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

**VEGETABLES**
- Beets
- Broccoli
- Cabbage
- Carrots
- Chard
- Cauliflower
- Collards
- Corn

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

**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

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