



## March Farmers Market Shopping List

Use this list as a blueprint for your weekly meal planning. Newly in season foods are in **red**. *All items are local unless marked with a \**

### Fruits

- Apples
- Frozen Fruits

### Vegetables

- Arugula
- Cabbage
- Carrots
- Cilantro
- Garlic
- Baby Kale
- Lettuce
- Microgreens
- Onions
- Potatoes
- Spring Salad Mix
- Spinach
- Winter Squash

### Sundries

- Baked Goods
- Buckwheat Flour
- Candies\*'
- Cereals
- Spelt Flour
- Dried Fruits
- Fruit Roll-Ups
- Granolas
- Guacamole
- Honey
- Jams & Jellies
- Kombucha
- Pickles & Krauts
- Popping Corn

- Soap & Skincare
- Nuts & Trail Mixes\*

### Meat & Dairy

- Bacon
- Beef
- Butter
- Cheese
- Chicken
- Eggs
- Milk
- Pork
- Sausage
- Turkey
- Yogurt