


# WINTER


# MARYLAND FARMERS MARKET SHOPPING LIST

## VEGGIES



arugula  
beets  
broccoli  
brussels sprouts  
cabbage  
carrots  
chard  
cauliflower  
collards  
dried beans  
escarole  
fennel  
garlic  
herbs  
kale  
kohlrabi  
leeks  
lettuces  
microgreens

## FRUITS



apples  
chestnuts  
pears


## VEGGIES

mushrooms  
onions  
parsnips  
potatoes  
romanesco  
shallots  
sunchokes  
turnips  
winter squash

## 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



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