

June 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 **Peaches**
- o **Raspberries**
- o Strawberries

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

VEGETABLES

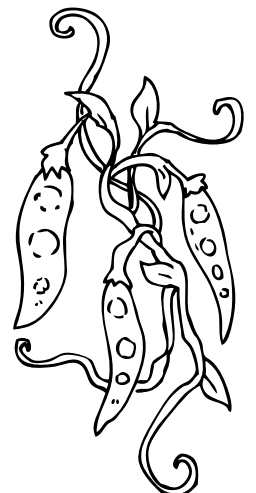
- o Arugula
- o Beets
- o Broccoli
- o Cabbage
- o Carrots
- o Chard
- o Cauliflower
- o Collards
- o **Corn**
- o Cucumbers
- o **Eggplant**
- o **Fava beans**
- o Fennel
- o Garlic (spring & scapes)
- o **Green beans**
- o Herbs
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Mushrooms
- o Onions
- o **Peppers**

VEGETABLES Cont.

- o Potatoes
- o Radishes
- o Scallions
- o Shallots
- o Sprouts
- o Sugar & snap peas
- o **Summer squash**
- o Tomatoes
- o Starters

MEAT & DAIRY

- o Bacon
- o Beef
- o Butter
- o Cheese
- o Chicken
- o Eggs
- o Goat
- o Lamb
- o Pork
- o Sausage
- o Seafood
- o Yogurt



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