





	Portland Farmers' Market/Farm Stands	Portland Natural Food Store, Local	Portland NFS, Not Local	Portland Grocery Store
October				
FRUIT				
Apples - McIntosh, tote		\$ 7.99		
Apples - Gala, lb				\$ 2.49
Apples - Pink Lady, lb				\$ 2.49
Apples - Heirloom, lb		\$ 3.89		
Apples - Honey Crisp, lb		\$ 3.59		
Apples - Honey Crisp, tote		\$ 9.69		
Blueberries, high bush - pint				\$ 10.64
Grapes - lb			\$ 2.99	\$ 3.99
Husk Cherries - pint	\$ 5.00			
Peaches - lb				\$ 2.99
Pears - lb		\$ 4.29	\$ 3.89	
Plums - lb				\$ 2.99
Strawberries - lb			\$ 6.49	

 grassfed, all natural, other non-organic labeling
 local, not organic
 Not organic
 Organic

VEGETABLES

Beans, fancy colors - lb	\$ 9.00	\$ 5.29		
Beans, green - pint	\$ 4.00			
Beans, green - lb	\$ 5.00	\$ 5.29		
Beets, red - Loose, per lb.	\$ 2.50	\$ 3.09		
Beets, gold - loose, per lb.	\$ 2.50			
Beets - bunch, per bunch	\$ 3.06			\$ 3.49
Bok Choy - bunch	\$ 3.00			\$ 4.99
bok choy, baby - lb	\$ 5.00	\$ 6.19		
Broccoli - lb	\$ 4.00	\$ 4.69		\$ 7.98
Broccoli - quart	\$ 4.00			
Broccolini - bunch	\$ 3.00	\$ 3.99		
Brussel Sprouts - lb		\$ 6.19		
Cabbage - small heads, ea	\$ 2.00			
Cabbage, red - lb	\$ 2.63	\$ 2.19		\$ 2.29
Cabbage, green - lb	\$ 2.38	\$ 2.19		\$ 2.29
Cabbage - napa, lb	\$ 2.13	\$ 2.29		
Carrots - 2#	\$ 5.00		\$ 2.99	
Carrots - loose, per lb.	\$ 2.63	\$ 3.09		
Carrots - bunched, per bunch	\$ 2.94	\$ 3.29		
Cauliflower - ea				\$ 4.99
Cauliflower - lb	\$ 4.00	\$ 3.99		
Cauliflower - quart	\$ 4.00			
Celeriac - lb		\$ 2.99		
Celery - ea	\$ 3.00	\$ 3.09		
Chard - bunch	\$ 2.83			
Collards - bunch	\$ 3.00			
Corn - per ear				\$ 1.33
Cucumber - slicer, ea				\$ 2.49
Cucumber - slicer, lb			\$ 4.89	
Eggplant - lb	\$ 3.75	\$ 4.49		
Fennel - ea	\$ 2.67	\$ 3.99		
Greens - Arugula, lb	\$ 9.80	\$ 13.89		\$ 11.17
Greens - Salad Mix, lb	\$ 9.25	\$ 17.17	\$ 11.17	\$ 11.17
Greens - Mustard, lb	\$ 10.00			
Greens - mache, lb	\$ 12.00			
Kale - baby, lb	\$ 10.00			\$ 7.26
Kale - bunch	\$ 2.80	\$ 2.99		\$ 2.99
Kohlrabi - lb		\$ 4.49		
Kohlrabi - ea	\$ 3.00			
Kohlrabi - bunch	\$ 3.00			
Leeks - bunch	\$ 2.50			
Leeks - ea	\$ 1.75			
Leeks - lb	\$ 4.00	\$ 4.69		
Lettuce - head	\$ 2.38	\$ 3.09		\$ 3.29
Lettuce - romaine, head	\$ 2.00	\$ 3.09		
Microgreens		\$ 40.43		
Onions - 3#	\$ 5.00			
Onions - white, yellow, lb	\$ 2.63			\$ 1.33
Onions - red, lb	\$ 2.75			\$ 1.66
Parsnips - lb		\$ 3.89		
Peppers - green, lb	\$ 3.50	\$ 4.29		\$ 3.99
Peppers - colored sweet, lb	\$ 4.25	\$ 5.02		\$ 4.99
Peppers - jalapeno, lb		\$ 7.99		
Peppers - jalapeno, ea	\$ 0.50			
Peppers - shishito, pint	\$ 4.00			
Peppers - shishito, lb	\$ 7.00			
Potatoes - red, white, blue, yellow, lb	\$ 2.33			\$ 1.33
Potatoes - new, quart	\$ 5.00			
Potatoes - 3#	\$ 4.00			
Potatoes - fingerling, quart	\$ 3.50			
Pumpkin - pie, lb		\$ 1.59		\$ 0.99
Radish - black, bunch	\$ 3.00			
Radish - black, lb		\$ 3.09		
Radish - daikon, bunch	\$ 3.00			
Radish - daikon, lb		\$ 3.09		
Radish - pink, bunch	\$ 2.75	\$ 3.09		
Radish - watermelon, bunch	\$ 3.00			
Radish - watermelon, lb	\$ 4.00	\$ 3.89		
Rutabaga - lb	\$ 2.00	\$ 2.79		
Shallots - lb	\$ 7.00	\$ 6.49		
Spinach - lb	\$ 9.25	\$ 20.45		
Spinach - baby, lb		\$ 13.89		
Spinach - bunch		\$ 2.99		
Summer squash - lb		\$ 3.09		\$ 3.99
Sunchoke - lb		\$ 10.29		
Sweet Potatoes - lb	\$ 3.00	\$ 2.99	\$ 3.39	\$ 1.66
Tomatoes - lb	\$ 3.63	\$ 5.04		\$ 3.99
Tomatoes - ea	\$ 1.00			
Tomatoes - quart	\$ 4.00			
Tomatoes - cherry, pint	\$ 4.75	\$ 5.39		\$ 2.99
Tomatoes - cherry, half pint	\$ 3.00			
Tomatillo - lb		\$ 7.49		
Turnip, salad - bunch	\$ 2.67	\$ 3.09		
Winter squash - Delicata, similar, lb	\$ 2.00	\$ 3.09		\$ 1.29
Winter squash - Butternut, Butter cup, other bigs - lb	\$ 1.42	\$ 1.87		\$ 0.59
Zucchini - lb	\$ 2.50	\$ 3.19		\$ 3.99

FLOWERS

Bouquet - large	\$ 10.00	\$ 12.39		
Edible - small clamshell		\$ 4.49		
Decorative gourds - ea	\$ 1.00	\$ 0.99		\$ 0.79
Mini pumpkins - ea		\$ 0.99		\$ 1.29
Carving pumpkins - lb		\$ 0.33		

HERBS

Cilantro - bunch	\$ 2.25			
Dill - bunch		\$ 2.99		
Garlic - bulb, lb		\$ 15.39		
Garlic - bulb, ea	\$ 2.50			
Garlic - scapes, bunch		\$ 2.99		
Ginger - lb		\$ 21.59	\$ 7.89	
Horseradish - lb			\$ 13.99	
Mint - bunch	\$ 2.00	\$ 2.99		
Parsley - bunch	\$ 2.25	\$ 2.99		
Oregano - bunch	\$ 2.00			
Rosemary - bunch	\$ 2.00	\$ 2.99		
Sage - bunch	\$ 2.00	\$ 2.99		
Scallions - bunch	\$ 2.83	\$ 3.09		
Thyme - bunch	\$ 2.00	\$ 2.90		
Turmeric - lb		\$ 20.79		

MUSHROOMS

Baby Bella - lb			\$ 8.18	\$ 5.98
White - lb			\$ 5.19	
Oyster - lb		\$ 15.39		\$ 13.96
Crimini - lb			\$ 5.79	
Lion's Mane - lb		\$ 15.39		
Portabella - lb			\$ 6.79	\$ 8.77
Shitake - lb		\$ 15.39	\$ 13.96	\$ 15.96
King Trumpet - lb		\$ 18.49		

MEAT & EGGS

Chicken eggs - dz, organic		\$ 6.99		\$ 4.67
Chicken (all per lb.)				
<i>Skinless Boneless Tenders, O</i>				\$ 7.99
<i>Boneless Skinless Breast, O</i>				\$ 7.49
<i>Boneless Breast, NO</i>	\$ 10.00			
<i>Ground, O</i>				\$ 6.49
<i>Drumsticks, NO</i>	\$ 5.00			
<i>Drumsticks, O</i>				\$ 3.29
<i>Boneless Skinless Thighs, O</i>				\$ 5.49
<i>Thighs, bone in, O</i>		\$ 12.39		
<i>Thighs bone-in, NO</i>	\$ 7.00			
<i>Whole, O</i>	\$ 6.50	\$ 6.79		\$ 3.49
<i>Whole, NO</i>	\$ 4.50	\$ 5.29		
<i>Wings, NO</i>	\$ 4.00			
<i>Livers, O</i>		\$ 8.49		
Turkey (all per lb.)				
<i>Sausage, O</i>		\$ 11.19		
<i>Ground, O</i>		\$ 10.49		\$ 7.49
Pork (all per lb.)				
<i>Chops, NO</i>	\$ 10.00			
<i>Boneless Chops, NO</i>		\$ 9.99		
<i>Ground, NO</i>		\$ 6.99		
<i>Ground, O</i>				\$ 5.99
<i>Sausage, O</i>		\$ 11.92		
<i>Sausage, NO</i>	\$ 8.00			
<i>Bacon, NO</i>	\$ 10.00	\$ 10.39		
<i>Canadian Bacon, NO</i>	\$ 12.00			
<i>Boston Butt, NO</i>	\$ 9.00			
<i>Tenderloin, NO</i>	\$ 18.00			
<i>Pork Ribs, O</i>		\$ 11.59		
<i>Baby Back Ribs, NO</i>	\$ 10.00			
<i>St Louis Ribs, NO</i>	\$ 6.00			
Beef (all per lb.)				
<i>Stew, NO</i>	\$ 9.95	\$ 11.99		
<i>Brisket, NO</i>	\$ 9.95			
<i>Ground, NO</i>	\$ 7.00			\$ 5.99
<i>Ground, O</i>		\$ 11.69		\$ 7.99
<i>Ground w/ Bacon, O</i>		\$ 12.39		
<i>NY Sirloin, NO</i>	\$ 12.95	\$ 16.19		
<i>NY Strip Sirloin, NO</i>	\$ 16.95			\$ 13.99
<i>Top Sirloin, NO</i>				\$ 10.99
<i>Minute Steak, O</i>		\$ 15.79		
<i>Bistro Steak, O</i>		\$ 13.29		
<i>Chuck Eye Steak, O</i>		\$ 12.59		
<i>Coulette Steak, O</i>		\$ 13.89		
<i>Sirloin Strip, O</i>		\$ 28.89		
<i>Sirloin Strip, NO</i>		\$ 18.59		
<i>Sirloin Tips, NO</i>	\$ 16.95			
<i>T-Bone, NO</i>	\$ 13.95			
<i>Porterhouse, NO</i>	\$ 13.95			
<i>Ribeye, NO</i>	\$ 13.95	\$ 21.59		\$ 12.99
<i>Filet Mignon, NO</i>	\$ 25.00			
<i>Shirt Ribs, NO</i>	\$ 9.95			
<i>Organis, NO</i>	\$ 5.00			
Lamb (all per lb.)				
<i>Ground, O</i>	\$ 12.00			
<i>Ground, NO</i>		\$ 13.89		
<i>Sausage, O</i>	\$ 14.00			
<i>Chops, O</i>	\$ 15.00			
<i>Stew, not organic</i>		\$ 14.69		

DAIRY

Milk - 1/2 gallon		\$ 5.44	\$ 4.99	\$ 4.36
Milk - gallon		\$ 9.76		
Half & Half - pint		\$ 5.79		
Half & Half - qt		\$ 10.99		\$ 4.39
Heavy Cream - pint		\$ 8.59	\$ 4.69	
Yogurt - plain, 15-16 oz		\$ 4.14		
Yogurt - flavored, 15-16 oz		\$ 4.34		
Yogurt - greek plain, 15-16 oz		\$ 6.49		
Yogurt - greek, flavored, 15-16 oz		\$ 6.24		
Yogurt - plain, 32 oz		\$ 5.74	\$ 5.39	\$ 4.29
Yogurt - flavored, 32oz		\$ 6.09	\$ 5.39	\$ 4.29
Yogurt - greek, plain, 32oz		\$ 8.59		\$ 6.99
Yogurt - greek, flavored, 32 oz		\$ 8.99		\$ 6.99