October 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
- Chestnuts
- Pawpaws
- Peaches
- Pears
- Persimmons
- Plums
- Quince

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

VEGETABLES Cont.
- Garlic
- Ginger
- Green beans
- Herbs
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Lettuces
- Mushrooms
- Onions
- Parsnips
- Peppers
- Potatoes
- Scallions
- Shallots
- Shelling beans
- Summer squash
- Tomatillos
- Tomatoes
- Turnips
- Turmeric
- Winter Squash

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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