



fresh this week: July 10

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

Kept in stainless steel bins to stay fresh, plastic free.

Greens

Micro Greens, Broccoli - \$4.50/oz

from Big Prana Microgreens

Micro Greens, Kohlrabi - \$4.5/oz

from Big Prana Microgreens

Micro Greens, Spicy Radish - \$4.5/oz

from Big Prana Microgreens - Mix of radish and mustard

Micro Greens, Sunflower Shoots - \$3.75/oz

from Big Prana Microgreens

Rainbow Chard - 70c/oz

from Benson Bounty

Mushrooms

Lions Mane - \$1.2/oz

from Flavor Country Farms

Oyster - \$1/oz

from Flavor Country Farms

Oyster - 80c/oz ****SALE****

from Flavor Country Farms

Shiitake - \$1.5/oz

from Abie Vegetable People

Fresh Herbs + Extras

Basil, Fresh - \$2/oz

from exist green

Celery, fresh w/greens, aka "cutting celery" - \$1/oz

from exist green

Chamomile, Fresh - \$5/oz

from exist green

Dill, Fresh - \$3/oz

from exist green

Lemon Balm, Fresh - \$2/oz

from exist green

Parsley, Fresh - \$2/oz

from Benson Bounty

Spearmint, Fresh - \$2.50/oz

from exist green

Tarragon, Fresh - \$2/oz

from Benson Bounty

Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green



ALLIUMS

Garlic Scapes - 50c/oz

from Flavor Country Farm

Onions

Spring, White and Red - 60c/oz

from Benson Bounty

Yellow, Fresh - \$5/bunch

from Pekarek's Produce



BRASSICAS

Broccoli - \$5.5/lb

from Abie Vegetable

Broccoli, Broccolini **ORGANIC** - \$8/each

from Wolff Farms

Cauliflower - \$6/head

from Pekarek's Produce

Collard Greens - 60c/oz

from Benson Bounty

Kale, Lacinato or Red, Loose - 70c/oz

from exist green



FRESH FRUIT

Rhubarb - \$5.5/lb

from Benson Bounty

Avocados, Conventional **NOT LOCAL** - \$2.5/each

Clean 15

Bananas, Conventional **NOT LOCAL** - \$1.5/lb

Clean 15

from Lone Tree Foods

Citrus

Lemons **ORGANIC** **NOT LOCAL** - \$4.5/lb

Limes **ORGANIC** **NOT LOCAL** - \$7.5/lb

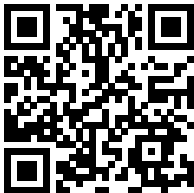
from Azure Standard



SQUASH

Zucchini, Green **ORGANIC** - \$3.75/each

from Wolff Farms



View Online

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NIGHTSHADES

Eggplant, Globe **ORGANIC** - \$5.5/lb

from Wolff Farms

Peppers, Bell, Green - \$7.5/lb

from Benson Bounty

Tomatoes, Beef Steak, MO Amish Grown - \$5/lb

from Daniel's Produce



OTHER VEGGIES

Cucumbers **ORGANIC** - \$2/each

from Wolff Farms

Cucumbers, English - \$2.5/lb ****SALE****

from Abie Vegetable



FROZEN

grab + go in small freezer - ask us for refills

Banana Chunks, Frozen, Conventional - \$2.5/lb

from Lone Tree Foods - Clean 15

Cherries, Tart, Frozen - \$9.75/lb

from Early Morning Harvest - contains pits still!

Rhubarb Pieces, Frozen - \$7.5/lb

from Benson Bounty - Sliced and Frozen in-House

Turmeric, Frozen **ORGANIC** - \$3/oz

from Azure Standard - chopped + frozen in-house



ROOT VEGETABLES

Beets, Chioggia or Candy Cane - \$3.5/lb

from Flavor Country Farm

Carrots, Orange - \$3/lb

from Pekarek's Produce

Radishes, Red **ORGANIC** - \$3.5/bunch

from Wolff Farms

In small fridge - opens on left

Ginger, Fresh Root **ORGANIC** **NOT LOCAL** - 80c/oz

Turmeric, Fresh Root **ORGANIC** **NOT LOCAL** - \$2/oz

from Azure Standard



CHEESE + EGGS

Grab yourself from small fridge - opens on left!

Prairie Breeze Cheddar - \$1.4/oz

from Milton Creamery

Duck Eggs, Pasture-Raised - \$4.25/half dozen

from Sunny Seven Farms

Dutch Girl Creamery - Goat Milk Cheese

dolle-mina-gouda - \$25.6/oz

rosa-maria-manchego - \$25.6/oz

from Dutch Girl Creamery

Chicken Eggs

Large, Pasture-Raised - \$6.5/dozen

Medium, Pasture-Raised - \$5.5/dozen

from Sunny Seven Farms