

APRIL

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
asparagus
beets
broccoli
brussels sprouts
cabbage
carrots
chard
cauliflower
collards
escarole
fennel
garlic
herbs
sunchokes
kale
kohlrabi
leeks
lettuce
microgreens
mushrooms
nettles
onions

VEGGIES

parsnips
peashoots
ramps
radishes
potatoes
romanesco
shallots
spinach
spring onions
turnips
winter squash

SUNDRIES

baked goods
beer, wine &
sprints
bread
coffee & tea
candles
flour
grains
honey
jams & jellies
kombucha
pasta
pickles & krauts
popping corn
preserves
rice
sauce
soap & skincare

MEAT
& DAIRY

bacon
beef
butter & cheese
chicken
eggs
ice cream
lamb
milk & cream
pork
sausage
seafood
yogurt

FRUITS

apples
pears
pecans
strawberries
walnuts



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