

JUNE

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
beets
broccoli
cabbage
carrots
cauliflower
chard
collards
corn
cucumber
eggplant
beans and peas
fennel
green garlic
herbs
kale
kohlrabi
leeks
lettuce
microgreens



VEGGIES

mushrooms
onions
peppers
plant starts
potatoes
radishes
scallions
scapes
shallots
summer squash
tomatoes

**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
apricots
berries
cherries
currants
strawberries
peaches



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