

FRESH PRODUCE



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JUST ASK, WE'LL GRAB IT

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

Greens

Lettuce Heads, Green Leaf - \$2.5/lb
from Avert Vertical Cultivations

Fresh Herbs + Extras

Anise Hyssop, Fresh - \$3/oz
from Benson Bounty
Basil, Fresh - \$2/oz
from exist green
Lemon Balm, Fresh - \$2/oz
from exist green
Thyme, Fresh - \$2.5/oz
from exist green

Fresh Creations

Fire Cider Tonic - \$1.5/oz
from exist green



ALLIUMS

Onions, Red - \$5.75/lb
from Z Farm
Black Garlic, Cloves - \$3/oz
Garlic Bulbs - \$1.5/oz
from Flavor Country Farms



POTATOES

Potatoes

Red - \$3.5/lb
Yukon Gold - \$2.75/lb
from Pekarek's Produce
French Fingerling - \$5.75/lb
from Z Farm



SQUASH

Zucchini, Green + Golden **ORGANIC** - \$4.5/lb
from Meristem Farm



BRASSICAS

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



NIGHTSHADES

Peppers, Bell, Mixed - \$7.5/lb
from Benson Bounty - mostly green
Tomatillos - \$3/lb
from Daniels Produce - remove husks, roast, grill, blend. great in salsas

Tomatoes

Beef Steak - \$5.5/lb
from Wolff Farms
Cherry - \$8/lb
from Flavor Country Farms
Cherry, Red - \$9.5/lb
from Avert Vertical Cultivation



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



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



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

fresh this week: September 12



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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

Squash, Butternut, Frozen, Diced - \$4.5/lb

from Camp Creek Organic Produce

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

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

from exist green