

September	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)
FRUIT							
Apple Cider - half gallon	\$ 6.00	1					
Apples - Gala, pint					\$ 5.99		
Apples - Gala, lb							\$ 1.99
Apples - Granny Smith, lb							\$ 2.49
Apples - various, lb					\$ 4.29		
Blueberries, high bush - lb							\$ 10.64
Blueberries, wild - quart	\$ 10.50	1					
Blueberries, wild, frozen - lb					\$ 5.99		
Cantaloupe - lb	\$ 1.63	2	\$ 1.50	\$ 1.75	\$ 6.49		
Grapes - lb							\$ 2.99
Husk cherries - pint	\$ 3.50	2	\$ 3.00	\$ 4.00			
Kiwi berries - half pint					\$ 4.99	\$ 2.29	
Peach - lb							\$ 3.99
Pear - lb					\$ 4.79		\$ 1.49
Plums - lb					\$ 3.49		\$ 2.99
Strawberries - pint	\$ 6.00	1					
Watermelon - lb	\$ 1.50	2	\$ 1.00	\$ 2.00			

NO local, not organic
O not organic
organic

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VEGETABLES							
Asparagus - bunch						\$ 6.99	
Beets - Loose, per lb.	\$ 2.38	4	\$ 2.00	\$ 3.00	\$ 2.99		
Beets - bunch, per bunch	\$ 3.40	5	\$ 3.00	\$ 4.00	\$ 3.29		\$ 3.49
Bok Choy - each	\$ 2.25	5	\$ 2.00	\$ 3.25			
Bok Choy - lb	\$ 10.00	1			\$ 5.99		
Broccoli - lb	\$ 4.33	3	\$ 4.00	\$ 5.00		\$ 4.99	\$ 9.58
Broccolini - bunch	\$ 3.63	4	\$ 3.00	\$ 4.50	\$ 3.99		
Brussel Sprouts - lb					\$ 7.49		
Cabbage, red - lb	\$ 2.00	1			\$ 2.64		\$ 12.77
Cabbage, green - lb	\$ 1.83	3	\$ 1.00	\$ 2.50	\$ 2.42		\$ 6.38
Cabbage, napa - lb	\$ 1.83	3	\$ 1.50	\$ 2.00	\$ 1.99		
Carrots - 2#					\$ 5.49		
Carrots - loose, per lb.	\$ 2.38	4	\$ 2.00	\$ 3.00	\$ 2.82		
Carrots - bunched, per bunch	\$ 3.33	3	\$ 3.00	\$ 3.50	\$ 3.64		\$ 3.99
Cauliflower - lb	\$ 4.00	2	\$ 4.00	\$ 4.00	\$ 3.99		
Cauliflower - eac							\$ 3.99
Celeriac - lb	\$ 2.00	2	\$ 2.00	\$ 2.00	\$ 3.99		
Celery - bunch/ea	\$ 3.25	2	\$ 2.50	\$ 4.00	\$ 4.24		
Chard - bunch	\$ 3.04	6	\$ 3.00	\$ 3.25	\$ 3.64		
Collards - bunch	\$ 3.13	2	\$ 3.00	\$ 3.25	\$ 2.99		
Cucumber - slicer, lb	\$ 3.00	2	\$ 2.00	\$ 4.00	\$ 2.64		\$ 5.31
Cucumber - slicer, ea	\$ 1.00	1					\$ 1.99
Cucumber - pickling, lb	\$ 4.00	1					
Eggplant - lb	\$ 4.00	7	\$ 3.00	\$ 5.00	\$ 4.99		\$ 5.58
Fennel - bunch/ea	\$ 2.83	3	\$ 2.50	\$ 3.00	\$ 2.99		
Greens - Arugula, lb	\$ 11.59	5	\$ 9.85	\$ 16.00	\$ 17.56		\$ 10.26
Greens - Mesclun, lb	\$ 12.50	1					
Greens - Salad Mix, lb	\$ 10.83	8	\$ 8.00	\$ 16.00	\$ 17.14		
Greens - Spicy, lb	\$ 9.58	3	\$ 8.89	\$ 10.00	\$ 15.49		
Green/Bush Beans - lb	\$ 4.25	2	\$ 3.50	\$ 5.00			
Kale - baby, lb	\$ 8.89	1			\$ 16.48		\$ 10.26
Kale - bunch	\$ 2.86	8	\$ 2.50	\$ 3.25	\$ 2.99		\$ 2.99
Kohlrabi - lb	\$ 3.00	1			\$ 2.99		
Leeks - bunch	\$ 2.63	2	\$ 2.00	\$ 3.25			
Leeks - lb	\$ 3.50	5	\$ 3.00	\$ 4.00	\$ 3.99		
Lettuce - head	\$ 2.85	5	\$ 2.50	\$ 3.25	\$ 2.99		\$ 8.70
Lettuce - mini head, each	\$ 2.00	2	\$ 2.00	\$ 2.00			
Lettuce - romaine, head					\$ 2.99		\$ 3.49
Microgreens					\$ 36.48		
Onions - white, yellow, lb	\$ 2.57	5	\$ 2.00	\$ 3.00	\$ 2.49		\$ 1.33
Onions - red, lb	\$ 2.75	4	\$ 2.00	\$ 3.00	\$ 2.19		\$ 1.66
Parsnips - lb					\$ 2.99		
Pea Shoots - lb	\$ 14.38	3	\$ 12.00	\$ 16.00			
Peppers - green, lb	\$ 3.83	6	\$ 3.00	\$ 4.00	\$ 3.74		\$ 9.96
Peppers - color, lb	\$ 4.50	8	\$ 4.00	\$ 6.00	\$ 5.29		\$ 11.96
Peppers - poblano, lb					\$ 4.99		
Peppers - hot, ea	\$ 0.51	8	\$ 0.25	\$ 1.00			
Peppers - hot, lb	\$ 5.00	1			\$ 9.24		
Peppers - shishito, pint	\$ 4.63	4	\$ 3.50	\$ 6.00			
Popcorn - ear	\$ 1.00	1					
Potatoes - all colors, lb	\$ 2.50	3	\$ 2.00	\$ 3.00	\$ 2.71		\$ 1.33
Potatoes - pints	\$ 3.38	4	\$ 2.50	\$ 4.00	\$ 2.87		
Pumpkins, Pie - lb	\$ 3.00	1			\$ 1.74		
Radicchio - each	\$ 3.38	2	\$ 3.25	\$ 3.50	\$ 3.24		
Radish - daikon, lb	\$ 2.50	2	\$ 2.00	\$ 3.00	\$ 4.14		
Radish - pink/white, bunch	\$ 2.96	6	\$ 2.50	\$ 3.00	\$ 3.99		
Rutabaga - lb					\$ 2.99		
Scallions - bunch	\$ 2.69	4	\$ 2.00	\$ 3.25	\$ 2.89		\$ 2.29
Shallots - lb	\$ 5.83	3	\$ 5.00	\$ 6.00	\$ 6.32		
Snap Peas - pint	\$ 4.00	2	\$ 4.00	\$ 4.00			
Snap Peas - lb	\$ 8.00	1					
Spinach - lb	\$ 9.55	7	\$ 8.00	\$ 11.67	\$ 14.62		\$ 10.26
Summer squash - lb	\$ 3.50	2	\$ 3.00	\$ 4.00	\$ 2.74		\$ 7.33
Summer squash - quart	\$ 4.00	1					
Sweet Potatoes - lb	\$ 3.00	1			\$ 2.99	\$ 3.14	\$ 1.66
Tomatillo - lb	\$ 5.00	1					
Tomatillo - pint	\$ 5.00	1					
Tomatoes - lb	\$ 3.67	8	\$ 3.00	\$ 5.00	\$ 3.99		
Tomatoes - pint	\$ 3.50	3	\$ 2.50	\$ 5.00			
Tomatoes - cherry, pint	\$ 4.42	5	\$ 3.50	\$ 6.00	\$ 5.64		
Turnips - salad, bunch	\$ 3.08	3	\$ 3.00	\$ 3.25	\$ 3.99		
Turnips - purple top, lb					\$ 2.74		
Winter squash - all varieties, lb	\$ 2.11	10	\$ 1.50	\$ 3.00	\$ 2.09		\$ 1.74
Zucchini - lb	\$ 3.00	3	\$ 2.00	\$ 4.00	\$ 2.99		\$ 7.33

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HERBS							
Basil - bunch	\$ 2.00	1			\$ 3.99		
Cilantro - bunch	\$ 2.33	6			\$ 2.99		
Chives - bunch	\$ 2.50	1			\$ 3.99		\$ 2.49
Dill - bunch	\$ 2.30	5					
Garlic - lb	\$ 11.30	5			\$ 13.49	\$ 8.99	
Garlic - bulb	\$ 2.75	1					
Garlic, seed - lb	\$ 19.50	1					
Garlic Scapes - bunch					\$ 3.49		
Ginger - lb					\$ 20.99	\$ 6.99	
Lemongrass - bunch	\$ 3.50	1					
Mint - bunch	\$ 2.50	1			\$ 3.99		\$ 2.49
Oregano - bunch	\$ 2.50	1			\$ 3.99		
Parsley - bunch	\$ 2.33	6			\$ 3.24		\$ 2.49
Rosemary - bunch	\$ 2.50	2			\$ 3.64		\$ 2.49
Sage - bunch	\$ 2.50	2			\$ 3.99		\$ 2.49
Tarragon - bunch	\$ 2.50	1			\$ 3.99		\$ 2.49
Turmeric - lb					\$ 22.99		
Thyme - bunch	\$ 2.50	2			\$ 3.99		\$ 2.49

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FLOWERS & DECORATIVE SQUASH							
Edible Flowers - pint clamshell	\$ 5.00	1					
Dahlia Bunch	\$ 12.00	1					
Decorative LG Pumpkins (ea)	\$ 8.75	1					
Decorative MINI Pumpkins - ea	\$ 1.50	1					
Decorative SM Gourds - ea	\$ 1.25	2					
Rudbeckia Bunch	\$ 7.00	1					
Sunflower Bunch	\$ 6.00	1					
Mixed Bouquets	\$ 10.50	4			\$ 13.99		
Decorative LG Pumpkins (ea)	\$ 8.75	1					

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MUSHROOM							
Beech - lb					\$ 15.99		
Crimini - lb							
King Trumpet - lb					\$ 15.49		
Lion's Mane - lb					\$ 22.98		
Oyster - lb					\$ 27.96		\$ 15.96
Portabello - lb							\$ 8.77
Shiitake - lb					\$ 20.98		\$ 15.96
White - lb							\$ 5.58

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MEAT & EGGS							
Chicken eggs - dz	\$ 5.50	3	\$ 5.00	\$ 6.00	\$ 7.69	\$ 5.49	\$ 5.34
Duck eggs - dz					\$ 12.78		
Chicken (all per lb.)							
Boneless Breast, O	\$ 13.00	1			\$ 15.29		\$ 7.29
Boneless Breast, NO	\$ 9.38	3	\$ 8.21	\$ 10.00	\$ 10.39		
Bone in Breast, NO	\$ 5.30	1					
Drumsticks, NO	\$ 4.95	1					
Drumsticks, O							\$ 3.49
Thighs, O					\$ 12.39		\$ 5.79
Thighs, NO	\$ 5.10	2	\$ 4.25	\$ 5.95			
Wings, O	\$ 6.00	1					
Wings, NO	\$ 4.07	3	\$ 3.25	\$ 5.00			
Ground, O							\$ 6.49
Ground, NO	\$ 6.65	1			\$ 7.99		
Whole, O	\$ 6.00	1					\$ 2.69
Whole, NO	\$ 4.48	2	\$ 3.95	\$ 5.00			
Duck (all per lb.)							
Ground, NO	\$ 7.95	1					
Whole, O	\$ 7.95	1					
Whole, NO	\$ 4.95	1					
Breast, NO	\$ 10.95	1					
Turkey (all per lb.)							
Sausage, O					\$ 11.69		
Ground, O					\$ 13.49		\$ 7.49
Ground, NO	\$ 6.65	1					
Pork (all per lb.)							
Bone-in Pork Chops, O					\$ 13.89		
Bone-in Chops, NO	\$ 7.31	3	\$ 5.95	\$ 10.00	\$ 6.99		
Boneless Chops, NO					\$ 7.49		
Spare Ribs, NO	\$ 6.00	1					
Ground, O					\$ 12.39		
Ground, NO	\$ 8.00	1					
Sausage, O					\$ 10.99		
Sausage, NO	\$ 7.50	2	\$ 5.99	\$ 9.00			
Bacon, O					\$ 12.99		\$ 11.98
Bacon, NO	\$ 10.00	2	\$ 10.00	\$ 10.00	\$ 9.19		
Tenderloin, NO					\$ 11.99		
Beef (all per lb.)							
Stew, NO	\$ 8.98	2	\$ 8.00	\$ 9.95	\$ 7.99		
Stew, O					\$ 10.84		
Hot dogs, O	\$ 13.50	1					\$