder: farmers markets are great places to find unique holiday gifts!

FRUITS & NUTS

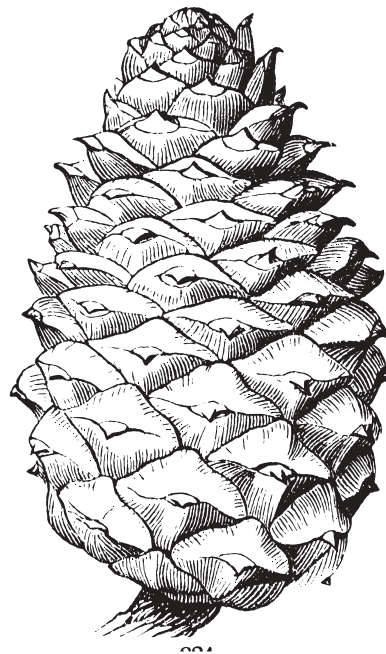
- o Apples
- o Chestnuts
- o Pears
- o Quince

VEGETABLES

- o Arugula
- o Beets
- o Broccoli
- o Brussels sprouts
- o Cabbage
- o Carrots
- o Celery
- o Chard
- o Cauliflower
- o Collards
- o Escarole
- o Fennel
- o Garlic
- o Ginger
- o Herbs
- o Jerusalem artichokes
- o Kale
- o Kohlrabi
- o Leeks

VEGETABLES Cont.

- o Mushrooms
- o Onions
- o Parsnips
- o Potatoes
- o Shallots
- o Shelling beans
- o Turnips
- o Turmeric
- o Winter Squash



MEAT & DAIRY

- o Bacon
- o Beef
- o Butter
- o Cheese & yogurt
- o Chicken
- o Eggs
- o Lamb
- o Pork
- o Sausage
- o Seafood
- o Turkey

SUNDRIES etc.

- o Baked goods
- o Beer, wine & spirits
- o Coffee & tea
- o Candles
- o Flour
- o Honey
- o Jams & jellies
- o Kombucha
- o Pasta & sauces
- o Pickles & krauts
- o Popping corn
- o Soap & skincare
- o **Trees & wreaths**

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