

July 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

- o Apples
- o **Apricots**
- o Blackberries
- o Blueberries
- o Cherries
- o Currants
- o Gooseberries
- o Nectarines
- o **Melons**
- o Peaches
- o **Plums**
- o Raspberries
- o Strawberries
- o **Watermelons**

VEGETABLES

- o Beets
- o Broccoli
- o Cabbage
- o Carrots
- o Chard
- o Cauliflower
- o Collards
- o Corn



VEGETABLES Cont.

- o Cucumbers
- o Eggplant
- o Fennel
- o Garlic
- o Green beans
- o **Ground cherries**
- o Herbs
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Microgreens
- o Mushrooms
- o **Okra**
- o Onions
- o Peppers
- o Potatoes
- o Scallions
- o Shallots
- o **Shelling beans**
- o Sprouts
- o Sugar & snap peas
- o Summer squash
- o **Tomatillos**
- o Tomatoes

MEAT & DAIRY

- o Bacon
 - o Beef
 - o Butter
 - o Cheese
 - o Chicken
 - o Eggs
 - o Lamb
 - o Pork
 - o Sausage
 - o Seafood
 - o Yogurt
- ## SUNDRIES etc.
- o Baked goods
 - o Beer
 - o Coffee & tea
 - o Cut Flowers
 - o Flour
 - o Honey
 - o Jams & jellies
 - o Kombucha
 - o Pasta & sauces
 - o Pickles & krauts
 - o Popping corn
 - o Soap & skincare
 - o Wine & spirits

Find a Maryland farmers market near you:
<http://bit.ly/Findamarket>
Get in touch: info@marylandfma.org