

	Midcoast Farm Direct to Consumer	Midcoast Natural Food Store: Local & Organic	Midcoast Natural Food Store: Organic Only	Midcoast Supermarket
<b>MAY</b>				
<b>FRUIT</b>				
Apples - Gala, lb			\$ 2.79	\$ 2.49
Apples - Granny Smith, lb			\$ 3.79	\$ 2.49
Apples - Pink Lady, lb			\$ 4.79	
Blackberries - lb			\$ 11.97	\$ 9.31
Blueberries - pint				\$ 3.99
Peach - lb			\$ 5.49	
Pear - lb			\$ 2.59	
Raspberries - lb			\$ 12.77	\$ 13.31
Rhubarb - lb	\$ 4.00			
Strawberries - lb			\$ 6.59	\$ 4.99

Key for Proteins Only:	
	local, not organic
NO	not organic
O	organic

<b>VEGETABLES</b>				
Artichokes - ea			\$ 2.99	
Asparagus - lb	\$ 8.00	\$ 7.59	\$ 6.79	
Beets - Loose, per lb.			\$ 2.99	
Boc Choi - bunch	\$ 2.50		\$ 2.99	
Broccoli - lb			\$ 4.59	\$ 9.58
Brussel Sprouts - lb			\$ 7.99	
Cabbage, red - lb			\$ 2.99	\$ 2.29
Cabbage, green - lb				\$ 2.29
Cabbage, napa - lb			\$ 2.19	
Carrots - 2#			\$ 2.99	
Carrots - loose, per lb.		\$ 2.59		
Carrots - bunched, per bunch	\$ 3.00			
Cauliflower - ea			\$ 7.59	\$ 5.99
Chard - bunch			\$ 3.29	
Collards - bunch			\$ 3.99	
Eggplant - lb			\$ 3.79	
Greens - Arugula, lb	\$ 8.33			\$ 11.17
Greens - Salad Mix, lb	\$ 10.00	\$ 14.10	\$ 12.77	\$ 11.17
Greens - braising, lb	\$ 7.78			
Fennel - ea			\$ 5.49	
Kale - baby, lb	\$ 6.67		\$ 12.77	\$ 9.94
Kale - bunch	\$ 3.00	\$ 3.29		
Leeks - lb			\$ 5.49	
Lettuce - head	\$ 1.88	\$ 1.99		
Microgreens		\$ 25.98		
Onions - white, yellow, lb				\$ 1.33
Onions - red, lb				\$ 1.66
Parsnips - lb	\$ 2.00			
Pea Shoots - lb	\$ 16.00			
Peppers - green, lb			\$ 3.49	\$ 3.99
Peppers - red, lb			\$ 3.49	\$ 4.99
Peppers - yellow, lb			\$ 5.99	
Potatoes - red, white, blue, yellow, lb	\$ 1.50	\$ 1.99		\$ 1.16
Radish - daikon, lb			\$ 3.29	
Radish - pink/white, bunch	\$ 3.00		\$ 2.99	
Scallions - bunch			\$ 1.39	
Spinach - lb, early season	\$ 8.00			
Spinach - baby, lb	\$ 10.00		\$ 12.77	
Summer squash - lb				\$ 3.99
Sweet Potatoes - lb				\$ 1.66
Tomatoes - lb				\$ 3.99
Zucchini - lb			\$ 4.79	\$ 3.99

<b>HERBS</b>				
Cilantro - bunch			\$ 1.99	
Ginger - lb			\$ 5.99	
Horseradish - lb			\$ 14.99	
Parsley - bunch	\$ 2.50		\$ 2.49	
Turmeric - lb			\$ 22.99	\$ 36.64

<b>FLOWERS</b>				
Bouquets	\$ 7.00			

<b>SEEDLINGS</b>				
Annual Herbs & Veg - 3" pots	\$ 3.50	\$ 3.49		
Annual Herbs & Veg - 4" pots	\$ 4.50	\$ 4.49		
Annual Flowers, Herbs & Veg - 6 packs	\$ 4.92	\$ 6.19		
Flowers - 3" pots	\$ 3.75			

<b>MUSHROOM</b>				
Crimini - lb			\$ 5.49	
Italian Oyster - lb				\$ 13.96
Portabello - lb			\$ 6.99	\$ 8.77
Mushroom - Shiitake, lb		\$ 16.99		\$ 13.96
White - lb			\$ 4.29	

<b>MEAT &amp; EGGS</b>				
<b>Chicken eggs - dz</b>	\$ 4.50	\$ 6.29	\$ 5.99	\$ 4.89
<b>Chicken (all per lb.)</b>				
<i>Boneless Breast, NO</i>	\$ 8.60	\$ 10.39		
<i>Bone in Breast, NO</i>	\$ 5.30			
<i>Drumsticks, NO</i>	\$ 3.75	\$ 5.19		
<i>Drumsticks, O</i>				\$ 3.29
<i>Thighs, O</i>				\$ 5.99
<i>Thighs, NO</i>	\$ 5.13			
<i>Wings, NO</i>	\$ 3.63	\$ 3.89		
<i>Ground, NO</i>	\$ 6.65			
<i>Whole, O</i>				\$ 3.09
<i>Whole, NO</i>	\$ 4.48	\$ 5.19		
<b>Duck (all per lb.)</b>				
<i>Ground, NO</i>	\$ 7.95			
<i>Whole, NO</i>	\$ 4.95			
<i>Breast, NO</i>	\$ 10.95			
<b>Turkey (all per lb.)</b>				
<i>Whole, NO</i>	\$ 3.50			
<i>Boneless Breast, NO</i>	\$ 7.50			
<i>Ground, O</i>		\$ 13.49		
<i>Ground, NO</i>	\$ 6.65			
<b>Pork (all per lb.)</b>				
<i>Bone-in Chops, NO</i>	\$ 10.00	\$ 6.99		
<i>Ground, O</i>		\$ 13.49		
<i>Ground, NO</i>	\$ 9.00	\$ 7.44		
<i>Sausage, O</i>		\$ 13.59		
<i>Sausage, NO</i>	\$ 10.00			
<i>Bacon, NO</i>	\$ 10.00	\$ 7.99		
<b>Beef (all per lb.)</b>				
<i>Stew, NO</i>				\$ 6.99
<i>Stew, O</i>		\$ 11.69		
<i>Ground, O</i>		\$ 9.99		
<i>NY Sirloin, O</i>				\$ 11.99
<i>Ribeye, O</i>				\$ 16.99
<i>Ribeye, NO</i>				\$ 12.99
<b>Lamb (all per lb.)</b>				
<i>Ground, NO</i>		\$ 13.99		

<b>DAIRY</b>				
Milk - 1/2 gallon		\$ 6.29	\$ 5.89	\$ 4.49
Milk - gallon		\$ 9.99		\$ 6.79
Heavy Cream - pint		\$ 9.39	\$ 4.29	\$ 4.79
Yogurt - plain, 15-16 oz		\$ 4.39		
Yogurt - flavored, 15-16 oz		\$ 5.89		
Yogurt - greek plain, 15-16 oz		\$ 6.44		
Yogurt - plain, 32 oz	\$ 6.00	\$ 6.69	\$ 4.59	\$ 3.99
Yogurt - flavored, 32oz	\$ 7.00	\$ 7.19	\$ 4.59	\$ 3.99
Yogurt - greek, plain, 32oz		\$ 8.69		\$ 5.59
Yogurt - greek, flavored, 32 oz		\$ 9.29		\$ 5.59
Butter - lb			\$ 7.99	\$ 5.64