

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

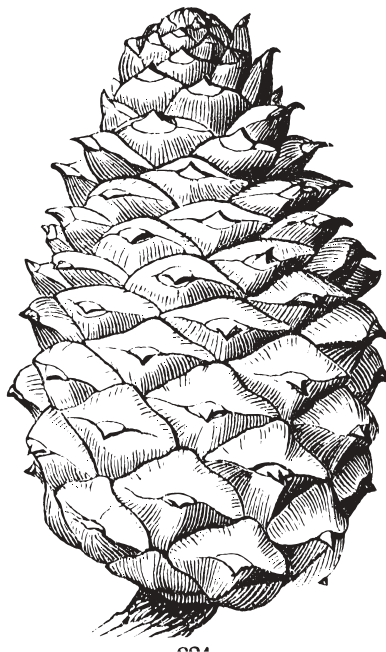
- Apples
- Chestnuts
- Pears
- Quince

VEGETABLES

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

VEGETABLES Cont.

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



MEAT & DAIRY

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

SUNDRIES etc.

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

Find a Maryland farmers market near you:

<http://bit.ly/Findamarket>

Get in touch: info@marylandfma.org