



fresh this week: September 4

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Lettuce Heads, Green Leaf - \$2.75/lb

from Avert Vertical Cultivations

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

Lions Mane - \$1.2/oz

from Flavor Country Farms

Oyster - \$1/oz

from Flavor Country Farms

Fresh Herbs + Extras

Anise Hyssop, Fresh - \$3/oz

from Benson Bounty

Basil, Fresh - \$2/oz

from exist green

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

from Benson Bounty

Lemon Balm, Fresh - \$2/oz

from exist green

Rosemary, Fresh - \$5.5/oz

from exist green

Thyme, Fresh - \$2.5/oz

from exist green

Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green

SQUASH

Zucchini

Green + Golden **ORGANIC** - \$4.5/lb

from Meristem Farm

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

from Wolff Farms



ALLIUMS

Black Garlic, Cloves - \$3/oz

Garlic Bulbs - \$1.5/oz

Garlic Scapes - 50c/oz

from Flavor Country Farms

Leeks (Bunch) **ORGANIC** - \$3.75/lb

from Meristem Farm

Onions

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

Kale, Curly, Green **ORGANIC** - \$5/bunch

from Wolff Farms



FRESH FRUIT

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

Clean 15

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

Clean 15

from Lone Tree Foods

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

from Azure Standard

Citrus

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

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

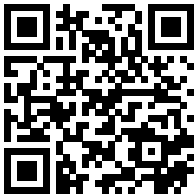
from Azure Standard



OTHER VEGGIES

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

from Meristem Farm



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NIGHTSHADES

Tomatillos - \$4/lb

from Daniels Produce - remove husks, roast, grill, blend. great in salsas

Eggplant, Purple - \$4/each

from exist green

Peppers

"Habanada" - 70c/oz

All the "fruitiness" without the spice

Jalapeno - 90c/oz

Poblano - \$6/lb

from exist green

Bell, Mixed - \$7.5/lb

from Benson Bounty - mostly green

Tomatoes

Beef Steak - \$5.5/lb

from Wolff Farms

Cherry - \$8/lb

from Flavor Country Farms



POTATOES

Potatoes

Red - \$3.5/lb

Yukon Gold - \$2.75/lb

from Pekarek's Produce



ROOT VEGETABLES

Beets, Mixed - \$3.75/lb

from Flavor Country Farms

Carrots, Orange - \$3/lb

from Pekarek's Produce

In small fridge - opens on left

Ginger, Fresh Root ORGANIC NOT LOCAL - 80c/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



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FROZEN

grab + go in small freezer - ask us for refills

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

from Lone Tree Foods - Clean 15

Blueberries, Frozen - \$15/lb

from State Line Produce - Grown chemical-free

Cherries, Tart, Frozen - \$9.75/lb

from Early Morning Harvest - contains pits still!

Rhubarb Pieces, Frozen - \$8/lb

from Benson Bounty - Sliced and Frozen in-House

Green Bell Peppers, Frozen, Sliced - \$4/lb

Peaches, Frozen **TRANSITIONAL** - \$5/lb

Sweet Corn Kernels, Frozen - \$4/lb

from exist green

Plums, Frozen **ORGANIC** **NOT LOCAL** - \$3/lb

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

chopped + frozen in-house

from Azure Standard

Green Beans

Frozen - \$6/lb

from exist green

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

from Wolff Farms Grown