

	Bangor Farmers' Market	Bangor Natural Food Store, Local	Bangor NFS, Not Local	Bangor Grocery Store
JULY				

FRUIT

Apples - Gala, lb			\$ 3.55	\$ 2.33
Apples - Granny Smith, lb			\$ 3.55	
Apples - Pink Lady, lb			\$ 3.55	
Blueberries - pint			\$ 3.99	
Cherries - lb			\$ 9.49	
Grapes - lb			\$ 4.44	
Peaches - lb			\$ 4.55	
Pears - lb			\$ 2.25	
Raspberries - pint		\$ 5.99	\$ 4.25	
Strawberries - lb			\$ 5.85	

local, not organic

VEGETABLES

Asparagus - lb			\$ 7.45	
Beans, green - lb	\$ 4.00	\$ 3.99		
Beets, red - Loose, per lb.		\$ 3.05		
Beets, gold - loose, per lb.		\$ 2.99		
Beets - bunch, per bunch	\$ 3.33			
bok Choy - lb		\$ 2.75		
Broccoli - lb	\$ 4.00	\$ 3.99		\$ 5.99
Brussel Sprouts - lb			\$ 11.99	
Cabbage, red - lb	\$ 2.00	\$ 1.59		\$ 2.29
Cabbage, green - lb	\$ 1.25	\$ 1.89		\$ 2.29
Cabbage, Napa - lb	\$ 1.25			\$ 1.99
Carrots - 2#, rainbow			\$ 4.15	\$ 2.99
Carrots - 2#			\$ 3.89	\$ 2.49
Carrots - loose, per lb.			\$ 2.15	
Carrots - bunched, per bunch	\$ 3.00	\$ 2.25		\$ 2.99
Cauliflower - lb	\$ 3.33			
Cauliflower - ea		\$ 6.25		\$ 5.99
Celeriac - lb		\$ 2.75		
Celery - lb				\$ 5.58
Chard - bunch	\$ 3.00	\$ 2.25		
Collards - bunch	\$ 3.00			
Cucumber - slicer, ea	\$ 1.17			
Cucumber - slicer, lb	\$ 2.00		\$ 2.75	
Cucumber - pickling, lb	\$ 2.00	\$ 1.99		
Eggplant - lb	\$ 3.50			
Fennel - ea	\$ 3.00			
Fennel - lb		\$ 1.69		
Greens - Arugula, lb	\$ 10.00	\$ 8.75		\$ 10.26
Greens - Salad Mix, lb	\$ 10.00			\$ 10.26
Greens - Beet, lb	\$ 3.50			
Kale - baby, lb				\$ 10.26
Kale - bunch	\$ 3.00	\$ 2.25		\$ 2.99
Kohlrabi - ea	\$ 1.75			
Kohlrabi - lb	\$ 3.00			
Leeks - lb	\$ 4.00		\$ 3.59	
Lettuce - head	\$ 2.67	\$ 2.45		\$ 2.99
Lettuce - romaine, head	\$ 3.00		\$ 4.49	\$ 3.49
Onions - white, yellow, lb		\$ 2.75	\$ 1.95	\$ 1.33
Onions - red, lb			\$ 1.95	\$ 1.66
Onions - bunch	\$ 3.50			
Parsnips - lb		\$ 2.89		
Peas - lb	\$ 4.00	\$ 3.99		
Peas - qt	\$ 4.00			
Peppers - green, lb	\$ 5.00			
Peppers - red, lb			\$ 6.85	
Peppers - yellow, lb			\$ 6.85	
Peppers - jalapeno, lb			\$ 7.99	
Potatoes - red, white, blue, yellow, lb		\$ 1.89		\$ 1.50
Potatoes - new, quart	\$ 4.50	\$ 5.45		
Radicchio - ea	\$ 3.00	\$ 2.25		
Radish - daikon, lb			\$ 2.85	
Radish - pink, bunch	\$ 3.00			
Shallots - lb			\$ 9.05	
Spinach - baby, lb		\$ 10.90		\$ 10.26
Summer squash - lb	\$ 2.00			\$ 3.99
Sweet Potatoes - lb			\$ 2.99	
Tomatoes - lb	\$ 4.75	\$ 4.35		
Tomatoes - cherry, pint	\$ 4.25			
Turnip, salad - lb	\$ 3.00			
Winter squash - Delicata, lb			\$ 1.97	
Winter squash - Butternut, Buttercup, other bigs - lb			\$ 2.09	\$ 1.99
Zucchini - lb	\$ 2.00	\$ 3.29		\$ 3.99

FLOWERS

Bouquet - large	\$ 10.00			
Bouquet - small	\$ 6.00			
Sunflower bouquet	\$ 5.00			

HERBS

Basil - bunch	\$ 3.00	\$ 2.75		
Basil - lb	\$ 8.00			
Cilantro - bunch	\$ 2.50	\$ 2.49		
Dill - bunch	\$ 2.00			
Garlic - bulb, lb	\$ 9.50			
Garlic - green bulb, ea	\$ 2.00			
Garlice scapes - bunch		\$ 2.49		
Ginger - lb				\$ 2.99
Lemon Balm - bunch	\$ 3.00			
Mint - bunch	\$ 3.00			
Parsley, curly - bunch		\$ 2.49		
Parsley - bunch	\$ 3.00	\$ 2.49		
Sage - bunch	\$ 3.00			
Scallions - bunch	\$ 2.67	\$ 2.75		\$ 1.69
Thyme - bunch	\$ 3.00			
Turmeric - lb				\$ 27.39

MUSHROOMS

Baby Bella - lb			\$ 3.95	
Oyster - lb		\$ 14.85		\$ 13.96
Crimini - lb			\$ 5.25	
Lion's Mane - lb		\$ 14.85		
Maitake - lb		\$ 16.25		
Portabella - lb			\$ 6.69	
Shitake - lb	\$ 16.00	\$ 14.85		\$ 13.96
White - lb			\$ 3.95	

MEAT & EGGS

Chicken eggs - dz, organic	\$ 5.50			\$ 4.64
Chicken (all per lb.)				
<i>Boneless Breast, O</i>		\$ 13.49		\$ 6.79
<i>Boneless Breast, NO</i>	\$ 8.20			
<i>Bone-in Breast, NO</i>	\$ 5.30			
<i>Drumsticks, NO</i>	\$ 3.50			
<i>Thighs, NO</i>	\$ 4.25			
<i>Ground, O</i>				\$ 6.49
<i>Ground, NO</i>	\$ 6.65			
<i>Whole, O</i>		\$ 5.99		\$ 3.09
<i>Whole, NO</i>	\$ 3.95	\$ 4.75		
Turkey (all per lb.)				
<i>Ground, O</i>		\$ 8.99		
<i>Ground, NO</i>	\$ 6.65			
Pork (all per lb.)				
<i>Bone-in Pork Chops, NO</i>	\$ 9.00			
<i>Ground, NO</i>	\$ 8.50	\$ 6.49		
<i>Sausage, NO</i>	\$ 10.25	\$ 7.49		
<i>Bacon, NO</i>	\$ 13.00	\$ 9.25		
Beef (all per lb.)				
<i>Stew, O</i>		\$ 6.99		
<i>Stew, NO</i>	\$ 9.00			
<i>Ground, NO</i>	\$ 7.88	\$ 7.75		
<i>Ground, O</i>		\$ 8.99		\$ 6.99
<i>NY Sirloin, NO</i>	\$ 12.88			
<i>T Bone, NO</i>	\$ 14.00			
<i>Tri Tip, O</i>				\$ 10.99
<i>Ribeye, NO</i>	\$ 17.50			
<i>Short ribs, NO</i>	\$ 6.50			
<i>Soup Bones, O</i>		\$ 6.49		
<i>Soup Bones, NO</i>	\$ 4.50			

NO is not organic is organic

DAIRY

Milk - 32 oz		\$ 1.35		
Milk - 1/2 gallon		\$ 3.69	\$ 7.49	\$ 4.82
Milk - gallon		\$ 6.59		\$ 6.89
Yogurt - greek plain, 15 oz		\$ 7.49		
Yogurt - greek, flavored, 15 oz		\$ 8.25		
Yogurt - plain, 32 oz		\$ 7.34	\$ 5.49	\$ 4.24
Yogurt - flavored, 32oz		\$ 8.49		\$ 4.24
Yogurt - greek, plain, 32oz				\$ 5.59
Yogurt - greek, flavored, 32 oz				\$ 5.59
Butter - lb			\$ 9.75	\$ 5.64

THANK YOU SONJA BIRTHISEL FOR MAKING THIS PRICE REPORT POSSIBLE!