

DECEMBER

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
beans and peas
beets
broccoli
brussels
cabbage
carrots
cauliflower
celery
chard
collards
escarole
fennel
garlic
ginger
green beans
herbs
kale
kohlrabi
leeks
microgreens

VEGGIES

mushrooms
onions
parsnips
potatoes
scallions
sunchokes
sweet potatoes
turmeric
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
trees & wreaths

**MEAT
& DAIRY**

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

FRUITS

apples
chestnuts
persimmons
pears
quince



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