

September 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 Blackberries
- o Blueberries
- o **Chestnuts**
- o Figs
- o Grapes
- o **Kiwi berries**
- o Nectarines
- o **Mulberries**
- o Muskmelons
- o Pawpaws
- o Peaches
- o **Peanuts**
- o Pears
- o Plums
- o Raspberries
- o Watermelon

VEGETABLES

- o Arugula
- o Beets
- o Broccoli
- o **Brussels Sprouts**
- o Cabbage
- o Carrots
- o Celery
- o Chard
- o Cauliflower
- o Collards
- o Corn

VEGETABLES Cont.

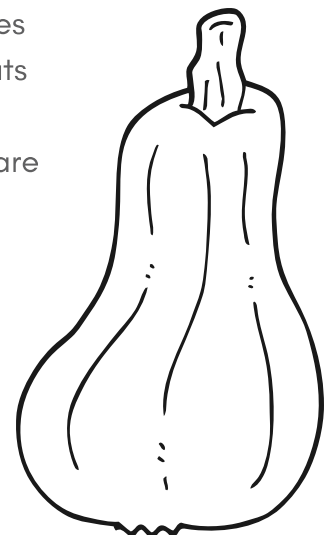
- o Cucumbers
- o Eggplant
- o Fennel
- o Garlic
- o **Ginger**
- o Green beans
- o Herbs
- o **Jerusalem artichokes**
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Mushrooms
- o Okra
- o Onions
- o Peppers
- o Potatoes
- o Scallions
- o Shallots
- o Sprouts
- o **Shelling beans**
- o Summer squash
- o **Sugar & snap peas**
- o Tomatillos
- o Tomatoes
- 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 Yogurt

SUNDRIES etc.

- o Baked goods
- o Beer & coffee
- 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 Wine & spirits



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