

fresh this week: August 1

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Lettuce Heads, Green Butter - \$5/each

from Truefood Or Avert Vertical Cultivation

Rainbow Chard - 50c/oz ****SALE****

from Benson Bounty

Spring Mix, Salad Mix - \$4.5/5 oz (90c/oz)

from Abie Vegetable People

Mushrooms

Lions Mane - \$1.2/oz

from Flavor Country Farms

Oyster - \$1/oz

from Flavor Country Farms

Fresh Herbs + Extras

Basil, Fresh - \$2/oz

from exist green

Celery, fresh w/greens, aka "cutting celery" - 90c/oz

from Exist Green Or Z Farm

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

Tarragon, Fresh - \$2/oz

from Benson Bounty

Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green

POTATOES

Potatoes, Yellow - \$2.5/lb

from Iowa Grown



ALLIUMS

Black Garlic, Cloves - \$3/oz

from Flavor Country Farms

Garlic, Fresh Bulbs - \$2.5/oz

from Early Morning Harvest

Garlic Bulbs - \$1.5/oz

Garlic Scapes - 50c/oz

from Flavor Country Farm

Onions

Spring - \$1/oz

from Wolff Farms

Yellow and Red **ORGANIC** - \$4/lb

from Meristem Farm



BRASSICAS

Collard Greens - 60c/oz

from Benson Bounty

Kale

Lacinato (or "Dino") **ORGANIC** - \$4.5/bunch

Red Russian **ORGANIC** - \$4.5/bunch

from Wolff Farms



OTHER VEGGIES

Cucumbers - \$2/lb

from Benson Bounty

Green Beans - \$5/lb

from Abie Vegetable People

Peas, Sugar Snap - \$5.6/7 oz (80c/oz)

from Z Farm

Sweet Corn - \$1.3/cob

from Miller Dohrmann Farm

Green Beans **ORGANIC** - \$7.5/lb

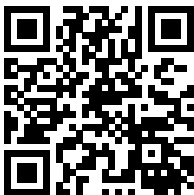
from Wolff Farms

Cucumbers

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

Pickling **ORGANIC** - \$5/lb

from Wolff Farms



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FRESH FRUIT

Cantaloupe - \$1.4/lb

from Pekarek's Produce

Cantaloupe **ORGANIC** - \$8/lb

from Wolff Farm

Rhubarb - \$5.5/lb

from Benson Bounty

Avocados, Conventional **NOT LOCAL** - \$1/each

Clean 15

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

Clean 15

from Lone Tree Foods

Plums **ORGANIC** **NOT LOCAL** - \$3.5/lb

from Azure Standard

Citrus

Lemons **ORGANIC** **NOT LOCAL** - \$7/lb

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

from Azure Standard



ROOT VEGETABLES

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

Carrots

Orange - \$3/lb

from Pekarek's Produce

Organic, with Greens **ORGANIC** - \$8/lb

from Wolff Farms



NIGHTSHADES

Eggplant, Black Beauty - \$6.5/lb

Gypsy Peppers - \$75/oz

sweet hybrid, between a sweet Italian bull horn pepper and a bell pepper

Hungarian Peppers - \$75/oz

Mild to medium heat, darker color are hotter

from Benson Bounty

Peppers

Bell, Green - \$7.5/lb

Green Cayenne - 90c/oz

Milder than red. Bright, grassy flavor

Jalapeno - 90c/oz

from Benson Bounty

Tomatoes

Cherry **ORGANIC** - \$1/oz

from Wolff Farms

Heirloom - \$6.5/lb

from exist green



SQUASH

Zucchini

Green - \$2.5/lb

from Daniels Produce

Green **ORGANIC** - \$3/each

from Wolff Farms



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

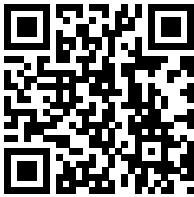
from Early Morning Harvest - contains pits still!

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



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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