

fresh this week: August 8

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Spring Mix, Salad Mix - \$4.5/5 oz (90c/oz)
from Abie Vegetable People

Mushrooms

Oyster - \$1/oz
from Flavor Country Farms

Fresh Herbs + Extras

Basil, Fresh - \$2/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

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
Plums, Frozen **ORGANIC** **NOT LOCAL** - \$3/lb
Turmeric, Frozen **ORGANIC** - \$3/oz
chopped + frozen in-house
from Azure Standard



ALLIUMS

Black Garlic, Cloves - \$3/oz

from Flavor Country Farms

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

Yellow Sweet - \$3.5/lb

from Pekarek's Produce



BRASSICAS

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

from Wolff Farms



FRESH FRUIT

Rhubarb - \$5.5/lb

from Benson Bounty

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

Clean 15

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

Clean 15

from Lone Tree Foods

Peaches, Yellow Flesh, Transitional - \$3.5/lb

Transitional means they are transitioning to organic practices but haven't been certified yet.

Plums, Mixed Varieties **ORGANIC** - \$6/lb

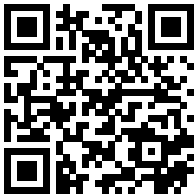
Golden-Yellow Shiro, Early Italian, Present, Santa Rosa, Italian, and more
from Azure Standard

Citrus

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

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

from Azure Standard



View Online

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NIGHTSHADES

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

Heirloom - \$5.5/lb
Hungarian Heart, Brandywine, Granny Cantrell
Sungold Cherry - \$10/lb
from Miller Dohrmann Farm



OTHER VEGGIES

Cucumbers - \$2/lb
from Benson Bounty
Green Beans - \$5/lb
from Abie Vegetable People
Long Green Beans - \$3.5/bunch
from exist green
Green Beans **ORGANIC** - \$7.5/lb
Sweet Corn **ORGANIC** - \$2/cob
Temptation Sweet Bicolor Variety
from Wolff Farms



POTATOES

Potatoes, Yellow - \$2.5/lb
from Iowa Grown



ROOT VEGETABLES

Carrots, Orange - \$3/lb
from Pekarek's Produce

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



SQUASH

Yellow Crookneck **ORGANIC** - \$4/lb
from Meristem Farm



CHEESE + EGGS

Grab yourself from small fridge - opens on left!

Prairie Breeze Cheddar - \$1.4/oz
from Milton Creamery

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