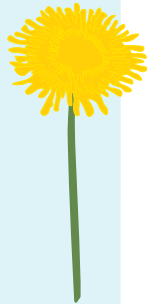


MAY

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
asparagus
beets
broccoli
cabbage
carrots
chard
cauliflower
collards
cucumber
dandelion
escarole
fennel
garlic
herbs
sunchokes
kale
lettuce
microgreens
mushrooms
nettles
onions
parsnips



VEGGIES

peashoots
ramps
radishes
rhubarb
potatoes
scapes
shallots
spinach
spring onions
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 & sprits
bread
coffee & tea
candles
flour
grains
honey
jams & jellies
kombucha
pasta
pickles & krauts
popping corn
preserves
rice
sauce
soap & skincare



FRUITS

apples
pears
pecans
strawberries
walnuts



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