

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**.

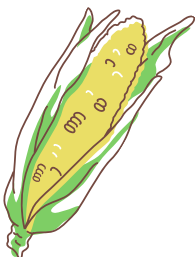


FRUITS

- 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

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