



fresh this week: October 2

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Micro Greens, Pea Shoots - \$3.75/oz

from Big Prana Microgreens

Micro Greens, Spicy Radish - \$4.5/oz

from Big Prana Microgreens - Mix of radish and mustard

Micro Greens, Sunflower Shoots - \$3.75/oz

from Big Prana Microgreens

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

Basil, Fresh - \$2/oz

from exist green

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

from exist green

Lemon Balm, Fresh - \$2/oz

from exist green

Parsley, Fresh - \$2.5/oz

from Benson Bounty

Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green

Kale Chips, Housemade - \$3/oz

from exist green



ALLIUMS

Black Garlic, Cloves - \$3/oz

Garlic Bulbs - \$1.5/oz

from Flavor Country Farms

Onions

Red - \$5.75/lb

from Z Farm

Yellow - \$3/lb

from Pekarek's Produce



BRASSICAS

Broccoli, Broccolini - 75c/oz

from Wolff Farms



SQUASH

Zucchini, Golden **ORGANIC** - \$3.5/lb

from Meristem Farm

Acorn - \$3.5/each

Delicata - \$1.5/lb

Kabocha, Red and Green - \$2/lb

from Pekarek's Produce

Spaghetti Medium - \$4.5/each

Sweet Dumpling - \$2.5/lb

from Pekarek's Produce



ROOT VEGETABLES

Beets, Mixed - \$3.75/lb

from Flavor Country Farms

In small fridge - opens on left

Ginger, Fresh Root **ORGANIC** **NOT LOCAL** - 80c/oz

from Azure Standard

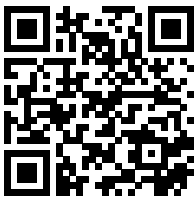
Carrots

Orange - \$3/lb

from Pekarek's Produce

Rainbow - \$3.5/lb

from Lone Tree Foods



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FRESH FRUIT

Dates, Yellow Barhi, Fresh - \$18/lb

from Del Rey Farms

Bananas **ORGANIC** **NOT LOCAL** - \$2.5/lb

Avocados, Conventional **NOT LOCAL** - \$1.5/each ****SALE****
Clean 15

from Lone Tree Foods

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

Plums **ORGANIC** **NOT LOCAL** - \$5/lb

from Azure Standard

Apples

Jonathan - \$2.5/lb

Lemonade - \$2.5/lb

from Schweizer Orchards

Citrus

Lemons **ORGANIC** **NOT LOCAL** - \$4/lb

Limes **ORGANIC** **NOT LOCAL** - \$5.5/lb

from Azure Standard

Pears

Asian **ORGANIC** - \$2.5/lb

Bartlett **ORGANIC** - \$3.5/lb

from Azure Standard



NIGHTSHADES

Tomatillos - \$3/lb

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

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



POTATOES

Potatoes

Red - \$3.5/lb

Yukon Gold - \$2.75/lb

from Pekarek's Produce

Fingerlings, Mixed Colors **ORGANIC** - \$4.5/lb

from Strouhauer Farms

French Fingerling - \$5.75/lb

from Z Farm



CHEESE + EGGS

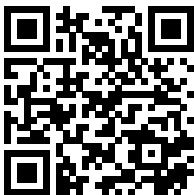
Grab yourself from small fridge - opens on left!

Buttermilk Powder - \$1/oz

from Azure Standard

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

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