

October	Western ME Farmers' Market	Western ME Natural Food Store, Local	Western ME NFS, Not Local	Western ME Grocery Store
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FRUIT

Apples - Gala, lb			\$ 4.29	\$ 2.25
Apples - Pink Lady, lb			\$ 4.29	\$ 3.99
Blackberries - 6 oz				\$ 3.74
Blueberries, high bush - 6 oz				\$ 3.99
Grapes - lb				\$ 3.99
Husk Cherries - pint	\$ 2.50			
Pears - lb			\$ 3.39	
Plums				\$ 2.99
Raspberries - 6 oz				\$ 3.99
Strawberries - lb				\$ 5.74

VEGETABLES

Broccoli - lb		\$ 3.29		\$ 7.19
Cabbage, red - lb		\$ 2.69		\$ 2.29
Cabbage, green - lb		\$ 1.69		\$ 2.29
Cabbage - chinese, lb		\$ 2.10		
Carrots - 2#				\$ 2.24
Carrots - loose, per lb.		\$ 3.09		
Carrots - bunched, per bunch	\$ 3.00			
Cauliflower - ea				\$ 4.94
Celery - ea		\$ 1.85		
Chard - lb	\$ 3.50			
Corn - per ear				\$ 1.33
Cucumber - slicer, ea			\$ 0.79	
Greens, spring mix - lb				\$ 11.17
Kale - bunch				\$ 2.99
Lettuce, romaine - head	\$ 3.00			
Onions - white, yellow, lb		\$ 2.50		\$ 1.33
Onions - red, lb	\$ 3.00	\$ 2.50		\$ 1.66
Peas, snow - pint	\$ 3.00			
Peppers - green, lb				\$ 3.99
Peppers - red, lb	\$ 3.50			\$ 4.99
Peppers - hot, each	\$ 0.50			
Potatoes - lb				\$ 1.08
Potatoes - new, quart	\$ 4.00			
Pumpkin, pie - lb	\$ 1.50			
Shallot - lb	\$ 4.00			
Spinach, baby - lb	\$ 12.00	\$ 13.58		\$ 11.17
Summer squash - lb				\$ 2.49
Sweet Potatoes - lb				\$ 1.66
Tomatoes - lb	\$ 3.00			\$ 3.99
Tomatoes - cherry, pint	\$ 3.00			\$ 2.99
Tomatillo - qt	\$ 5.00			
Turnip, purple - lb	\$ 1.00			
Winter squash - Butternut, Butter cup, other bigs - lb	\$ 1.75			\$ 1.99

HERBS

Garlic - bulb, ea				\$ 8.26
Ginger - lb				\$ 2.99
Thyme - bunch	\$ 2.00			
Turmeric - lb	\$ 10.00			

MUSHROOMS

Baby Portabello - lb				\$ 5.98
Shiitake - lb				\$ 13.96

MEAT & EGGS

Chicken eggs - dz	\$ 3.00			
Chicken eggs - dz, organic	\$ 4.38			\$ 4.99
Chicken (all per lb.)				
<i>Ground, O</i>				\$ 6.49
Pork (all per lb.)				
<i>Bone-in Pork Chops, NO</i>	\$ 6.00			
<i>Boneless Roast, NO</i>	\$ 6.00			
<i>Ground, NO</i>	\$ 5.00			
<i>Sausage, NO</i>	\$ 5.00			
<i>Bacon, NO</i>	\$ 6.00			
<i>Back fat, NO</i>	\$ 2.00			
Beef (all per lb.)				
<i>Stew, NO</i>	\$ 6.00			
<i>Ground, NO</i>	\$ 6.62			
<i>Ground, O</i>				\$ 7.99
<i>London Broil, NO</i>	\$ 11.00			
<i>T-Bone, NO</i>	\$ 12.50			
<i>Ribeye/Porterhouse, NO</i>	\$ 14.00			
<i>Filet Mignon, NO</i>	\$ 29.99			
<i>Brisket, NO</i>	\$ 8.99			
<i>Short ribs, NO</i>	\$ 6.00			
<i>Liver, NO</i>	\$ 2.00			

DAIRY

Milk - 1/2 gallon	\$ 3.50		\$ 4.88	\$ 4.42
Milk - gallon	\$ 5.00			

all natural, grassfed, antibiotic free, etc.
 local, not organic
O organic
NO not organic