

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

FRUIT				
Apples - Gala, lb			\$ 4.49	
Apples - Granny Smith, lb			\$ 4.29	
Apples - local, lb		\$ 3.99		
Blackberries - lb			\$ 14.98	
Grapes - lb			\$ 4.64	\$ 3.49
Peaches - lb				\$ 2.99
Pears - lb		\$ 5.29	\$ 3.24	
Pears - ea				\$ 3.49
Strawberries - lb			\$ 8.99	

VEGETABLES				
Beans, green - lb	\$ 3.50		\$ 2.99	
Beets, red - Loose, per lb.	\$ 2.04	\$ 2.99		
Beets, gold - loose, per lb.		\$ 2.99		
Beets - bunch, per bunch	\$ 3.50	\$ 3.99		\$ 3.49
Bok Choy - baby, bunch	\$ 2.00			
Bok Choy - baby, lb				\$ 4.99
Broccoli - lb	\$ 3.00		\$ 4.79	\$ 7.98
Cabbage, red - lb	\$ 1.75	\$ 1.89		
Cabbage, green - lb	\$ 1.75	\$ 1.89		\$ 2.29
Cabbage, green - ea	\$ 5.00			
Cabbage, napa - lb		\$ 3.99		
Carrots - bunched, per bunch	\$ 3.10			
Carrots - lb	\$ 2.13	\$ 2.99		\$ 1.38
Carrots - 2#		\$ 5.49		
Cauliflower - lb	\$ 3.00	\$ 4.69		
Celeriac - lb	\$ 3.00			
Celery - bunch			\$ 2.79	
Chard - bunch	\$ 3.00	\$ 2.99		
Collards - bunch	\$ 2.75	\$ 2.99		
Cucumber - slicer, ea				\$ 2.49
Cucumber - slicer, lb			\$ 4.99	
Eggplant - lb	\$ 2.75	\$ 4.69		
Fennel - lb		\$ 4.29		
Greens - Arugula, lb	\$ 10.50	\$ 12.00		\$ 11.17
Greens - Salad Mix, lb	\$ 10.33	\$ 15.65		\$ 11.17
Kale - bunch	\$ 2.67	\$ 2.99		\$ 2.99
Kale - baby, lb	\$ 10.50			\$ 11.17
Kohlrabi - lb		\$ 3.29		
Kohlrabi - ea	\$ 2.75			
Leeks - lb	\$ 4.00	\$ 3.99		
Leeks - bunch	\$ 4.00			\$ 3.99
Lettuce - head	\$ 2.50	\$ 2.99		
Microgreens - lb		\$ 32.77		
Onions - white, yellow, lb	\$ 3.00	\$ 1.79		\$ 1.33
Onions - red, lb				\$ 1.66
Parsnips - lb		\$ 2.99		
Pea Shoots - lb		\$ 19.17		\$ 9.31
Peppers - sweet, lb	\$ 3.92	\$ 6.29		\$ 4.99
Peppers - green, lb		\$ 3.69		\$ 3.99
Peppers - jalapeno, ea	\$ 0.50			
Peppers - jalapeno, lb		\$ 8.99		
Potatoes - new, quart	\$ 5.00			
Potatoes - lb	\$ 2.25	\$ 1.99		\$ 1.33
Potatoes - 5#		\$ 7.99		
Pumpkin - pie, lb	\$ 1.50			
Pumpkin - pie, ea	\$ 5.00			
Radicchio - lb		\$ 4.99		
Radish - daikon, lb	\$ 1.50	\$ 2.49		
Radish - bunch	\$ 2.75			
Radish - watermelon, lb	\$ 2.50			
Rutabaga - lb	\$ 1.50	\$ 1.99		
Scallion - bunch	\$ 3.50	\$ 2.99		\$ 1.69
Spinach - lb	\$ 6.00	\$ 11.99		\$ 11.17
Sunchokes - lb		\$ 9.99		
Tomatoes - lb	\$ 3.75	\$ 3.99		\$ 3.99
Tomatoes - cherry, pint	\$ 3.50	\$ 5.00		\$ 2.99
Turnip - lb		\$ 1.79		
Turnip - ea	\$ 1.50			
Turnip, salad - lb	\$ 2.83			
Winter squash - Delicata, lb	\$ 1.88	\$ 1.99		
Winter squash - Spaghetti Squash, ea	\$ 2.50			
Winter squash - Butternut, Butter cup, other bigs - lb	\$ 1.50	\$ 1.99		\$ 1.99
Winter squash - ea	\$ 4.00			
Zucchini - lb			\$ 3.69	



FLOWERS, ETC				
Bouquet - large	\$ 6.00			
Carving pumpkins - ea	\$ 6.49			
Decorative gourds - ea	\$ 0.79			

MUSHROOMS				
Crimini - lb			\$ 5.79	
Portabella - lb			\$ 6.99	
Shiitake - lb		\$ 16.99		\$ 13.96
Oyster - pint		\$ 5.99		\$ 13.96

HERBS				
Cilantro - bunch	\$ 2.50	\$ 2.99		
Dill - bunch				\$ 3.49
Garlic - bulb, lb	\$ 10.00	\$ 12.99		\$ 8.26
Garlic - bulb, ea	\$ 2.00			
Ginger - lb		\$ 19.99	\$ 4.99	\$ 2.99
Mint - bunch				\$ 3.49
Parsley - bunch	\$ 2.50	\$ 2.99		
Turmeric - lb			\$ 26.99	

MEAT & EGGS				
Chicken eggs - dz, organic			\$ 5.99	\$ 4.56
Chicken (all per lb.)				
Boneless Skinless Breasts, O				\$ 7.79
Boneless Breast, NO	\$ 8.75	\$ 10.39		
Boneless Breast, O		\$ 13.99		
Bone-in Breast, O		\$ 11.49		
Bone-in Breast, NO		\$ 7.19		
Drumsticks, O	\$ 6.39			\$ 3.89
Drumsticks, NO	\$ 4.00	\$ 5.19		
Thighs bone-in, NO	\$ 6.00			
Ground, NO		\$ 8.69		
Ground, O				\$ 6.49
Whole, O				\$ 3.49
Whole, NO	\$ 4.50	\$ 5.19	\$ 3.29	
Wings, NO	\$ 4.50			
Turkey (all per lb.)				
Ground, NO		\$ 8.69		
Ground, O				\$ 7.49
Pork (all per lb.)				
Bone-in Pork Chops, NO	\$ 9.50			
Boneless Chops, NO		\$ 7.49		
Country Style Ribs, NO	\$ 9.15			
Roast, NO	\$ 7.49			
Tenderloin, NO		\$ 12.29		
Loin Filet, NO				\$ 4.99
Ground, NO	\$ 9.00			
Ground, O				\$ 5.99
Sausage, O		\$ 13.59		
Sausage, NO	\$ 9.20	\$ 9.99		
Bacon, NO	\$ 10.00	\$ 6.99		
Bacon, O		\$ 15.99		
Belly, O		\$ 12.99		
Canadian Bacon, NO		\$ 10.29		
Ham, NO	\$ 7.99			
Beef (all per lb.)				
Stew, O		\$ 11.69		
Stew, NO		\$ 9.99		
Ground, NO		\$ 7.94	\$ 6.49	
Ground, O		\$ 10.99		
Hot dogs, O		\$ 15.99		
London Broil, NO		\$ 7.69		
Tenderloin Steak, NO				\$ 18.99
Ribeye, NO		\$ 15.99		\$ 12.99
Tenderloin, NO		\$ 19.49		
Chuck Roast, NO		\$ 9.99		
Soup Bones, O		\$ 5.09		
Lamb (all per lb.)				
Ground, NO	\$ 13.00			
Sausage, lamb, NO	\$ 14.00			
Chops, NO	\$ 16.00			

DAIRY				
Milk - 32 oz				\$ 4.42
Milk - 1/2 gallon		\$ 5.72		
Milk - gallon		\$ 9.94		
Heavy Cream - pint		\$ 8.59	\$ 3.99	
Yogurt - plain, 15 oz		\$ 4.19		
Yogurt - flavored, 15 oz		\$ 5.59		
Yogurt - plain, 32 oz	\$ 6.00	\$ 6.49	\$ 4.19	\$ 4.29
Yogurt - flavored, 32oz	\$ 7.00	\$ 6.99	\$ 4.19	\$ 4.29
Yogurt - greek, plain, 32oz		\$ 8.39		\$ 6.49
Yogurt - greek, flavored, 32 oz		\$ 8.99		\$ 6.49
Butter - lb			\$ 7.99	\$ 5.99

 local, not organic
 grassfed, not local, not organic
 NO Not organic
 O Organic