

JUNE	Midcoast Direct to Consumer	Midcoast Natural Food Store: Local & Organic	Midcoast Natural Food Store: Organic Only	Midcoast Supermarket
FRUIT				
Apples - IPM, 1/2 peck		\$ 7.99		
Apples - Gala, lb			\$ 2.59	\$ 2.49
Apples - Granny Smith, lb			\$ 3.69	\$ 2.49
Apples - Pink Lady, lb			\$ 4.79	
Blackberries - lb				\$ 10.64
Blueberries - lb				\$ 13.31
Cantaloupe - lb			\$ 1.79	
Raspberries - lb				\$ 13.31
Rhubarb - lb		\$ 3.99		
Strawberries - lb			\$ 5.99	\$ 4.99
Strawberries - qt	\$ 7.00			
Strawberries - PYO, lb	\$ 3.83			
Watermelon - lb			\$ 0.69	

	all natural, grassfed, antibiotic free, NOT organic
	local, not organic
NO	not organic
O	organic

VEGETABLES				
Asparagus - lb	\$ 8.00	\$ 8.99		
Beets - 5#				
Beets - Loose, per lb.		\$ 2.49		
Beets - bunch, per bunch				\$ 3.49
Boc Choi - bunch	\$ 3.00		\$ 2.89	
Broccoli - lb			\$ 5.99	\$ 7.98
Broccoli Raab - bunch	\$ 4.00			
Cabbage, red - lb			\$ 1.89	\$ 2.29
Cabbage, green - lb			\$ 1.89	\$ 2.29
Cabbage, napa - each	\$ 3.00			
Carrots - 5#			\$ 7.99	
Carrots - 3#		\$ 7.99		
Carrots - 2#, rainbow			\$ 3.99	
Carrots - 2#			\$ 2.99	
Carrots - loose, per lb.		\$ 2.49		
Carrots - bunched, per bunch	\$ 3.00			
Cauliflower - ea			\$ 4.99	\$ 5.99
Celeriac - lb	\$ 2.00			
Celery - ea			\$ 2.49	
Chard - bunch	\$ 3.00		\$ 2.99	
Chard - baby, lb		\$ 18.64		
Collards - bunch		\$ 2.99		
Cucumber - slicer, lb			\$ 4.49	
Eggplant - ea			\$ 2.99	
Greens - Arugula, lb	\$ 10.00	\$ 11.99		\$ 9.31
Greens - Salad Mix, lb	\$ 10.50	\$ 11.99	\$ 12.77	\$ 8.71
Green Beans - lb			\$ 5.29	
Fava Beans - lb		\$ 4.49		
Kale - baby, lb	\$ 7.00	\$ 17.37		
Kale - bunch	\$ 2.75	\$ 2.99	\$ 3.49	
Kohlrabi - ea	\$ 1.50			
Leeks - lb		\$ 3.99		
Lettuce - head	\$ 2.75			\$ 2.99
Lettuce - mini head, each	\$ 1.75	\$ 1.33		
Lettuce - romaine, head				\$ 3.49
Microgreens		\$ 41.92	\$ 47.92	
Microgreens - Cilantro, lb	\$ 35.00			
Nasturtium Shoots - lb*	\$ 30.00			
Onions - white, yellow, lb		\$ 2.29	\$ 1.23	\$ 1.33
Onions - red, lb	\$ 2.00	\$ 1.99	\$ 1.56	\$ 1.66
Pac Choi - baby, each	\$ 1.00			
Parsnips - lb	\$ 2.00	\$ 3.29		
Pea Shoots - lb	\$ 16.00	\$ 21.54		
Peppers - green, lb			\$ 2.49	\$ 3.99
Peppers - red, lb			\$ 3.99	\$ 6.65
Peppers - yellow, lb			\$ 6.99	
Peppers - poblano, lb			\$ 8.99	
Peppers - jalapeno, lb			\$ 7.99	
Potatoes - red, white, blue, yellow, lb		\$ 1.89	\$ 1.20	\$ 1.06
Potatoes - 5#		\$ 6.99		
Radish - daikon, lb			\$ 2.49	
Radish - pink/white, bunch	\$ 2.75	\$ 2.69		
Rutabaga - lb		\$ 1.69		
Spinach - lb, early season	\$ 10.00	\$ 13.99		
Spinach - baby, lb				\$ 9.31
Summer squash - lb			\$ 2.29	\$ 3.99
Sunchoke - lb		\$ 5.99		
Tomatoes - lb				\$ 3.99
Tomatoes - cherry, pint				\$ 2.99
Turnips - salad, bunch	\$ 2.50			
Winter squash - Butternut, Butter cup, etc - lb				\$ 1.99
Zucchini - lb			\$ 2.99	\$ 3.99

SEEDLINGS				
Annual Herbs & Veg - 3" pots	\$ 3.50	\$ 3.99		
Annual Flowers & Veg - 6 & 4 packs	\$ 4.00	6.19 (6pk)		
Flowers - 3" pots	\$ 4.00			
Flowers - 6 pack	\$ 4.00			
Lettuce - 6 packs	\$ 2.50			
Lovage - 3" pot	\$ 4.00			
Nasturtium - 3" pot	\$ 3.50			
Parsley - 3" pot	\$ 2.00	\$ 3.49		
Parsley - 6 pack	\$ 4.00			
Pepper - 6 packs	\$ 4.00			
Perennial Herbs - 3" pots	\$ 3.75			
Perennials - 3" pots	\$ 7.50	\$ 7.99		
Tomato - 6 pack	\$ 5.00			

MUSHROOM				
Mushroom - pint		\$ 5.99		
Mushroom - Shiitake, lb		\$ 16.99		

MEAT & EGGS				
Chicken eggs - dz	\$ 6.13	\$ 5.99	\$ 5.99	\$ 4.39
Duck eggs - dz	\$ 5.00			
Chicken (all per lb.)				
Boneless Skinless Breasts			\$ 7.69	\$ 7.49
Boneless Breast	\$ 7.95	\$ 10.39		\$ 5.99
Bone in Breast, NO	\$ 5.00	\$ 7.19		
Bone in Breast, O		\$ 11.49		
Drumsticks, NO		\$ 5.19		
Drumsticks, O	\$ 3.75	\$ 6.39		\$ 3.09
Thighs	\$ 3.95	\$ 5.39		\$ 4.99
Wings	\$ 2.95			
Ground	\$ 6.25	\$ 8.69		
Fryer, NO		\$ 5.19		
Fryer, O		\$ 6.99		
Whole	\$ 3.75	\$ 6.99	\$ 3.29	\$ 2.99
Duck (all per lb.)				
Ground	\$ 7.95			
Whole	\$ 4.95			
Breast	\$ 11.95	\$ 15.99		
Turkey (all per lb.)				
Whole	\$ 3.50			
Boneless Breast	\$ 7.50			
Ground	\$ 6.25	\$ 8.69		\$ 7.49
Pork (all per lb.)				
Bone-in Pork Chops, NO		\$ 6.99		
Boneless Chops, NO		\$ 6.99		\$ 4.99
Canadian Bacon, NO		\$ 10.29		
Ribs, NO		\$ 8.99		
Ground, NO		\$ 6.99		
Sausage, O		\$ 13.59		
Bacon, NO		\$ 10.39		
Ham Steak, NO		\$ 10.29		
Whole Smoked Ham, NO		\$ 8.49		
Tenderloin, NO		\$ 12.29		\$ 5.49
Beef (all per lb.)				
Stew, NO	\$ 8.00	\$ 9.32		\$ 6.99
Stew, O		\$ 10.99		
Ground, NO	\$ 7.50	\$ 7.84	\$ 6.49	\$ 6.99
Ground, O		\$ 10.49		\$ 7.99
London Broil, NO	\$ 10.00	\$ 7.69		
NY Sirloin, NO	\$ 11.50	\$ 10.49		
T Bone, NO	\$ 15.50			
Top Sirloin, NO				\$ 4.99
Ribeye, NO	\$ 17.50	\$ 18.99		\$ 12.99
Filet Mignon, NO	\$ 25.00			
Tenderloin, NO		\$ 21.99		
Chuck Roast, NO				\$ 5.99
Marrow Bones, NO		\$ 4.99		
Marrow Bones, O		\$ 4.29		
Soup Bones	\$ 3.50	\$ 5.09		
Lamb (all per lb.)				
Ground, NO		\$ 15.99		

DAIRY				
Milk - 32 oz		\$ 3.29		
Milk - 1/2 gallon	\$ 4.50	\$ 4.96	\$ 4.39	\$ 4.32
Milk - gallon	\$ 7.00	\$ 8.06		
Heavy Gallon - pint		\$ 6.99	\$ 3.99	
Yogurt - plain, 15 oz		\$ 3.79		
Yogurt - flavored, 15 oz		\$ 5.09		
Yogurt - greek plain, 15 oz		\$ 4.99	\$ 2.69	
Yogurt - greek, flavored, 15 oz		\$ 5.39		
Yogurt - plain, 32 oz		\$ 5.79	\$ 4.49	\$ 4.19
Yogurt - flavored, 32oz		\$ 6.29	\$ 4.49	\$ 3.99
Yogurt - greek, flavored, 32oz		\$ 7.59		\$ 6.49
Yogurt - greek, plain, 32 oz		\$ 8.09		\$ 6.49