

OCTOBER

MARYLAND FARMERS MARKET SHOPPING LIST

VEGGIES

arugula
beans and peas
beets
broccoli
brussels
cabbage
carrots
celery
chard
collards
corn
cucumber
eggplant
fennel
garlic/ginger
green beans
herbs
kale
kohlrabi
microgreens
mushrooms



VEGGIES

onions
parsnips
peppers
potatoes
scallions
summer squash
sunchokes
sweet potatoes
tomatoes
turmeric
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



FRUITS

apples
chestnuts
grapes
melons
persimmons
pears
stone fruit



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