

	Bangor Farm Direct to Consumer	Bangor Natural Food Store: Local & Organic	Bangor Natural Food Store: Organic Only	Bangor Supermarket		
MAY						
FRUIT						
Apples - Gala, lb			\$ 3.59	\$ 2.49		local, not organic (proteins only)
Apples - Granny Smith, lb			\$ 3.59	\$ 2.49	NO	not organic (proteins only)
Apples - Pink Lady, lb			\$ 3.59		O	organic (proteins only)
Blackberries - lb				\$ 9.31		
Blueberries - lb				\$ 10.64		
Grapes - lb			\$ 7.45			
Peach - lb			\$ 4.45			
Pear - lb			\$ 2.15	\$ 3.49		
Raspberries - lb				\$ 13.31		
Rhubarb - lb	\$ 3.50					
Strawberries - lb			\$ 4.89	\$ 4.99		

VEGETABLES						
Artichokes - ea			\$ 2.99			
Asparagus - lb	\$ 8.00		\$ 6.25			
Beets - Loose, per lb.			\$ 3.08			
Beets - bunch, per bunch				\$ 3.49		
Boc Choi - lb			\$ 5.25	\$ 4.99		
Broccoli - lb			\$ 5.19	\$ 9.58		
Brussel Sprouts - lb			\$ 6.99			
Cabbage, red - lb			\$ 1.35	\$ 2.29		
Cabbage, green - lb			\$ 1.59	\$ 2.29		
Cabbage, napa - lb			\$ 1.99			
Carrots - 2#, rainbow			\$ 4.15	\$ 2.99		
Carrots - 2#			\$ 3.89	\$ 2.49		
Carrots - loose, per lb.		\$ 2.15	\$ 2.55			
Cauliflower - ea			\$ 5.99	\$ 5.99		
Celeriac - lb		\$ 2.75				
Celery - lb			\$ 3.55	\$ 4.78		
Chard - bunch			\$ 3.05			
Collards - bunch			\$ 3.75			
Cucumber - ea				\$ 2.99		
Cucumber - slicer, lb			\$ 2.45			
Greens - Arugula, lb	\$ 10.00	\$ 9.45				
Greens - Salad Mix, lb	\$ 10.00	\$ 8.65		\$ 9.94		
Greens - Beet, lb	\$ 3.00					
Greens - braising, lb				\$ 9.94		
Kale -baby, lb		\$ 10.85		\$ 9.94		
Kale - bunch			\$ 2.99	\$ 2.99		
Leeks - lb			\$ 4.49			
Lettuce - head				\$ 2.99		
Lettuce - romaine, head			\$ 2.99			
Onions - white, yellow, lb	\$ 2.00		\$ 1.95			
Onions - red, lb			\$ 1.95			
Parsnips - lb	\$ 2.00		\$ 2.89			
Peas, Snow - lb			\$ 11.18			
Peas, Sugar Snap - lb			\$ 15.50			
Peppers - green, lb			\$ 4.05			
Peppers - red, lb			\$ 5.05			
Peppers - yellow, lb			\$ 5.39			
Peppers - jalapeno, lb			\$ 3.99			
Potatoes - red, white, blue, yellow, lb		\$ 1.89		\$ 1.16		
Radish - daikon, lb			\$ 3.45			
Radish - pink/white, bunch	\$ 3.00					
Rutabaga - lb		\$ 3.19				
Scallions - bunch				\$ 1.69		
Shallots - lb	\$ 3.00		\$ 9.05			
Spinach - lb, early season	\$ 6.00	\$ 9.15				
Spinach - baby, lb				\$ 9.94		
Summer squash - lb				\$ 3.99		
Sunchoke - lb	\$ 3.50	\$ 4.99				
Sweet Potatoes - lb				\$ 1.66		
Tomatoes - lb			\$ 3.99			
Winter squash - Butternut, Butter cup, etc - lb			\$ 2.29	\$ 1.82		
Zucchini - lb			\$ 3.29	\$ 3.99		

HERBS						
Cilantro - bunch			\$ 2.49			
Garlic - lb	\$ 10.00		\$ 8.99			
Ginger - lb			\$ 4.49	\$ 2.99		
Horseradish - lb			\$ 14.75			
Lovage - bunch			\$ 2.05			
Parsley - bunch			\$ 2.49			
Thyme - bunch			\$ 2.55			
Turmeric - lb			\$ 27.39			

SEEDLINGS						
Annual Herbs & Veg - 3" pots		\$ 3.34				
Annual Flowers, Herbs & Veg - 6 packs	\$ 4.33	\$ 2.69				
Annual Flowers, Herbs & Veg - 4 packs		\$ 4.99				
Tomato and Peppers - 3" pot		\$ 2.69				
Flowers - 3" pots		\$ 3.99				

MUSHROOM						
Crimini - lb			\$ 5.25			
Italian Oyster - lb		\$ 14.85		\$ 13.96		
King Trumpet - lb		\$ 16.25				
Maitake - lb		\$ 16.25				
Portabello - lb			\$ 6.69			
Shiitake, lb		\$ 14.85		\$ 13.96		

MEAT & EGGS						
Chicken eggs - dz	\$ 5.00	\$ 5.00		\$ 4.49		
Chicken (all per lb.)						
Boneless Skinless Breasts, O				\$ 5.19		
Boneless Breast, O		\$ 13.49				
Boneless Breast, NO	\$ 8.20					
Bone in Breast, NO	\$ 5.30					
Drumsticks, NO	\$ 3.50					
Thighs, NO	\$ 4.25					
Wings, NO	\$ 3.25					
Ground, O				\$ 6.49		
Ground, NO	\$ 6.65	\$ 5.99				
Whole, O		\$ 5.99				
Whole, NO	\$ 3.95	\$ 4.75				
Duck (all per lb.)						
Ground, NO	\$ 7.95					
Whole, NO	\$ 4.95					
Boneless Breast, NO	\$ 10.95					
Turkey (all per lb.)						
Ground, NO	\$ 6.65			\$ 7.49		
Pork (all per lb.)						
Sausage, NO		\$ 7.49				
Bacon, NO		\$ 9.25				
Whole Smoked Ham, NO		\$ 7.75				
Beef (all per lb.)						
Stew, NO	\$ 9.50					
Ground, NO	\$ 8.50	\$ 7.75				
Ground, O		\$ 8.99		\$ 6.99		
T Bone, NO	\$ 13.00					
Ribeye, NO	\$ 16.00					
Marrow Bones, NO	\$ 4.00					
Soup Bones, O		\$ 6.75				
Lamb (all per lb.)						
Ground, NO		\$ 9.25				

DAIRY						
Milk - 1/2 gallon		\$ 3.69	\$ 7.49	\$ 4.52		
Milk - gallon				\$ 6.89		
1/2 & 1/2 - quart				\$ 4.39		
Heavy Cream - pint		\$ 4.39	\$ 5.99	\$ 4.79		
Yogurt - greek plain, 15-16 oz		\$ 7.49				
Yogurt - greek, flavored, 15 oz		\$ 8.25				
Yogurt - plain, 32 oz		\$ 7.64	\$ 7.11	\$ 3.99		
Yogurt - flavored, 32oz		\$ 7.79				
Yogurt - greek, plain, 32oz				\$ 6.39		
Butter - lb			\$ 9.62	\$ 5.64		

THANKS to Sonja Birtisiel for making this price report possible!