

Local Food Shopping List - Northeast Ohio



Vegetables <ul style="list-style-type: none"> <input type="checkbox"/> asparagus <input type="checkbox"/> beans (pole, snap) <input type="checkbox"/> beets <input type="checkbox"/> bok choy <input type="checkbox"/> broccoli <input type="checkbox"/> brussel sprouts <input type="checkbox"/> cabbage <input type="checkbox"/> carrots <input type="checkbox"/> cauliflower <input type="checkbox"/> collards <input type="checkbox"/> corn <input type="checkbox"/> cucumbers <input type="checkbox"/> eggplant <input type="checkbox"/> endive/escarole <input type="checkbox"/> kale <input type="checkbox"/> leeks <input type="checkbox"/> leafy lettuce <input type="checkbox"/> mushrooms <input type="checkbox"/> mustard greens <input type="checkbox"/> okra <input type="checkbox"/> onions (dry, green) <input type="checkbox"/> parsnips <input type="checkbox"/> peas <input type="checkbox"/> peppers (bell, hot, sweet) <input type="checkbox"/> potatoes <input type="checkbox"/> pumpkins <input type="checkbox"/> radishes <input type="checkbox"/> rhubarb <input type="checkbox"/> rutabagas <input type="checkbox"/> spinach <input type="checkbox"/> sprouts <input type="checkbox"/> squash <input type="checkbox"/> swiss chard <input type="checkbox"/> tomatoes <input type="checkbox"/> turnip greens <input type="checkbox"/> turnips 			Fruits <ul style="list-style-type: none"> <input type="checkbox"/> apples <input type="checkbox"/> apricots <input type="checkbox"/> blackberries <input type="checkbox"/> blueberries <input type="checkbox"/> cantaloupes <input type="checkbox"/> cherries <input type="checkbox"/> currants <input type="checkbox"/> elderberries <input type="checkbox"/> gooseberries <input type="checkbox"/> grapes <input type="checkbox"/> nectarines <input type="checkbox"/> paw paws <input type="checkbox"/> peaches <input type="checkbox"/> pears <input type="checkbox"/> plums <input type="checkbox"/> raspberries <input type="checkbox"/> strawberries <input type="checkbox"/> watermelons 	
Meat/Poultry <ul style="list-style-type: none"> <input type="checkbox"/> beef <input type="checkbox"/> bison <input type="checkbox"/> chicken <input type="checkbox"/> duck <input type="checkbox"/> fish <input type="checkbox"/> gamebird <input type="checkbox"/> jerky <input type="checkbox"/> lamb <input type="checkbox"/> pork <input type="checkbox"/> turkey <input type="checkbox"/> veal <input type="checkbox"/> venison 	Dairy/Eggs <ul style="list-style-type: none"> <input type="checkbox"/> butter <input type="checkbox"/> buttermilk <input type="checkbox"/> cheese <input type="checkbox"/> eggs <input type="checkbox"/> goat cheese <input type="checkbox"/> goat milk <input type="checkbox"/> goat yogurt <input type="checkbox"/> milk <input type="checkbox"/> raw milk <input type="checkbox"/> yogurt 	Herbs <ul style="list-style-type: none"> <input type="checkbox"/> basil <input type="checkbox"/> chives <input type="checkbox"/> cilantro <input type="checkbox"/> dill <input type="checkbox"/> mint <input type="checkbox"/> parsley <input type="checkbox"/> rosemary <input type="checkbox"/> sage <input type="checkbox"/> thyme 	Grains <ul style="list-style-type: none"> <input type="checkbox"/> buckwheat <input type="checkbox"/> millet <input type="checkbox"/> oats <input type="checkbox"/> spelt <input type="checkbox"/> wheat 	Processed <ul style="list-style-type: none"> <input type="checkbox"/> apple cider <input type="checkbox"/> baked goods <input type="checkbox"/> dried fruits <input type="checkbox"/> flour <input type="checkbox"/> honey <input type="checkbox"/> maple syrup <input type="checkbox"/> fresh pasta <input type="checkbox"/> pickles <input type="checkbox"/> preserves