exist green

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fresh this week: November 13

FRESH PRODUCE

JUST ASK, WE'LL GRAB IT

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

Greens

Arugula ORGANIC - $1.2/oz
from Meristem Farm

Greens, Fresh Garden Mix - $1/oz
from Meristem Farm - Kale, Mustard greens, red lace

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

Chicken Of The Woods - $1.5/oz
from Locally Foraged

Lions Mane - $1.2/oz
from Flavor Country Farms

Oyster - $1/oz
from Flavor Country Farms

Pioppino - $1.2/oz
from Flavor Country Farms

Fresh Herbs + Extras

Dill, Fresh - $3/oz
from Nourish Iowa

Lemon Balm, Fresh - $2/oz
from exist green

Mint, Fresh - $4/oz
from exist green - Maybe spearmint

Thyme, Fresh - $2.5/oz
from exist green

NIGHTSHADES

Peppers, Poblano - $6/lb
from exist green

ALLIUMS

Black Garlic, Cloves - $3/oz
Garlic Bulbs - $1.5/oz
from Flavor Country Farms

Onions

Red ORGANIC - $4.5/lb
White ORGANIC - $4.5/lb
from Wolff Farms

Yellow Sweet - $3.5/lb
from Pekarek's Produce

BRASSICAS

Brussel Sprouts ORGANIC - $5.75/lb
from Wolff Farm

Cabbage, Green - $4/lb
from Z Farm

Kale

Curly or Dino ORGANIC - 90c/oz
from Meristem Farm

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

FRESH FRUIT

Avocados, Conventional NOT LOCAL - $1.75/each
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

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POTATOES

Sweet Potatoes, Orange ORGANIC - $3.75/lb
from Wolff Farm

Potatoes

Fingerlings, Mixed Colors ORGANIC - $4.5/lb
from Strouhauer Farms
Red ORGANIC - $2.2/lb
from Wolff Farms

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
Heavy Cream in a Glass Bottle (Pint) - $6.5
+$2.50 refundable jar deposit
from Burbach's Countryside Dairy

Burbach's Countryside Dairy - Flavored Milk in a Glass Bottle

Strawberry, Pint - $3
Chocolate, Pint - $3
Chocolate, Half-gallon - $6.25
from Burbach's Countryside Dairy

Burbach's Countryside Dairy - Milk in a Glass Bottle

Whole, Quart - $3.5
2-percent, Pint - $3
Whole, Half-gallon - $5.5
2-percent, Half-gallon - $5.5
Skim, Half-gallon - $5.25
from Burbach's Countryside Dairy

Chicken Eggs

Organic, Pasture-Raised ORGANIC - $7.5/dozen
from Wolff Farms
Organic ORGANIC - $7.5/dozen
from State Line Produce - pasture-raised. license #: 510233

ROOT VEGETABLES

Carrots, with Greens (bunches) ORGANIC - $4.75/lb
from Wolff Farms
Radishes, Watermelon - $4/lb
from Pekarek's Produce

SQUASH

Spaghetti ORGANIC - $2.2/lb
from Wolff Farm - 2.5 lbs each
Sweet Dumpling - $2.5/lb
from Pekarek's Produce
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
Delicata - $1.5/lb
Kabocha, Red and Green - $2/lb
from Pekarek's Produce

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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

Carrots, Orange, Frozen, Sliced - $5/lb
from -

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

Bell Peppers, Frozen, Sliced - $4/lb

Lime Juice Cube, Frozen - $4.5/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