

SEPTEMBER

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
beans and peas
beets
broccoli
brussels
cabbage
carrots
celery
chard
corn
cucumber
eggplant
fennel
garlic/ginger
green beans
herbs
kale
kohlrabi
microgreens
mushrooms



VEGGIES

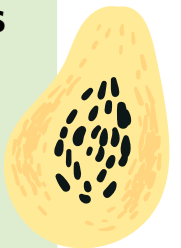
onions
okra
peppers
potatoes
scallions
summer squash
sweet potatoes
tomatoes
tomatillo
turmeric
turnips

MEAT
& DAIRY

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

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



FRUITS

apples
berries
chestnuts
figs
grapes
melons
pawpaws
pears
stone fruit



@MDFARMERSMARKETS