

May 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 & NUTS

- o Apples
- o Pears
- o Pecans
- o **Strawberries**
- o Walnuts

SUNDRIES

- o Baked goods
- o Beer
- o Coffee
- 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 Spirits
- o Wine

VEGETABLES

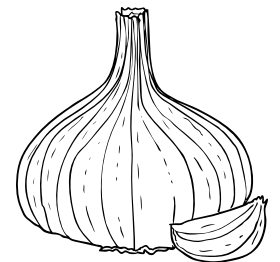
- o **Asparagus**
- o Arugula
- o Beets
- o Broccoli
- o Cabbage
- o Carrots
- o Chard
- o Cauliflower
- o **Cucumbers**
- o **Dandelion greens**
- o Escarole
- o Fennel
- o **Fiddlehead ferns**
- o Garlic
- o **Garlic scapes**
- o **Green garlic**
- o Herbs
- o Jerusalem artichokes
- o Kale
- o Lettuce
- o Microgreens
- o **Morels**
- o Mushrooms
- o **Nettles**
- o Onions
- o Parsnips

VEGETABLES

- o Peashoots
- o Ramps
- o **Radishes**
- o **Rhubarb**
- o Potatoes
- o Shallots
- o Spinach
- o **Spring onions**
- o Dried beans
- o Turnips
- o **Vegetable starters**

MEAT & DAIRY

- o Bacon
- o Beef
- o Butter
- o Cheese
- o Chicken
- o Eggs
- o **Goat**
- o Lamb
- o Milk
- 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