

fresh this week: August 21

# FRESH PRODUCE

## JUST ASK, WE'LL GRAB IT

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

### Greens

Spring Mix, Salad Mix, Baby Leaf - 90c/oz (5 oz = \$4.50)

from Abie Vegetable People

### Mushrooms

Chestnut - \$1.2/oz

from Flavor Country Farms

Oyster - \$1/oz

from Flavor Country Farms

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

from Flavor Country Farms

### Fresh Herbs + Extras

Basil, Fresh - \$2/oz

from exist green

Holy Basil, Fresh, Local - \$3/oz

from Exist Green Or Benson Bounty

Lemon Balm, Fresh - \$2/oz

from exist green

Parsley, Fresh - \$2.5/oz

from Nourish Iowa

Tarragon, Fresh - \$2/oz

from Benson Bounty

### Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green

## NIGHTSHADES

Cherry Tomatoes - \$8.5/lb

from Flavor Country Farm

Tomatillos - \$4/lb

from Daniel's Produce - remove husks, roast, grill, blend. great in salsas

Tomatoes, Roma - \$4/lb

from Pekarek's Produce

Gypsy Peppers - \$75/oz

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

Peppers, Bell, Green - \$7.5/lb

from Benson Bounty



## 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

Cabbage, Green - \$8/head

from Pekarek's Produce Or Z Farm



## FRESH FRUIT

Blueberries, Michigan **TRANSITIONAL** **NOT LOCAL** - \$8/lb

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

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

from Wolff Farm

Avocados, Conventional **NOT LOCAL** - \$2/each

Clean 15

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

Clean 15

from Lone Tree Foods

### Citrus

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

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

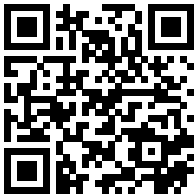
from Azure Standard



## POTATOES

Potatoes, French Fingerling - \$5.75/lb

from Z Farm



View Online

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### ROOT VEGETABLES

Beets, Mixed - \$3.75/lb  
*from Flavor Country Farm*

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*



### CHEESE + EGGS

Grab yourself from small fridge - opens on left!

Eggs, Large, Pasture-Raised - \$6.5/dozen  
*from Sunny Seven Farms*

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*



### SQUASH

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



### OTHER VEGGIES

Cucumbers - \$2/lb  
*from Benson Bounty*

Long Green Beans - \$3.5/bunch  
*from exist green*

Sweet Corn ORGANIC - \$2/cob  
*from Wolff Farms - Temptation Sweet Bicolor Variety*



### 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!*

Green Bell Peppers, Frozen, Sliced - \$4/lb  
*from Grown - Jorge's Organic*

Rhubarb Pieces, Frozen - \$8/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*

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