

fresh this week: October 29

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Collard Greens **ORGANIC** - \$3/bunch

from Wolff Farm

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

Black King - \$1.2/oz

from Flavor Country Farms

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

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

from exist green

Dill, Fresh - \$3/oz

from Nourish Iowa

Lemon Balm, Fresh - \$2/oz

from exist green

Parsley, Fresh - \$2.5/oz

from Benson Bounty

Thyme, Fresh - \$2.5/oz

from exist green

Fresh Creations

Fire Cider Tonic - \$1.5/oz

from exist green



ALLIUMS

Black Garlic, Cloves - \$3/oz

Garlic Bulbs - \$1.5/oz

from Flavor Country Farms

Onions

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

from Wolff Farm

Red - \$5.75/lb

from Z Farm

White **ORGANIC** - \$3/lb

from Wolff Farms

Yellow Sweet - \$3.5/lb

from Pekarek's Produce



BRASSICAS

Brussel Sprout Stalk - \$9/each

from Pekarek's Produce

Brussel Sprouts **ORGANIC** - \$5.75/lb

from Wolff Farm

Rainbow Chard **ORGANIC** - \$5/bunch

from Abie Vegetable People

Collard Greens - 60c/oz

from Z Farm

Cabbage

Green - \$4/lb

from Z Farm

Ruby Perfection - \$6/head

from Omstead Family Farms

Kale

Red Russian **ORGANIC** - \$4.5/bunch

from Wolff Farms

Scarlet - \$8/lb

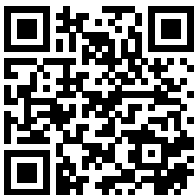
from Z Farm



OTHER VEGGIES

Green Beans **ORGANIC** - \$5.75/lb

from Wolff Farms



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FRESH FRUIT

Avocados, Conventional **NOT LOCAL** - \$1.25/each ****SALE****
from Lone Tree Foods - Clean 15

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



POTATOES

Potatoes

Kennebec (White) **ORGANIC** - \$2.2/lb
Perfect for mashing, fries, or "chips!"
Red **ORGANIC** - \$2.2/lb
from Wolff Farms
Fingerlings, Mixed Colors **ORGANIC** - \$4.5/lb
from Strouhauer Farms
French Fingerling - \$5.75/lb
from Z Farm



NIGHTSHADES

Tomatillos - \$3/lb
from Daniels Produce - remove husks, roast, grill, blend. great in salsas

Bell Peppers

Green **ORGANIC** - \$5.5/lb
Red **ORGANIC** - \$5.5/lb
from Wolff Farms

Peppers

"Habanada" - 70c/oz
All the "fruitiness" without the spice
Jalapeno - 90c/oz
Poblano - \$6/lb
from exist green

Tomatoes

Beef Steak **ORGANIC** - \$4.5/lb
Cherry **ORGANIC** - \$6.5/pint
from Wolff Farms



ROOT VEGETABLES

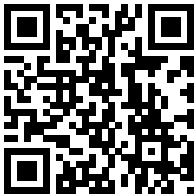
In small fridge - opens on left

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

Radishes, Red **ORGANIC** - \$3/bunch
from Wolff Farms

Carrots

Organic, with Greens (bunches) **ORGANIC** - \$4.75/lb
from Wolff Farms
Parisian - \$3.5/lb
from Exist Green Garden
Rainbow **ORGANIC** **NOT LOCAL** - \$3.5/lb
from Lone Tree Foods Farm Partners



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SQUASH

Spaghetti **ORGANIC** - \$2.2/lb

from Wolff Farm - 2.5 lbs each

Pie Pumpkins **ORGANIC** - \$4.5/each

Butternut **ORGANIC** - \$2.2/lb

from Wolff Farms

Acorn - \$1.5/lb

Buttercup - \$1.6/lb

Buttercup, Cubed - \$2.5/lb

Butternut - \$1.5/lb

Delicata - \$1.5/lb

Kabocha, Red and Green - \$2.5/lb

from Pekarek's Produce

Spaghetti Medium - \$4.5/each

Sweet Dumpling - \$2.5/lb

from Pekarek's Produce



CHEESE + EGGS

Grab yourself from small fridge - opens on left!

Buttermilk Powder - \$1/oz

from Azure Standard

Mozzarella, Shredded - 60c/oz

from Jisa's Farmstead

Prairie Breeze Cheddar - \$1.4/oz

from Milton Creamery

Chicken Eggs

Pasture-Raised, Mixed Sizes - \$7

unsorted, mixed sizes

Small, Pasture-Raised - \$5

from Early Morning Harvest

Organic **ORGANIC** - \$7.5/dozen

from State Line Produce - pasture-raised. license #: 510233



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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

Tomatoes, Cherry, Frozen, Whole - \$12/lb

from Wolff Farms

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

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