

July Farmers Market Shopping List

Use this list as a blueprint for weekly meal planning & bring it with you when you shop the farmers market. Newly in season foods are in red.



FRUITS

- o Apples
- o **Apricots**
- o Blackberries
- o Blueberries
- o Cherries
- o Currants
- o Gooseberries
- o Nectarines
- o **Melons**
- o Peaches
- o **Plums**
- o Raspberries
- o Strawberries
- o **Watermelons**

VEGETABLES

- o Beets
- o Broccoli
- o Cabbage
- o Carrots
- o Chard
- o Cauliflower
- o Collards
- o Corn

VEGETABLES Cont.

- o Cucumbers
- o Eggplant
- o Fennel
- o Garlic
- o Green beans
- o **Ground cherries**
- o Herbs
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Microgreens
- o Mushrooms
- o **Okra**
- o Onions
- o Peppers
- o Potatoes
- o Scallions
- o Shallots
- o **Shelling beans**
- o Sprouts
- o Sugar & snap peas
- o Summer squash
- o **Tomatillos**
- o Tomatoes

MEAT & DAIRY

- o Bacon
- o Beef
- o Butter
- o Cheese
- o Chicken
- o Eggs
- o Lamb
- o Pork
- o Sausage
- o Seafood
- o Yogurt

SUNDRIES etc.

- o Baked goods
- o Beer
- o Coffee & tea
- o Cut Flowers
- o Flour
- o Honey
- o Jams & jellies
- o Kombucha
- o Pasta & sauces
- o Pickles & krauts
- o Popping corn
- o Soap & skincare
- o Wine & spirits

GRILLED CORN SALSA

SHAUNA BERE, CARROLL COUNTY



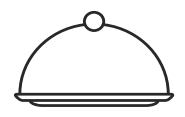
4 PEOPLE



GRILL



30 MINUTES



APPETIZER

INGREDIENTS

- 2** ears corn, in husk
- 1** small red onion, diced
- 2** tomatoes, diced
- 1** large jalapeño pepper, seeded and finely chopped
- 1** medium lime, juiced
- 1/3** cup fresh cilantro, chopped

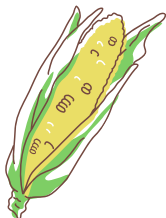
DIRECTIONS

Grill corn in husks until charred. Remove the husk and silk. Return corn to the grill, rolling to heat all sides until kernels are lightly charred, (approximately 2-3 minutes).

Remove corn from the grill, cool slightly. Using a sharp knife or corn stripper cut off the corn kernels.

Combine all ingredients, mix well. Add salt and pepper to taste. Adjust seasonings as needed, adding more salt, pepper or lime juice for added flavor.

Serve fresh.



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