

November 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 **red**.

Much of what you need for Thanksgiving dinner is readily available at the farmers markets! Happy eating!



FRUITS & NUTS

- o Apples
- o Chestnuts
- o Pears
- o Persimmons
- o Quince

VEGETABLES

- o Arugula
- o Beets
- o Broccoli
- o Brussels sprouts
- o Cabbage
- o Carrots
- o Celery
- o Chard
- o Cauliflower
- o Collards
- o Cucumbers
- o Eggplant
- o Escarole
- o Fennel

VEGETABLES Cont.

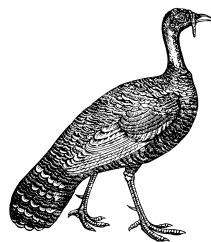
- o Garlic
- o Ginger
- o Herbs
- o Jerusalem artichokes
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Mushrooms
- o Onions
- o Parsnips
- o Potatoes
- o Scallions
- o Shallots
- o Shelling beans
- o Turnips
- o Turmeric
- o Winter Squash

MEAT & DAIRY

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

SUNDRIES etc.

- o Baked goods
- o Coffee
- o Flowers
- o Honey
- o Jams & jellies
- o Pasta & sauces
- o Soap & skincare



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