

	Portland Farmers' Market/Farm Stands	Portland Natural Food Store, Local	Portland NFS, Not Local	Portland Grocery Store	
<b>July</b>					
<b>FRUIT</b>					
Apples - Gala, lb			\$ 2.99	\$ 2.49	O
Apples - Pink Lady, lb			\$ 2.99	\$ 2.49	NO
Apples - Heirloom, lb				\$ 2.49	
Blueberries, high bush - pint		\$ 6.99	\$ 5.99		
Blueberries, high bush - lb				\$ 7.97	
Blueberries, low bush - pint	\$ 6.50	\$ 6.69			
Blueberries, low bush - 5 lb box	\$ 30.00				
Cantaloupe - lb			\$ 1.99		
Grapes - lb				\$ 3.99	
Peaches - lb			\$ 3.99	\$ 3.99	
Pears - lb			\$ 2.62		
Plums - lb			\$ 3.99	\$ 2.99	
Raspberries - pint		\$ 6.99			
Raspberries - lb				\$ 13.31	
Strawberries - lb			\$ 5.99	\$ 4.99	
Watermelon - lb			\$ 0.99		

<b>VEGETABLES</b>					
Asparagus - lb			\$ 9.99		
Beans, fancy colors - lb		\$ 7.69			
Beans, green - lb	\$ 6.00				
Beets, red - Loose, per lb.		\$ 2.99			
Beets, gold - loose, per lb.		\$ 2.99			
Beets - bunch, per bunch	\$ 3.13	\$ 3.29		\$ 3.49	
bok choy, baby - lb		\$ 6.19			
Broccoli - lb	\$ 4.00	\$ 4.69			
Broccoli - quart	\$ 4.00				
Broccolini - bunch	\$ 3.33	\$ 3.09			
Brussel Sprouts - lb			\$ 8.89		
Cabbage, red - lb	\$ 2.50	\$ 2.39			
Cabbage, green - lb	\$ 2.00	\$ 1.99			
Cabbage - napa, lb	\$ 1.50	\$ 2.29			
Carrots - 2#			\$ 2.99		
Carrots - loose, per lb.		\$ 2.94			
Carrots - bunched, per bunch	\$ 3.00	\$ 3.29		\$ 2.99	
Cauliflower - lb	\$ 4.50	\$ 4.69			
Celeriac - lb		\$ 3.49			
Celery - ea		\$ 2.99			
Chard - bunch	\$ 2.75	\$ 3.09			
Collards - bunch	\$ 3.00	\$ 2.99			
Cucumber - slicer, ea	\$ 1.00				
Cucumber - slicer, lb	\$ 2.00	\$ 3.19			
Eggplant - lb	\$ 5.00		\$ 2.99		
Fennel - ea		\$ 3.99			
Fennel - lb	\$ 1.50				
Greens - Arugula, lb	\$ 11.00	\$ 17.49			
Greens - Salad Mix, lb	\$ 9.15	\$ 18.24	\$ 11.81	\$ 10.26	
Greens - Pea Shoots, lb				\$ 10.64	
Kale - baby, lb	\$ 10.00			\$ 10.64	
Kale - bunch	\$ 3.00	\$ 3.04		\$ 2.99	
Kohlrabi - ea		\$ 1.99			
Leeks - bunch	\$ 2.50			\$ 5.99	
Leeks - lb			\$ 3.99		
Lettuce - head	\$ 2.25	\$ 3.09		\$ 2.99	
Lettuce - romaine, head		\$ 3.19			
Onions - white, yellow, lb		\$ 2.99	\$ 1.99		
Onions - red, lb		\$ 2.99			
Onions - bunch	\$ 3.50				
Parsnips - lb	\$ 2.00	\$ 2.99			
Peppers - green, lb	\$ 4.00	\$ 2.99			
Peppers - colored sweet, lb	\$ 4.00		\$ 7.32		
Peppers - jalapeno, lb			\$ 9.99		
Peppers - shishito, pint		\$ 3.99			
Potatoes - red, white, blue, yellow, lb	\$ 2.75	\$ 2.99	\$ 1.99		
Potatoes - new, quart	\$ 4.50				
Radish - daikon, lb			\$ 3.39		
Radish - pink, bunch	\$ 3.00	\$ 3.99			
Rutabaga - lb			\$ 2.69		
Shallots - lb			\$ 10.89		
Spinach - lb	\$ 10.00				
Spinach - baby, lb		\$ 18.24		\$ 10.64	
Spinach - bunch		\$ 3.49			
Summer squash - lb	\$ 2.33	\$ 3.09			
Summer squash - qt	\$ 4.00				
Sweet Potatoes - lb			\$ 3.52		
Tomatoes - lb	\$ 3.75	\$ 4.99			
Tomatoes - cherry, pint	\$ 4.50				
Tomatoes - cherry, half pint	\$ 3.00				
Turnip, purple top - lb		\$ 2.49			
Turnip, salad - bunch	\$ 3.00	\$ 3.89			
Turnip, salad - lb		\$ 2.99			
Winter squash - Delicata, similar, lb			\$ 2.49		
Winter squash - Butternut, Butter cup, other bigs - lb			\$ 2.79		
Zucchini - lb	\$ 2.33	\$ 2.99			

<b>FLOWERS</b>					
Bouquet - large	\$ 9.13	\$ 13.49			
Bouquet - sunflowers	\$ 5.50				

<b>HERBS</b>					
Basil - bunch	\$ 2.25	\$ 3.09		\$ 2.49	
Cilantro - bunch	\$ 2.00	\$ 2.99		\$ 2.49	
Dill - bunch	\$ 2.00			\$ 2.49	
Garlic - bulb, lb		\$ 15.39			
Garlic - bulb, ea	\$ 3.00				
Garlic - scapes, ea		\$ 0.25			
Garlic - scapes, bunch	\$ 2.00				
Ginger - lb				\$ 5.99	
Horseradish - lb			\$ 14.99		
Lemon Verbena - bunch		\$ 2.99			
Mint - bunch		\$ 2.79			
Parsley - bunch	\$ 2.00	\$ 2.99		\$ 2.49	
Oregano - bunch		\$ 2.99		\$ 2.49	
Rosemary - bunch		\$ 2.99		\$ 2.49	
Sage - bunch		\$ 2.99		\$ 2.49	
Scallions - bunch	\$ 2.50	\$ 1.99		\$ 1.69	
Tarragon - bunch		\$ 2.99			
Thyme - bunch		\$ 2.99		\$ 2.49	
Turmeric - lb			\$ 15.99		

<b>MUSHROOMS</b>					
Baby Bella - lb			\$ 8.18		
White - lb			\$ 5.64		
Oyster - lb		\$ 15.39			
Crimini - lb			\$ 5.79		
Lion's Mane - pint		\$ 6.99			
Portabella - lb			\$ 6.79		
Shitake - lb		\$ 15.39			
King Trumpet - lb			\$ 18.49		

<b>MEAT &amp; EGGS</b>					
Chicken eggs - dz, organic		\$ 7.54		\$ 4.87	
Duck eggs - dz		\$ 12.78			
<b>Chicken (all per lb.)</b>					
Boneless Breast, O		\$ 11.69		\$ 6.99	
Boneless Breast, NO	\$ 10.00	\$ 9.29			
Ground, NO		\$ 8.69			
Drumsticks, NO	\$ 5.00	\$ 5.39			
Thighs, bone in, O		\$ 12.39		\$ 6.99	
Thighs bone-in, NO		\$ 5.79			
Whole, O				\$ 2.79	
Whole, NO	\$ 3.95				
Wings, O		\$ 6.39			
Wings, NO	\$ 3.50	\$ 4.69			
<b>Turkey (all per lb.)</b>					
Ground, O				\$ 7.49	
<b>Pork (all per lb.)</b>					
Chops, O		\$ 13.89			
Chops, NO	\$ 10.00	\$ 9.99			
Ground, NO		\$ 7.39			
Sausage, O	\$ 9.00				
Sausage, NO	\$ 7.00				
Bacon, O		\$ 16.99			
Boston Butt, NO	\$ 9.00				
<b>Beef (all per lb.)</b>					
Stew, NO	\$ 8.00	\$ 11.99			
Ground, NO	\$ 7.00	\$ 7.84			
Ground, O		\$ 11.69		\$ 6.99	
NY Sirloin, NO	\$ 12.95				
Bistro Steak, O		\$ 13.29			
Chuck Eye Steak, O		\$ 12.59			
Coulette Steak, O		\$ 13.89			
Sirloin Strip, O		\$ 28.89			
Sirloin Tips, NO		\$ 13.89			
T-Bone, NO	\$ 16.95				
Porterhouse, NO	\$ 14.95				
Ribeye, O				\$ 16.99	
Ribeye, NO	\$ 10.95				
Chuck Roast, O		\$ 12.29			
Chuck Roast, NO		\$ 10.79			
Short Ribs, NO		\$ 10.79			
<b>Lamb (all per lb.)</b>					
Ground, NO		\$ 13.89			
Sausage, O	\$ 14.00				
Chops, NO		\$ 16.19			

<b>DAIRY</b>					
Milk - 32 oz		\$ 3.96			
Milk - 1/2 gallon		\$ 5.99	\$ 4.39	\$ 4.46	
Milk - gallon		\$ 10.49		\$ 6.89	
Half & Half - pint			\$ 2.99		
Half & Half - qt		\$ 12.69	\$ 5.39		
Heavy Cream - pint		\$ 9.99	\$ 4.89	\$ 4.79	
Yogurt - plain, 15-16 oz		\$ 4.29			
Yogurt - flavored, 15-16 oz		\$ 4.99			
Yogurt - greek plain, 15-16 oz		\$ 6.74			
Yogurt - greek, flavored, 15-16 oz		\$ 7.54			
Yogurt - plain, 32 oz		\$ 6.79	\$ 4.99	\$ 3.49	
Yogurt - flavored, 32oz		\$ 8.29	\$ 4.99	\$ 3.49	
Yogurt - greek, plain, 32oz		\$ 8.99		\$ 6.99	
Yogurt - greek, flavored, 32 oz		\$ 9.69		\$ 6.99	
Butter - lb		\$ 5.89	\$ 6.99	\$ 5.64	

O local, not organic  
NO Organic  
Not Organic