

	Midcoast Farmers' Market	Midcoast Natural Food Store, Local	Midcoast NFS, Not Local	Midcoast Grocery Store
--	--------------------------	------------------------------------	-------------------------	------------------------

JULY

FRUIT				
Apples - Gala, lb			\$ 3.99	\$ 2.49
Apples - Granny Smith, lb			\$ 2.99	\$ 2.49
Apples - Pink Lady, lb			\$ 3.79	
Blackberries - lb			\$ 14.64	
Blueberries, high bush - pint		\$ 5.49		
Cherries - lb			\$ 6.99	
Grapes - lb			\$ 4.49	\$ 3.99
Raspberries - half pint		\$ 7.99		\$ 6.65
Strawberries - lb			\$ 6.59	\$ 4.99

VEGETABLES				
Beans, green - lb	\$ 4.00	\$ 4.79		
Beans, purple - lb	\$ 5.00	\$ 5.69		
Beets, red - Loose, per lb.		\$ 3.29		
Beets - bunch, per bunch	\$ 3.67	\$ 2.99		
Bok Choy, baby - lb			\$ 3.99	\$ 4.99
Broccoli - lb		\$ 3.99		
Cabbage, red - lb	\$ 1.50			\$ 2.29
Cabbage, green - lb				\$ 2.29
Cabbage, Napa - lb	\$ 2.00			
Carrots - lb			\$ 2.19	
Carrots - bunched, per bunch	\$ 3.17	\$ 3.99		
Cauliflower - lb		\$ 4.49		
Cauliflower - ea			\$ 4.99	
Celeriac - lb			\$ 2.99	
Chard - bunch	\$ 3.00			
Corn - per ear			\$ 1.59	
Cucumber - slicer, ea	\$ 1.00			\$ 1.99
Cucumber - slicer, lb	\$ 2.33			
Cucumber - pickling, lb	\$ 2.00			
Eggplant - lb	\$ 4.00	\$ 4.89		
Fennel - ea	\$ 2.00			
Fennel - lb			\$ 4.79	
Greens - Arugula, lb	\$ 10.00	\$ 15.18		\$ 11.81
Greens - Salad Mix, lb	\$ 10.97	\$ 15.58		\$ 10.26
Greens - Beet, lb	\$ 4.00			
Greens - Pea Shoots, lb	\$ 15.63			
Kale - bunch	\$ 3.00	\$ 2.99		\$ 2.99
Kohlrabi - lb		\$ 4.79		
Kohlrabi - ea	\$ 1.50			
Lettuce - head	\$ 2.67	\$ 2.79		
Leeks - lb			\$ 3.79	
Onions - white, yellow, lb		\$ 3.29		\$ 1.33
Onions - red, lb	\$ 3.00	\$ 3.29	\$ 3.19	\$ 1.66
Onions - bunch	\$ 3.00			
Peppers - green, lb		\$ 3.49		\$ 3.49
Peppers - color, lb		\$ 7.54	\$ 7.84	\$ 3.29
Peppers - poblano, lb		\$ 8.59		
Peppers - shishito, pint	\$ 5.00			
Potatoes - red, white, blue lb	\$ 2.00	\$ 3.29		\$ 1.50
Potatoes - new, quart		\$ 6.49		
Radish - daikon, lb			\$ 2.99	
Rutabaga - lb			\$ 3.59	
Shallots - lb			\$ 9.99	
Spinach - lb				\$ 11.81
Summer squash - lb	\$ 2.25	\$ 2.49		
Summer squashes - quart	\$ 5.00			
Sweet Potato - lb			\$ 3.39	
Tomatoes - lb	\$ 4.75	\$ 5.64	\$ 3.79	\$ 3.99
Tomatoes - cherry, pint	\$ 5.00	\$ 5.79		
Tomatillo - lb			\$ 5.49	
Turnip - lb		\$ 3.19		
Turnip, salad - bunch		\$ 3.29		
Winter squash - Butternut, Butter cup, other bigs - lb			\$ 2.49	
Zucchini - lb	\$ 2.33			

FLOWERS				
Bouquet - large	\$ 10.00	\$ 11.99		
Bouquet - small		\$ 8.49		

HERBS				
Basil - lb	\$ 10.00	\$ 16.00		
Basil - bunch		\$ 3.29		\$ 2.49
Cilantro - bunch	\$ 2.50			\$ 2.49
Chives - bunch		\$ 2.49		
Dill - bunch	\$ 2.50			\$ 2.49
Garlic - bulb, lb	\$ 8.00	\$ 11.99	\$ 8.49	
Ginger - lb			\$ 5.99	
Lemon Verbena - bunch		\$ 3.29		
Parsley - bunch	\$ 2.50	\$ 2.99		\$ 2.49
Rosemary - bunch				\$ 2.49
Sage - bunch				\$ 2.49
Scallions - bunch	\$ 3.00	\$ 2.79		
Thyme - bunch				\$ 2.49
Turmeric - lb			\$ 23.99	

MUSHROOMS				
Baby Bella - lb			\$ 8.58	\$ 11.96
Portabella - lb				\$ 8.77
Oyster - lb		\$ 19.99		\$ 13.96
Shitake - lb		\$ 16.99		\$ 13.96
White - lb			\$ 4.29	\$ 5.58

MEAT & EGGS				
Chicken eggs - dz	\$ 4.50	\$ 6.99	\$ 4.69	\$ 4.69
Chicken (all per lb.)				
<i>Boneless Breasts, NO</i>		\$ 10.39		
<i>Boneless Breast, O</i>				\$ 7.39
<i>Bone-in Breast, O</i>		\$ 11.49		
<i>Bone-in Breast, NO</i>	\$ 5.30	\$ 7.19		
<i>Drumsticks, O</i>		\$ 6.39		\$ 3.29
<i>Drumsticks, NO</i>	\$ 3.50			
<i>Thighs, bone in, O</i>		\$ 10.99		\$ 7.99
<i>Thighs, boneless, O</i>				\$ 5.99
<i>Thighs bone-in, NO</i>	\$ 4.25	\$ 5.39		
<i>Ground, NO</i>	\$ 6.65			
<i>Ground, O</i>		\$ 13.49		
<i>Whole, O</i>		\$ 6.99		\$ 3.09
<i>Whole, NO</i>	\$ 3.95	\$ 5.19	\$ 3.29	
<i>Wings, O</i>		\$ 6.39		
<i>Wings, NO</i>	\$ 3.25			
Duck (all per lb.)				
<i>Breast, NO</i>	\$ 10.95			
<i>Ground, NO</i>	\$ 7.95			
<i>Whole, NO</i>	\$ 4.95			
Turkey (all per lb.)				
<i>Ground, NO</i>	\$ 6.65			
Pork (all per lb.)				
<i>Chops, NO</i>	\$ 9.50			
<i>Ground, NO</i>	\$ 7.00			
<i>Sausage, O</i>		\$ 13.59		
<i>Sausage, NO</i>	\$ 9.00	\$ 9.84		
<i>Bacon, NO</i>	\$ 10.25	\$ 8.26		\$ 9.99
<i>Bacon, O</i>				\$ 5.99
<i>Country Style Spare Ribs, NO</i>	\$ 7.50	\$ 7.99		
Beef (all per lb.)				
<i>Ground, O</i>		\$ 10.49		
<i>Ground, NO</i>	\$ 9.00		\$ 6.99	
<i>Sirloin, O</i>				\$ 11.99
<i>NY Sirloin, NO</i>		\$ 10.49		
<i>Ribeye, O</i>				\$ 16.99
<i>Ribeye, NO</i>	\$ 13.99			\$ 12.99
<i>Short ribs, NO</i>	\$ 8.99			
Lamb (all per lb.)				
<i>Ground, NO</i>	\$ 13.00			

DAIRY				
Milk - 32 oz		\$ 4.89		
Milk - 1/2 gallon		\$ 6.06	\$ 4.39	\$ 4.42
Milk - gallon		\$ 9.54		\$ 6.89
Heavy Cream - pint		\$ 9.39	\$ 4.29	
Yogurt - plain, 15-16 oz		\$ 4.39		
Yogurt - flavored, 15-16 oz		\$ 5.89		
Yogurt - greek plain, 15 oz		\$ 5.89		
Yogurt - greek, flavored, 15 oz		\$ 5.99		
Yogurt - plain, 32 oz	\$ 7.00	\$ 6.64		\$ 3.49
Yogurt - flavored, 32oz		\$ 7.19		\$ 3.49
Yogurt - greek, plain, 32oz		\$ 8.69		
Yogurt - greek, flavored, 32 oz		\$ 9.29		
Butter - lb			\$ 7.99	\$ 5.99

local, not organic

NO
O Not organic
Organic