

	Portland Farm Direct to Consumer	Portland Natural Food Store: Local & Organic	Portland Natural Food Store: Organic Only	Portland Supermarket
MAY				
FRUIT				
Apples - Gala, lb			\$ 2.99	\$ 2.49
Apples - Granny Smith, lb			\$ 2.99	
Blackberries - lb			\$ 11.44	
Blueberries - pint			\$ 5.59	\$ 3.99
Peach - lb			\$ 4.49	
Pear - lb			\$ 2.99	\$ 3.49
Raspberries - lb			\$ 10.64	\$ 13.31
Rhubarb - lb	\$ 5.00		\$ 4.99	
Rhubarb - bunch	\$ 3.50			
Strawberries - lb			\$ 4.99	\$ 3.99
Watermelon - lb			\$ 1.24	

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

VEGETABLES				
Artichokes - ea			\$ 2.99	
Asparagus - lb	\$ 10.00	\$ 9.29	\$ 5.99	
Beets - 5#	\$ 4.00			
Beets - Loose, per lb.	\$ 2.50		\$ 3.14	
Beets - bunch, per bunch				\$ 3.49
Boc Choi - bunch	\$ 2.00			
Boc Choi - lb		\$ 6.19		
Broccoli - lb			\$ 4.29	\$ 9.58
Brussel Sprouts - lb			\$ 7.59	
Cabbage, red - lb			\$ 2.49	\$ 2.29
Cabbage, green - lb			\$ 1.69	\$ 2.29
Cabbage, napa - lb			\$ 2.39	
Carrots - 5#		\$ 10.39		
Carrots - 2#, rainbow		\$ 5.89		\$ 2.99
Carrots - 2#			\$ 3.29	\$ 2.49
Carrots - loose, per lb.		\$ 2.69		
Carrots - bunched, per bunch				\$ 2.99
Cauliflower - ea			\$ 4.99	\$ 5.99
Celeriac - lb		\$ 3.49		
Celery - ea			\$ 3.99	
Chard - bunch	\$ 3.00	\$ 3.89		
Chard - baby, lb	\$ 9.61			
Collards - bunch			\$ 4.09	
Corn - per ear			\$ 1.59	
Cucumber - slicer, lb			\$ 3.24	
Eggplant - lb			\$ 2.99	
Greens - Arugula, lb	\$ 10.00	\$ 13.89	\$ 11.81	\$ 11.17
Greens - Salad Mix, lb	\$ 10.69	\$ 17.16	\$ 11.81	\$ 11.17
Greens - Beet, bunch	\$ 3.00			
Greens - braising, bunch	\$ 2.50			
Greens - Dandelion, bunch			\$ 4.69	
Fennel - ea			\$ 5.49	
Kale - baby, lb	\$ 10.00	\$ 13.89		\$ 11.17
Kale - bunch	\$ 2.50	\$ 3.09	\$ 2.99	\$ 2.99
Lettuce - head	\$ 2.63	\$ 2.92		\$ 3.49
Lettuce - romaine, head			\$ 3.19	
Onions - white, yellow, lb	\$ 1.67		\$ 1.99	\$ 1.33
Onions - red, lb			\$ 2.99	\$ 1.66
Parsnips - lb	\$ 2.50	\$ 3.74		
Pea Shoots - lb	\$ 20.00	\$ 23.45		
Peppers - green, lb			\$ 3.99	\$ 3.99
Peppers - red, lb			\$ 3.99	\$ 4.99
Peppers - yellow, lb			\$ 5.99	
Potatoes - red, white, blue, yellow, lb	\$ 2.08	\$ 2.34	\$ 1.89	\$ 1.16
Potatoes - 5#	\$ 7.00	\$ 7.69		
Radish - daikon, lb			\$ 3.69	
Radish - pink/white, bunch	\$ 3.00	\$ 3.99		
Rutabaga - lb	\$ 2.00	\$ 3.09		
Scallions - bunch		\$ 3.09	\$ 1.99	
Shallots - lb	\$ 6.00		\$ 10.89	
Spinach - lb, early season	\$ 10.31	\$ 18.24		
Spinach - baby, lb			\$ 11.81	\$ 9.22
Spinach - bunch		\$ 2.99		
Summer squash - lb			\$ 4.29	\$ 3.99
Sunchoke - lb			\$ 2.99	
Sweet Potatoes - lb			\$ 3.34	
Tomatoes - lb				\$ 3.99
Turnips - salad, bunch	\$ 3.00			
Turnips - purple top, lb		\$ 2.24		
Winter squash - Butternut, Butter cup, etc - lb			\$ 2.49	
Zucchini - lb			\$ 4.69	\$ 3.99

HERBS				
Chives - bunch	\$ 2.25	\$ 2.99		
Cilantro - bunch			\$ 1.99	
Garlic - lb			\$ 8.99	
Ginger - lb			\$ 8.99	
Horseradish - lb			\$ 14.99	
Lovage - bunch		\$ 2.99		
Marjoram - bunch	\$ 2.00			
Oregano - bunch		\$ 2.99		
Parsley - bunch	\$ 2.00	\$ 2.99	\$ 2.99	
Rosemary - bunch		\$ 3.99		
Sage - bunch	\$ 2.00			
Thyme - bunch	\$ 2.00			

FLOWERS				
Lilac Bouquets	\$ 10.00			
Mason Jar Bouquet		\$ 13.99		

SEEDLINGS				
Annual Herbs & Veg - 3" pots	\$ 3.63	\$ 3.54		
Annual Herbs & Veg - 4" pots		\$ 4.59		
Annual Flowers, Herbs & Veg - 6 packs	\$ 5.13	\$ 5.69		
Annual Flowers, Herbs & Veg - 4 packs		\$ 3.89		
Annual Flowers, Herbs & veg - 3 packs	\$ 3.00			
Tomato and Peppers - 3" pot	\$ 4.25			
Flowers - 3" pots	\$ 4.25	\$ 6.39		
Flowers - 6 pack	\$ 5.00			

MUSHROOM				
White - lb			\$ 5.29	
Crimini - lb			\$ 5.39	
Italian Oyster - lb				\$ 13.96
King Trumpet - lb		\$ 18.49		
Portabello - lb			\$ 6.79	\$ 8.77
Mushroom - Shiitake, lb				\$ 13.96

MEAT & EGGS				
Chicken eggs - dz	\$ 5.00	\$ 6.99		\$ 4.67
Duck eggs - dz		\$ 12.78		
Chicken (all per lb.)				
Boneless Skinless Breasts, O		\$ 14.14		\$ 7.24
Thighs, O		\$ 11.69		\$ 5.49
Wings, o		\$ 6.39		
Ground, O				\$ 6.49
Whole, o		\$ 6.79		\$ 3.39
Turkey (all per lb.)				
Ground, O				\$ 7.49
Pork (all per lb.)				
Bone-in Pork Chops, O		\$ 13.89		
Boneless Chops, O	\$ 9.00			
Canadian Bacon, NO				\$ 9.99
Ground, O	\$ 7.50			\$ 7.99
Sausage, NO	\$ 5.50			\$ 6.07
Bacon, O		\$ 16.99		
Beef (all per lb.)				
Ground, O		\$ 11.69		\$ 6.99
NY Sirloin, NO		\$ 28.89		
Chuck Roast, NO		\$ 12.59		

DAIRY				
Milk - 32 oz		\$ 3.96		
Milk - 1/2 gallon		\$ 5.19	\$ 5.19	\$ 4.73
Milk - gallon		\$ 10.49	\$ 6.39	
Heavy Cream - pint		\$ 11.49	\$ 4.89	\$ 4.79
Yogurt - plain, 15-16 oz	\$ 4.50	\$ 4.49		
Yogurt - flavored, 15-16 oz	\$ 4.50	\$ 5.49		
Yogurt - greek plain, 15-16 oz	\$ 7.00	\$ 6.39		
Yogurt - greek, flavored, 15 oz		\$ 6.92		
Yogurt - plain, 32 oz	\$ 7.00	\$ 5.94	\$ 4.99	\$ 3.99
Yogurt - flavored, 32oz	\$ 7.00	\$ 7.09	\$ 6.74	\$ 3.99
Yogurt - greek, plain, 32oz		\$ 8.99		
Yogurt - greek, flavored, 32 oz		\$ 9.69		
Butter - lb			\$ 6.82	