

# What's in SEASON?



## August

### FRUITS

- Apricots
- Blackberries
- Blueberries
- Cantaloupe
- Peaches
- Pears
- Plums
- Watermelon

### VEGETABLES

- Beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Garlic
- Greens
- Kohlrabi
- Lettuce
- Onions
- Peppers
- Potatoes
- Summer Squash
- Sweet Corn
- Tomatoes
- Zucchini

### OTHER

- Cut Flowers
- Herbs
- Mushrooms



## Weekly Meal Plan

<b>Monday</b>	B: _____	<b>Friday</b>	B: _____
	L: _____		L: _____
	D: _____		D: _____
<b>Tuesday</b>	B: _____	<b>Saturday</b>	B: _____
	L: _____		L: _____
	D: _____		D: _____
<b>Wednesday</b>	B: _____	<b>Sunday</b>	B: _____
	L: _____		L: _____
	D: _____		D: _____
<b>Thursday</b>	B: _____		
	L: _____		
	D: _____		

## Farmers Market Shopping List

<b>Fruits</b>	_____	<b>Other</b>	_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____
<b>Veggies</b>	_____		_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____

Find a Farmers Market Near You

[www.mifma.org](http://www.mifma.org)



#FarmersMarketsMI

