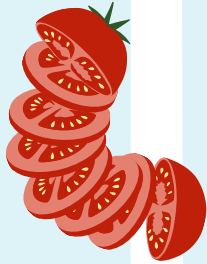


AUGUST

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
beans and peas
beets
broccoli
cabbage
carrots
chard
collards
corn
cucumber
eggplant
fennel
ground cherries
green beans
herbs
kale
kohlrabi
lettuce
microgreens
mushrooms



VEGGIES

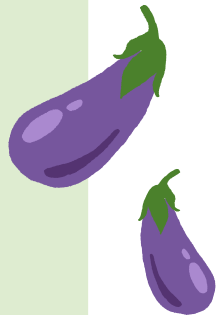
onions
okra
peppers
peanuts
potatoes
scallions
shallots
summer squash
sweet potatoes
tomatoes
tomatillos

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
currants
figs
grapes
melons
stone fruit



@MDFARMERSMARKETS