

	Midcoast Farmers' Market	Midcoast Natural Food Store, Local	Midcoast NFS, Not Local	Midcoast Grocery Store
AUGUST				

FRUIT

Apples - Gala, lb			\$ 4.59	
Apples - Granny Smith, lb			\$ 4.29	
Apples - Pink Lady, lb			\$ 2.99	
Blueberries, low bush - pint	\$ 4.75	\$ 5.99		
Blueberries, low bush - quart	\$ 8.00			
Blueberries, high bush - pint	\$ 5.00			
Cantaloupe - lb	\$ 1.50			
Grapes - lb			\$ 4.14	
Peaches - lb			\$ 4.99	
Watermelon - lb	\$ 1.50		\$ 0.79	

local, not organic

VEGETABLES

Beans, green - lb	\$ 4.33			
Beets, red - Loose, per lb.	\$ 2.00			
Beets, gold - loose, per lb.		\$ 2.29		
Beets - bunch, per bunch	\$ 3.40			
Cabbage, red - lb	\$ 1.50			
Cabbage, green - lb	\$ 1.50	\$ 1.89		
Cabbage, Napa - ea	\$ 3.00			
Carrots - bunched, per bunch	\$ 3.17	\$ 2.99		
Cauliflower - lb		\$ 5.39		
Chard - bunch	\$ 2.80	\$ 2.99		
Collards - bunch		\$ 2.99		
Corn - per ear	\$ 0.50			
Cucumber - slicer, ea	\$ 1.13			
Cucumber - slicer, lb	\$ 2.13			
Cucumber - pickling, lb	\$ 2.06			
Eggplant - ea	\$ 2.00			
Eggplant - lb	\$ 4.50	\$ 4.69		
Fennel - ea	\$ 3.00			
Fennel - lb		\$ 4.29		
Greens - Arugula, lb	\$ 12.00	\$ 11.98		
Greens - Salad Mix, lb	\$ 10.00	\$ 15.38		
Greens - Beet, lb	\$ 3.00			
Kale - bunch	\$ 2.80	\$ 2.99		
Kohlrabi - lb	\$ 1.50			
Kohlrabi - ea	\$ 2.00			
Lettuce - head	\$ 2.50	\$ 2.29		
Lettuce - romaine, head	\$ 2.50			
Microgreens		\$ 32.77		
Onions - white, yellow, lb	\$ 2.33	\$ 2.99		
Onions - bunch	\$ 3.00			
Patty Pan Squash - lb	\$ 2.00			
Peas, Snap - pint	\$ 4.00			
Peppers - green, lb	\$ 5.00	\$ 4.59		
Peppers - poblano, lb	\$ 5.00			
Peppers - shishito, pint	\$ 4.00			
Potatoes - new, lb	\$ 2.13	\$ 2.99		
Potatoes - new, quart	\$ 4.75			
Radicchio - lb		\$ 4.99		
Radish - daikon, lb	\$ 3.00			
Shallots - lb		\$ 5.99		
Summer squash - lb	\$ 2.10	\$ 2.99		
Summer squashes - quart	\$ 5.00			
Summer squash - ea	\$ 0.75			
Tomatoes - lb	\$ 4.15			
Tomatoes - cherry, pint	\$ 4.75	\$ 5.49		
Tomatoes - cherry, half pint	\$ 3.00			
Tomatillo - lb	\$ 4.00			
Turnip - lb		\$ 1.69		
Turnip, salad - lb	\$ 3.17			
Winter squash - Delicata, lb			\$ 1.99	
Winter squash - Butternut, Butter cup, other bigs - lb			\$ 1.69	
Zucchini - ea	\$ 0.50			
Zucchini - lb	\$ 2.10	\$ 2.99		

FLOWERS

Bouquet - large	\$ 8.75			
Bouquet - small	\$ 7.00			

HERBS

Basil - lb	\$ 12.00			
Basil - bunch	\$ 2.00			
Cilantro - bunch	\$ 2.20			
Dill - bunch	\$ 2.14			
Garlic - bulb, lb	\$ 9.50	\$ 10.99		
Garlic - bulb, ea	\$ 1.50			
Ginger - lb		\$ 5.99		
Mint - bunch	\$ 2.00			
Parsley, curly - bunch	\$ 2.50	\$ 2.99		
Parsley - bunch	\$ 2.08			
Rosemary - bunch		\$ 2.99		
Sage - bunch	\$ 2.00	\$ 2.99		
Scallions - bunch	\$ 2.50	\$ 2.99		
Thyme - bunch	\$ 2.00			

MEAT & EGGS

Chicken eggs - dz, organic	\$ 6.38	\$ 6.49	\$ 4.39	
Chicken (all per lb.)				
<i>Boneless Skinless Breasts, NO</i>	\$ 8.48			
<i>Boneless Breast, O</i>		\$ 13.99		
<i>Bone-in Breast, O</i>		\$ 11.49		
<i>Bone-in Breast, NO</i>	\$ 5.00			
<i>Drumsticks, NO</i>	\$ 3.88			
<i>Thighs, bone in, O</i>		\$ 10.09		
<i>Thighs, boneless, O</i>		\$ 13.99		
<i>Thighs bone-in, NO</i>	\$ 4.98			
<i>Thighs, boneless, NO</i>	\$ 5.85			
<i>Ground, NO</i>	\$ 6.25			
<i>Whole, O</i>		\$ 6.99		
<i>Whole, NO</i>	\$ 4.38			
<i>Wings, NO</i>	\$ 3.48			
Duck (all per lb.)				
<i>Breast, NO</i>	\$ 11.95			
<i>Ground, NO</i>	\$ 7.95			
<i>Whole, NO</i>	\$ 4.95			
Turkey (all per lb.)				
<i>Ground, NO</i>	\$ 6.25			
<i>Boneless breast, NO</i>	\$ 7.50			
<i>Whole, NO</i>	\$ 3.50			
Pork (all per lb.)				
<i>Bone-in Pork Chops, NO</i>	\$ 10.00			
<i>Ground, NO</i>	\$ 9.00			
<i>Ground, O</i>		\$ 13.49		
<i>Sausage, O</i>		\$ 13.59		
<i>Sausage, NO</i>	\$ 9.30			
<i>Bacon, NO</i>	\$ 10.00			
<i>Bacon, O</i>		\$ 15.99		
<i>Country Style Spare Ribs, NO</i>	\$ 10.00			
Beef (all per lb.)				
<i>Stew, O</i>		\$ 10.84		
<i>Ground, NO</i>	\$ 7.75			
<i>Hot dogs, NO, per pack</i>	\$ 8.00			
<i>NY Sirloin, NO</i>	\$ 11.00			
<i>T-Bone, NO</i>	\$ 14.50			
<i>Ribeye, NO</i>	\$ 16.50			
<i>Stew Meat, NO</i>	\$ 8.00			
<i>Short ribs, NO</i>	\$ 6.00			
<i>Liver, O</i>		\$ 6.99		
<i>Liver, NO</i>	\$ 5.00			
Lamb (all per lb.)				
<i>Ground, NO</i>	\$ 13.00			
<i>Sausage, lamb, NO</i>	\$ 14.00			
<i>Loin chops, NO</i>	\$ 16.00			

DAIRY

Milk - 32 oz		\$ 3.79		
Milk - 1/2 gallon	\$ 4.50	\$ 5.44	\$ 4.39	
Milk - gallon	\$ 7.00	\$ 8.49		
Goat milk - 32 oz		\$ 5.79		
Heavy Cream - pint		\$ 7.99	\$ 3.99	
Yogurt - greek plain, 15 oz		\$ 5.69		
Yogurt - greek, flavored, 15 oz		\$ 5.39		
Yogurt - plain, 32 oz	\$ 6.00	\$ 5.99	\$ 4.49	
Yogurt - flavored, 32oz	\$ 7.00	\$ 6.19	\$ 4.49	
Yogurt - greek, plain, 32oz		\$ 7.59		