

August	Portland Farmers' Market/Farm Stands	Portland Natural Food Store, Local	Portland NFS, Not Local	Portland Grocery Store
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FRUIT

Apples - Heriloom, 4lbs		\$ 12.39		
Apples - Gala, lb			\$ 3.99	\$ 2.49
Apples - Granny Smith, lb			\$ 3.99	\$ 2.49
Apples - Pink Lady, lb			\$ 3.99	\$ 2.99
Blackberries - pint				\$ 4.65
Blueberries, low bush - pint	\$ 6.00	\$ 6.19		
Blueberries, high bush - pint		\$ 6.49		\$ 3.99
Cantaloupe - lb	\$ 1.50	\$ 1.59		
Cantaloupe - ea				\$ 3.49
Cherries - lb			\$ 8.59	
Grapes - lb			\$ 3.99	
Husk Cherries - pint	\$ 3.00	\$ 4.99		
Peaches - lb				\$ 3.99
Peaches - quart	\$ 5.00			
Pears - lb			\$ 3.99	
Plums - lb			\$ 3.99	\$ 3.99
Raspberries - pint	\$ 5.50			\$ 5.32
Rhubarb - lb		\$ 4.89		
Strawberries - lb			\$ 4.99	\$ 4.99
Watermelon - lb	\$ 1.13	\$ 0.79		
Watermelon, mini - lb	\$ 2.00			

local, not organic

VEGETABLES

Beans, various colors - lb	\$ 5.00			
Beets, red - Loose, per lb.	\$ 2.63	\$ 3.09		
Beets, gold - loose, per lb.		\$ 3.09		
Beets - bunch, per bunch	\$ 3.25	\$ 2.99		
bok Choy - lb		\$ 5.79		\$ 4.99
Bok Choy - bunch	\$ 2.50			
Broccoli - lb	\$ 4.50	\$ 4.69		\$ 7.98
Broccolini - bunch	\$ 3.33	\$ 3.09		
Brussel Sprouts - lb			\$ 10.89	
Cabbage, red - lb	\$ 2.75	\$ 2.19		\$ 2.29
Cabbage, green - lb	\$ 2.25	\$ 2.19		\$ 2.29
Carrots - 2#, rainbow		\$ 5.59		
Carrots - 2#	\$ 5.00	\$ 5.59	\$ 2.99	
Carrots - loose, per lb.	\$ 2.50	\$ 3.09		
Carrots - bunched, per bunch	\$ 3.05	\$ 3.29		
Cauliflower - ea				\$ 4.99
Cauliflower - lb	\$ 5.00	\$ 4.99		
Cauliflower - quart	\$ 4.00			
Celeriac - lb		\$ 2.99		
Celery - ea	\$ 4.00	\$ 3.09		
Chard - bunch	\$ 2.75			
Collards - bunch	\$ 2.50	\$ 2.99		
Corn - per ear	\$ 1.00	\$ 1.39		\$ 1.33
Cucumber - slicer, ea	\$ 0.67			\$ 2.99
Cucumber - slicer, lb	\$ 2.67	\$ 2.99		
Cucumber - pickling, lb	\$ 2.75			
Cucumber - pickling, quart	\$ 5.00			
Escarole - head	\$ 2.50			
Eggplant - lb	\$ 4.08	\$ 2.99		
Eggplant - quart	\$ 4.00			
Fennel - ea	\$ 2.00	\$ 3.99		
Fennel - bunch	\$ 3.00			
Greens - Arugula, lb	\$ 10.67	\$ 20.45		\$ 8.42
Greens - Salad Mix, lb	\$ 10.00	\$ 17.17		\$ 8.42
Greens - Beet, bunch		\$ 3.09		\$ 3.49
Greens - Mustard, lb	\$ 7.50			
Kale - baby, lb	\$ 10.00			\$ 8.42
Kale - bunch	\$ 2.88	\$ 2.39		\$ 2.99
Kohlrabi - lb		\$ 4.49		
Leeks - bunch	\$ 3.50			
Lettuce - head	\$ 2.40	\$ 3.09		\$ 3.29
Lettuce - romaine, head	\$ 2.50	\$ 3.09		
Microgreens		\$ 40.43		
Onions - white, yellow, lb	\$ 2.50	\$ 3.09	\$ 2.09	\$ 1.33
Onions - red, lb			\$ 2.79	\$ 1.66
Onions - bunch	\$ 3.13			
Pea Shoots - lb	\$ 10.00			
Peas, Sugar Snap - lb	\$ 7.00		\$ 8.99	
Peas, Shell - lb		\$ 2.99		
Peppers - green, lb	\$ 4.25	\$ 3.99		\$ 3.99
Peppers - mixed, quart	\$ 2.75			
Peppers - colors, lb	\$ 4.40	\$ 5.02	\$ 7.49	\$ 4.99
Peppers - jalapeno, lb		\$ 7.99		
Peppers - jalapeno, pint	\$ 3.00			
Peppers - jalapeno, ea	\$ 0.50			
Peppers - shishito, pint	\$ 3.40	\$ 3.89		
Peppers - shishito, lb	\$ 7.00			
Potatoes - fingerling, lb	\$ 4.00			
Potatoes - red, white, blue, yellow, lb	\$ 2.50	\$ 3.09		
Potatoes - new, quart	\$ 5.00	\$ 5.49		
Radichio - ea	\$ 3.00	\$ 3.99		
Radish - black, lb		\$ 3.79		
Radish - daikon, lb		\$ 4.39		
Radish - pink, bunch	\$ 2.83	\$ 3.09		\$ 1.99
Rutabaga - lb			\$ 2.69	
Shallots - lb	\$ 6.00			
Spinach - lb, from field	\$ 10.00			
Spinach - baby, lb		\$ 20.45		
Spinach - bunch		\$ 2.99		
Summer squash - lb	\$ 3.38			\$ 3.99
Summer squashes - quart	\$ 4.00			
Summer squash - ea	\$ 0.50			
Sunchoke - lb			\$ 10.29	
Sweet Potatoes - lb			\$ 3.49	\$ 1.66
Tomatoes - lb	\$ 3.92	\$ 4.69		
Tomatoes - ea	\$ 1.00			
Tomatoes - cherry, pint	\$ 4.50		\$ 5.39	
Tomatoes - cherry, half pint	\$ 2.50			
Tomatillo - lb		\$ 7.49		
Tomatillo - pint	\$ 3.00			
Turnip - lb			\$ 2.99	
Turnip, salad - bunch	\$ 3.12	\$ 3.09		
Winter squash - Delicata, lb			\$ 2.94	
Winter squash - Butternut, Butter cup, other bigs - lb			\$ 2.44	
Zucchini - ea	\$ 0.50			
Zucchini - lb	\$ 3.00			

FLOWERS

Bouquet - sunflowers	\$ 5.50			\$ 4.99
Bouquet - large	\$ 8.38	\$ 14.99		
Bouquet - small	\$ 4.50	\$ 12.39		
Edible - small clamshell	\$ 4.00	\$ 4.49		

HERBS

Basil - lb	\$ 2.00			
Basil - bunch	\$ 2.00			
Cilantro - bunch	\$ 2.50	\$ 3.09		
Dill - bunch	\$ 2.00	\$ 2.99		
Garlic - bulb, lb	\$ 9.00	\$ 15.39		
Garlic - bulb, ea	\$ 2.50			
Garlic - scapes, bunch		\$ 2.99		
Ginger - lb			\$ 7.89	
Horseradish - lb		\$ 10.79		
Mint - bunch		\$ 2.99		
Parsley - bunch	\$ 2.75	\$ 2.99		
Oregano - bunch	\$ 2.17	\$ 2.99		
Sage - bunch	\$ 2.00			
Scallions - bunch	\$ 3.00	\$ 2.99		
Tarragon - bunch	\$ 2.00			
Thyme - bunch	\$ 2.00	\$ 2.99		
Turmeric - lb			\$ 15.39	

MUSHROOMS

Baby Bella - lb			\$ 7.98	\$ 5.48
Blue Oyster - lb		\$ 15.39		\$ 13.96
Crimini - lb			\$ 5.79	
Lion's Mane - lb		\$ 15.39		
Portabella - lb			\$ 6.59	\$ 8.77
Shitake - lb	\$ 15.00	\$ 15.39		\$ 13.96

MEAT & EGGS

Chicken eggs - dz, organic	\$ 5.25	\$ 5.99		\$ 4.56
Duck eggs - dz		\$ 11.38		
Chicken (all per lb.)				
<i>Skinless Boneless Breasts, not organic</i>	\$ 9.00			
<i>Boneless Breast</i>	\$ 11.99			\$ 7.49
<i>Boneless Breast, not organic</i>	\$ 10.00	\$ 8.99		
<i>Drumsticks, not organic</i>	\$ 5.00	\$ 5.19		
<i>Thighs, bone in</i>		\$ 11.94		
<i>Thighs bone-in, not organic</i>	\$ 7.00	\$ 5.29		
<i>Whole</i>	\$ 6.00	\$ 6.59		\$ 3.49
<i>Whole, not organic</i>	\$ 4.50	\$ 4.74		
<i>Wings, not organic</i>	\$ 4.50	\$ 4.49		
Pork (all per lb.)				
<i>Bone-in Pork Chops, not organic</i>	\$ 10.13	\$ 8.59		
<i>Bone-in chops</i>		\$ 13.39		
<i>Boneless Chops, not organic</i>	\$ 12.00	\$ 9.69		
<i>Canadian Bacon, not organic</i>	\$ 12.00			
<i>Ground, not organic</i>	\$ 6.39			
<i>Sausage</i>		\$ 7.49		
<i>Sausage, not organic</i>	\$ 8.52	\$ 8.25		
<i>Bacon, not organic</i>	\$ 9.77			
<i>Bacon</i>	\$ 15.99	\$ 16.39		\$ 5.99
<i>Whole Smoked Ham, not organic</i>	\$ 6.00			
<i>Boston Butt, not organic</i>	\$ 12.00			
<i>Tenderloin, not organic</i>	\$ 17.50			
<i>Country Style Spare Ribs, not organic</i>	\$ 6.00			
<i>Baby Back Ribs, not organic</i>	\$ 10.00			
<i>St. Louis Ribs, not organic</i>	\$ 6.00	\$ 8.59		
Beef (all per lb.)				
<i>Stew, not organic</i>	\$ 9.47	\$ 11.59		
<i>Stew</i>		\$ 11.69		
<i>Ground, not organic</i>	\$ 6.50			
<i>Ground</i>	\$ 9.75	\$ 10.86		
<i>Hot dogs, lb</i>	\$ 16.50			
<i>NY Sirloin, not organic</i>	\$ 12.37			
<i>Sirloin Tips, not organic</i>	\$ 16.95	\$ 17.99		
<i>Sirloin Strip</i>		\$ 24.79		
<i>Sirloin Strip, not organic</i>				\$ 13.99
<i>T-Bone, not organic</i>	\$ 14.47			
<i>Porterhouse</i>		\$ 22.39		
<i>Porterhouse, not organic</i>	\$ 13.95			
<i>Flank/Skirt, not organic</i>	\$ 16.95			
<i>Ribeye, not organic</i>	\$ 13.95	\$ 20.99		\$ 12.99
<i>Chuck Roast</i>				
<i>Filet mignon, not organic</i>	\$ 21.88			\$ 18.99
<i>Short ribs, not organic</i>	\$ 9.95	\$ 11.19		
<i>Soup Bones, not organic</i>	\$ 9.95			
<i>Organs, not organic</i>	\$ 5.00			
Lamb (all per lb.)				
<i>Ground, not organic</i>	\$ 13.49			
<i>Sausage, lamb</i>	\$ 14.00			
<i>Sausage, lamb, not organic</i>	\$ 14.29			
<i>Rib chops, not organic</i>	\$ 23.29			
<i>Loin chops, not organic</i>	\$ 20.99			
<i>Stew, not organic</i>	\$ 14.29			
<i>Steak, not organic</i>	\$ 15.69			

DAIRY

Milk - 32 oz		\$ 3.39		
Milk - 1/2 gallon		\$ 5.44	\$ 5.99	\$ 4.36
Milk - gallon		\$ 9.76		
Goat milk - 32 oz		\$ 5.99		
Heavy Cream - pint		\$ 8.59	\$ 4.69	
Yogurt - plain, 15-16 oz	\$ 4.50	\$ 4.14		
Goat yogurt - plain, 16 oz		\$ 7.09		
Yogurt - flavored, 15-16 oz	\$ 4.50	\$ 4.34		
Yogurt - greek plain, 15-16 oz	\$ 7.00			
Yogurt - greek, flavored, 15-16 oz		\$ 5.99		
Yogurt - plain, 32 oz	\$ 7.00	\$ 6.59		\$ 4.29
Yogurt - flavored, 32oz	\$ 7.00	\$ 6.09		\$ 4.29
Yogurt - greek, plain, 32oz		\$ 8.59		\$ 6.99
Yogurt - greek, flavored, 32 oz		\$ 8.99		\$ 6.99
Butter - lb	\$ 14.00			