# 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
- Apples
- Pears
- Pecans
- Strawberries
- Walnuts

## Sundries
- Baked goods
- Beer
- Coffee
- Cut Flowers
- Flour
- Honey
- Jams & jellies
- Kombucha
- Pasta & sauces
- Pickles & krauts
- Popping corn
- Soap & skincare
- Spirits
- Wine

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

## Meat & Dairy
- Bacon
- Beef
- Butter
- Cheese
- Chicken
- Eggs
- Goat
- Lamb
- Milk
- Pork
- Sausage
- Seafood
- Yogurt

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