

JUNE (data from late May/early June)	Farmers' Market Pricing				Natural Food Stores (2)		
	Average Price	# of Farms	Low	High	Local & Organic Average (highlighted when only local)	Organic (Not Local) Average	Grocery Store Average (2 stores)
<b>FRUIT</b>							
Apples - Gala, lb						\$ 2.79	\$ 2.50
Apples - Granny Smith, lb						\$ 2.99	
Apples - Pink Lady, lb						\$ 2.99	
Blackberries - lb							\$ 10.64
Blueberries, high bush - lb							\$ 7.97
Blueberries, wild - pint	\$ 6.50	1					
Blueberries, wild - quart	\$ 10.50	1					
Blueberries, wild - 5 lbs	\$ 30.00	1					
Grapes - lb						\$ 5.09	\$ 3.99
Nectarines - lb						\$ 3.99	\$ 3.99
Peach - lb						\$ 3.99	\$ 3.99
Pear - lb						\$ 2.26	
Raspberries - lb						\$ 11.44	
Raspberries - half pint					\$ 7.49		
Rhubarb - lb					\$ 4.99		
Strawberries - lb						\$ 6.49	
Watermelon - lb						\$ 0.99	

local, not organic  
not organic  
organic

VEGETABLES	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Asparagus - bunch						\$ 7.79	
Beets - Loose, per lb.	\$ 3.06	4	\$ 2.50	\$ 4.00	\$ 2.74		
Beets - bunch, per bunch	\$ 3.60	10	\$ 3.00	\$ 4.00	\$ 3.69		\$ 3.49
Bok Choy - each	\$ 2.75	2	\$ 2.50	\$ 3.00			
Bok Choy - lb	\$ 5.00	2	\$ 5.00	\$ 5.00	\$ 5.99		
Broccoli - lb	\$ 4.00	2	\$ 4.00	\$ 4.00	\$ 4.24		\$ 9.58
Broccolini - bunch	\$ 3.00	3	\$ 3.00	\$ 3.00	\$ 3.99		
Brussel Sprouts - lb						\$ 9.98	
Cabbage, red - lb	\$ 2.25	2	\$ 2.00	\$ 2.50	\$ 2.39		\$ 12.77
Cabbage, green - lb	\$ 1.82	7	\$ 1.50	\$ 2.50	\$ 2.64		\$ 6.38
Cabbage, napa - lb	\$ 1.75	2	\$ 1.50	\$ 2.00	\$ 2.66		
Carrots - 2#							\$ 2.49
Carrots - loose, per lb.	\$ 2.88	2	\$ 2.75	\$ 3.00	\$ 2.99		
Carrots - bunched, per bunch	\$ 3.17	6	\$ 3.00	\$ 4.00			\$ 3.99
Cauliflower - lb	\$ 3.67	3	\$ 3.00	\$ 4.00	\$ 4.49		
Cauliflower - eac						\$ 4.99	\$ 4.99
Celeriac - lb					\$ 3.49		
Celery - lb							\$ 6.38
Chard - bunch	\$ 3.00	11	\$ 3.00	\$ 3.00	\$ 3.64		
Collards - bunch	\$ 3.00	1			\$ 3.14		
Cucumber - slicer, lb	\$ 2.65	10	\$ 2.00	\$ 3.50	\$ 2.39		
Cucumber - slicer, ea	\$ 1.17	3	\$ 1.00	\$ 1.50			
Cucumber - pickling, lb	\$ 2.75	2	\$ 2.00	\$ 3.50	\$ 2.99		
Escarole - head	\$ 3.00	1			\$ 3.14		
Eggplant - lb	\$ 4.38	4	\$ 4.00	\$ 5.00	\$ 4.99	\$ 2.99	
Eggplant - Fairytale, pint	\$ 4.00	2	\$ 4.00	\$ 4.00			
Fava Beans - lb	\$ 5.00	1					
Fennel - ea	\$ 2.25	2	\$ 2.00	\$ 2.50	\$ 2.99		
Frisee - head	\$ 3.00	2	\$ 3.00	\$ 3.00	\$ 3.59		
Greens - Arugula, lb	\$ 11.67	6	\$ 10.00	\$ 16.00	\$ 15.72		
Greens - Beet, bunch	\$ 3.00	1			\$ 3.29		
Greens - Beet, lb	\$ 4.00	1					
Greens - Dandelion, bunch	\$ 3.50	1			\$ 1.99		
Greens - Salad Mix, lb	\$ 11.04	8	\$ 8.89	\$ 14.00	\$ 16.93		\$ 9.54
Greens - Spicy, lb	\$ 10.96	3	\$ 8.89	\$ 14.00	\$ 15.39		
Green Beans - lb	\$ 4.88	4	\$ 3.50	\$ 6.00			
Kale - baby, lb	\$ 12.00	2	\$ 10.00	\$ 14.00	\$ 12.99		
Kale - bunch	\$ 2.89	12	\$ 2.50	\$ 3.00	\$ 2.99		\$ 2.99
Kohlrabi - each	\$ 2.00	3	\$ 2.00	\$ 2.00			
Kohlrabi - bunch	\$ 3.00	1					
Kohlrabi - lb	\$ 4.00	1			\$ 2.99		
Leeks - bunch	\$ 4.00	1					
Lettuce - head	\$ 2.70	9	\$ 2.50	\$ 3.00	\$ 3.26		\$ 3.49
Lettuce - mini head, each	\$ 1.83	2	\$ 1.50	\$ 2.00			
Lettuce - romaine, head	\$ 2.50	2	\$ 2.00	\$ 3.00	\$ 3.14	\$ 3.99	
Microgreens	\$ 26.67	1			\$ 36.48		
Onions - fresh, bunch	\$ 3.50	6	\$ 3.00	\$ 4.00	\$ 3.39		
Onions - white, yellow, lb						\$ 2.49	\$ 1.33
Onions - red, lb						\$ 2.64	\$ 1.66
Peas - half pint	\$ 3.00	1					
Peas - lb	\$ 4.50	2	\$ 4.00	\$ 5.00			
Pea Shoots - lb	\$ 22.50	4	\$ 20.00	\$ 26.67			
Peppers - green, lb	\$ 4.00	1				\$ 4.49	\$ 3.49
Peppers - color, lb	\$ 5.00	2	\$ 4.00	\$ 6.00		\$ 5.99	\$ 11.96
Peppers - poblano, pint	\$ 4.00	1					
Peppers - jalapeno, pint	\$ 4.00	1				\$ 5.99	
Peppers - shishito, pint	\$ 3.42	5	\$ 3.00	\$ 4.00			
Potatoes - all colors, lb	\$ 2.00	1			\$ 3.49	\$ 2.16	\$ 1.33
Potatoes - pints	\$ 3.25	6	\$ 2.50	\$ 4.00	\$ 3.50		
Radicchio - each	\$ 3.00	1			\$ 3.24		
Radish - daikon, lb						\$ 3.29	
Radish - pink/white, bunch	\$ 3.00	3	\$ 3.00	\$ 3.00	\$ 3.64		
Rutabaga - lb						\$ 3.59	
Scallions - bunch	\$ 2.78	9	\$ 2.00	\$ 3.00	\$ 2.89		
Snap Peas - pint	\$ 3.25	4	\$ 2.00	\$ 5.00			
Snap Peas - lb					\$ 6.49	\$ 5.99	
Snow Peas - pint	\$ 4.00	1					
Spinach - lb	\$ 11.76	1			\$ 12.98		\$ 9.54
Summer squash - lb	\$ 2.67	11	\$ 2.00	\$ 3.50	\$ 2.99		\$ 3.49
Summer squash - pint	\$ 5.00	1					
Sunchoke - lb	\$ 3.75	1					
Sweet Potatoes - lb						\$ 2.99	\$ 1.66
Tomatoes - lb	\$ 4.33	6	\$ 3.50	\$ 5.00			
Tomatoes - pint	\$ 3.50	2	\$ 3.00	\$ 4.00		\$ 3.49	\$ 3.99
Tomatoes - cherry, half pint	\$ 2.90	5	\$ 2.50	\$ 3.00			
Turnips - salad, bunch	\$ 3.00	2	\$ 3.00	\$ 3.00	\$ 3.99		
Turnips - purple top, lb					\$ 2.99		
Winter squash - all varieties, lb						\$ 2.89	
Zucchini - lb	\$ 2.77	12	\$ 2.00	\$ 3.50	\$ 2.89	\$ 2.79	

HERBS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Basil - bunch	\$ 2.58	6	\$ 2.00	\$ 3.00	\$ 3.99		
Basil - lb	\$ 10.00	1					
Cilantro - bunch	\$ 2.30	5	\$ 2.00	\$ 2.50	\$ 2.89		\$ 2.49
Dill - bunch	\$ 2.17	3	\$ 2.00	\$ 2.50		\$ 2.99	
Garlic - lb	\$ 10.00	2	\$ 8.00	\$ 12.00		\$ 4.99	\$ 8.26
Garlic, green - lb					\$ 17.99		
Garlic, green - bunch	\$ 4.00	1					
Garlic Scapes - bunch	\$ 2.83	2	\$ 2.50	\$ 3.00	\$ 3.49		
Oregano - bunch						\$ 2.99	
Parsley - bunch	\$ 2.50	5	\$ 2.00	\$ 3.00	\$ 3.24		
Rosemary - bunch					\$ 3.64	\$ 2.99	
Sage - bunch							\$ 2.49
Tarragon - bunch					\$ 3.29	\$ 2.99	\$ 2.49
Turmeric - lb						\$ 17.99	
Thyme - bunch					\$ 3.29	\$ 2.99	\$ 2.49

FLOWERS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Mason Jar Bouquets	\$ 11.50	2	\$ 10.00	\$ 13.00			
Lily Bouquets	\$ 15.00	1					
Sweet Pea Bunch	\$ 5.00	1					
Sunflower Bunch	\$ 6.00	1			\$ 9.99		
Mixed Bouquets	\$ 10.00	2	\$ 8.00	\$ 12.00			

MUSHROOM	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Crimini - lb						\$ 5.24	
Oyster - lb					\$ 12.49		
Portobello - lb						\$ 5.99	
Shiitake - lb						\$ 13.99	
Shiitake - pint	\$ 4.00	1					
White - lb						\$ 5.09	

MEAT & EGGS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Chicken eggs - dz					\$ 7.69	\$ 5.99	\$ 4.29
Duck eggs - dz					\$ 12.78		
Chicken (all per lb.)							
Boneless Breast, O	\$ 11.25	1			\$ 13.99		\$ 6.69
Boneless Breast, NO	\$ 8.20	1			\$ 9.29		
Bone in Breast, O	\$ 9.50	1			\$ 13.39		
Bone in Breast, NO	\$ 5.30	1					
Drumsticks, NO	\$ 3.50	1			\$ 5.29		
Drumsticks, O	\$ 5.00	1			\$ 6.39		\$ 3.49
Thighs, O	\$ 8.75	1			\$ 11.69		
Thighs, NO	\$ 4.25	1			\$ 5.79		
Wings, O	\$ 4.25	1			\$ 6.39		
Wings, NO	\$ 3.25	1			\$ 4.69		
Ground, O	\$ 8.50	1			\$ 9.99		
Ground, NO	\$ 6.65	1			\$ 7.74		
Whole, O	\$ 4.95	2			\$ 6.99	\$ 2.29	\$ 2.69
Whole, NO	\$ 3.95	1			\$ 5.39		
Duck (all per lb.)							
Ground, NO	\$ 7.95	1					
Whole, NO	\$ 4.95	1					
Breast, NO	\$ 10.95	1					
Turkey (all per lb.)							
Ground, O							\$ 7.49
Whole, O	\$ 4.95	1					
Breast, O	\$ 11.25	1					
Ground, O	\$ 9.00	1					
Ground, NO	\$ 6.65	1			\$ 10.79		
Pork (all per lb.)							
Bone-in Pork Chops, O					\$ 13.89		
Bone-in Chops, NO	\$ 10.63	4	\$ 9.00	\$ 13.50	\$ 8.89		
Boneless Chops, NO					\$ 9.99		
Spare Ribs, NO	\$ 6.50	2	\$ 6.00	\$ 7.00			
Ground, NO	\$ 8.00	3	\$ 7.25	\$ 8.75	\$ 7.19		
Sausage, O					\$ 13.59		
Sausage, NO	\$ 9.33	3	\$ 9.00	\$ 10.00	\$ 8.29		
Bacon, O					\$ 16.49		
Bacon, NO	\$ 11.75	4	\$ 10.00	\$ 14.00	\$ 10.39		
Tenderloin, NO	\$ 15.75	1			\$ 11.59		
Beef (all per lb.)							
Stew, NO	\$ 7.50	1			\$ 10.66		
Stew, O					\$ 11.34		
Ground, NO	\$ 7.25	2	\$ 6.50	\$ 8.00	\$ 8.99		
Ground, O					\$ 9.49		\$ 6.99
NY Sirloin, O					\$ 26.99		\$ 11.99
NY Sirloin, NO	\$ 11.50	1					