

JUNE (data from late May/early June)	Farmers' Market Pricing				Natural Food Stores (3)		
	Average Price	# of Farms	Low	High	Local & Organic Average (highlighted when only local)	Organic (Not Local) Average	Grocery Store Average (3 stores)
FRUIT							
Apples - Gala, lb						\$ 3.02	\$ 1.99
Apples - Granny Smith, lb						\$ 2.99	\$ 1.99
Apples - Pink Lady, lb						\$ 3.24	
Blackberries - lb						\$ 8.77	\$ 10.64
Blueberries, high bush - lb						\$ 10.11	\$ 10.64
Grapes - lb						\$ 3.99	
Nectarines - lb						\$ 3.99	\$ 3.99
Peach - lb						\$ 3.44	\$ 3.99
Pear - lb						\$ 2.73	\$ 1.49
Raspberries - lb						\$ 10.64	\$ 11.97
Rhubarb - lb	\$ 4.00	3			\$ 4.89		
Rhubarb - bunch	\$ 3.83	3			\$ 5.00		
Strawberries - lb						\$ 4.29	\$ 4.99
Watermelon - lb						\$ 1.49	

local, not organic
not organic
organic

VEGETABLES	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Asparagus - bunch	\$ 5.50	2	\$ 5.00	\$ 6.00	\$ 9.50	\$ 6.47	
Beets - Loose, per lb.						\$ 3.39	
Beets - bunch, per bunch							\$ 3.49
Boc Choi - each	\$ 2.83	3	\$ 2.00	\$ 3.50			
Boc Choi - lb	\$ 4.00	1				\$ 4.92	
Broccoli - lb						\$ 5.21	\$ 9.58
Brussel Sprouts - lb						\$ 6.52	
Cabbage, red - lb						\$ 2.18	\$ 12.77
Cabbage, green - lb						\$ 1.98	\$ 6.38
Carrots - 5#						\$ 7.59	
Carrots - 2#, rainbow						\$ 4.45	\$ 4.41
Carrots - 2#						\$ 2.99	\$ 1.25
Carrots - loose, per lb.						\$ 2.18	
Carrots - bunched, per bunch						\$ 3.49	\$ 3.99
Cauliflower - ea						\$ 6.49	\$ 4.99
Celeriac - lb	\$ 4.00	1				\$ 3.34	
Celery - ea						\$ 5.16	
Chard - bunch	\$ 3.33	3	\$ 3.00	\$ 4.00	\$ 2.99	\$ 4.19	
Chard - baby, lb	\$ 10.00	1					
Collards - bunch						\$ 3.56	
Cucumber - slicer, lb						\$ 2.92	\$ 4.87
Eggplant - lb						\$ 2.96	\$ 5.58
Greens - Arugula, lb	\$ 12.00	1			\$ 14.99	\$ 8.49	\$ 10.28
Greens - Salad Mix, lb	\$ 11.50	6	\$ 10.00	\$ 12.50	\$ 15.31	\$ 12.77	\$ 10.28
Greens - Spicy, lb	\$ 11.63	4	\$ 10.00	\$ 16.50	\$ 15.39		
Green Beans - lb						\$ 3.49	
Fennel - ea						\$ 5.49	
Kale - baby, lb	\$ 10.00	1			\$ 15.98		
Kale - bunch	\$ 3.17	3	\$ 3.00	\$ 3.50		\$ 3.19	\$ 2.99
Leeks - bunch						\$ 3.49	\$ 4.99
Lettuce - head	\$ 2.50	1			\$ 2.49	\$ 3.36	\$ 3.82
Lettuce - romaine, head						\$ 3.99	\$ 3.49
Microgreens	\$ 80.00	1			\$ 36.48		
Onions - white, yellow, lb	\$ 2.00	1				\$ 2.32	\$ 1.33
Onions - red, lb	\$ 2.00	1				\$ 2.99	\$ 1.66
Parsnips - lb					\$ 2.89		
Pea Shoots - lb	\$ 16.00	1					
Peppers - green, lb						\$ 4.89	\$ 9.96
Peppers - red, lb						\$ 4.92	\$ 11.96
Peppers - yellow, lb						\$ 5.09	
Peppers - poblano, lb						\$ 7.99	
Peppers - jalapeno, lb						\$ 8.99	
Potatoes - all colors, lb	\$ 2.17	3	\$ 2.00	\$ 2.50	\$ 2.49	\$ 1.96	\$ 1.33
Potatoes - 5#	\$ 7.00	1			\$ 7.99		
Potatoes - pints	\$ 3.00	1					
Potatoes - fingerlings, pint	\$ 3.00						
Radish - daikon, lb						\$ 3.29	
Radish - pink/white, bunch	\$ 3.00	5	\$ 3.00	\$ 3.00	\$ 3.64		
Rutabaga - lb						\$ 2.42	
Scallions - bunch	\$ 2.50	2	\$ 2.00	\$ 3.00		\$ 1.94	
Shallots - lb						\$ 8.02	
Spinach - lb, early season	\$ 9.90	8	\$ 8.00	\$ 12.00	\$ 12.20		
Spinach - baby, lb							\$ 10.28
Spinach - bunch						\$ 3.99	
Summer squash - lb						\$ 2.99	\$ 7.33
Sunchoke - lb	\$ 3.50	1			\$ 5.99		
Sweet Potatoes - lb					\$ 2.99	\$ 3.19	\$ 1.66
Tomatoes - lb						\$ 3.56	\$ 3.99
Tomatoes - cherry, pint							\$ 5.32
Turnips - salad, bunch	\$ 3.33	3	\$ 3.00	\$ 3.50	\$ 3.99		
Turnips - purple top, lb						\$ 2.99	
Winter squash - all varieties, lb						\$ 2.39	\$ 1.99
Zucchini - lb						\$ 3.34	\$ 7.33

Grocery store package size

HERBS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Basil - bunch	\$ 3.00	1				\$ 2.99	\$ 2.49 .66 oz
Chives - bunch	\$ 2.50	2	\$ 2.00	\$ 3.00			\$ 2.49 .66 oz
Cilantro - bunch	\$ 3.00	1				\$ 2.84	
Garlic - lb						\$ 9.32	\$ 8.26
Ginger - lb						\$ 7.24	\$ 3.99
Horseradish - lb						\$ 9.99	
Lovage - bunch	\$ 3.00	1					
Mint - bunch						\$ 2.55	
Marjoram - bunch	\$ 3.00	1					\$ 2.49 .66 oz
Parsley - bunch	\$ 2.67	3	\$ 2.00	\$ 3.00		\$ 2.82	
Rosemary - bunch						\$ 2.55	\$ 2.49 .66 oz
Sage - bunch	\$ 3.00	1				\$ 2.55	\$ 2.49 .66 oz
Turmeric - lb						\$ 10.99	
Thyme - bunch	\$ 3.00	1				\$ 2.55	\$ 2.49 .66 oz

FLOWERS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Tulip Bouquets	\$ 10.00	1			\$ 13.99		
Anemone bouquets	\$ 8.00	1					
Mixed Bouquets	\$ 11.50	1			\$ 12.49		

SEEDLINGS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Annual Vegetable Singles	\$ 2.97	8	\$ 1.50	\$ 3.75	\$ 4.00		
Annual Herb Singles	\$ 3.61	7	\$ 2.00	\$ 4.50	\$ 3.54		
Annual Vegetable 6 packs	\$ 4.69	11	\$ 3.00	\$ 6.00	\$ 5.69		
Annual Herbs 6 packs	\$ 5.44	4	\$ 4.50	\$ 7.00			
Annual Vegetable 4 packs	\$ 3.00	1			\$ 3.99		
Single Tomato Plants	\$ 5.00	3	\$ 3.00	\$ 8.50			
Flower Singles, Small	\$ 3.50	3	\$ 3.00	\$ 4.00			
Flower Singles, Large	\$ 4.60	5	\$ 4.00	\$ 5.00	\$ 3.59		
Flower 6 packs	\$ 4.31	4	\$ 3.00	\$ 5.00			
Flowers 4 packs	\$ 4.00	1			\$ 4.99		

MUSHROOM	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
White - lb						\$ 5.98	
Crimini - lb						\$ 5.24	
Oyster - lb					\$ 12.49		\$ 15.96
King Trumpet - lb							
Portabello - lb						\$ 5.99	\$ 7.38
Mushroom - Shiitake, lb					\$ 13.99	\$ 16.42	\$ 14.16
White - lb						\$ 6.28	\$ 5.58

MEAT & EGGS	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Chicken eggs - dz					\$ 6.99	\$ 5.99	\$ 4.83
Duck eggs - dz					\$ 7.19		
Chicken (all per lb.)							
Boneless Skinless Breasts, O					\$ 14.39		\$ 7.29
Boneless Breast, NO	\$ 9.10	2	\$ 8.20	\$ 10.00			
Bone in Breast, NO	\$ 5.30	1					
Drumsticks, NO	\$ 4.75	2	\$ 3.50	\$ 6.00			
Drumsticks, O							\$ 3.49
Thighs, O					\$ 12.39		\$ 6.04
Thighs, NO	\$ 5.13	2	\$ 4.25	\$ 6.00			
Wings, NO	\$ 3.63	2	\$ 3.25	\$ 4.00	\$ 4.69		
Ground, O							\$ 6.49
Ground, NO	\$ 6.65	1			\$ 8.34		
Whole, O					\$ 6.59		\$ 3.09
Whole, NO	\$ 3.95	2	\$ 3.95	\$ 3.95	\$ 5.29		
Duck (all per lb.)							
Ground, NO	\$ 7.95	1					
Whole, NO	\$ 4.95	1					
Breast, NO	\$ 10.95	1			\$ 15.99		
Turkey (all per lb.)							
Ground, O							\$ 7.49
Ground, NO	\$ 6.65	1			\$ 8.69		
Pork (all per lb.)							
Bone-in Pork Chops, O					\$ 13.89		
Bone-in Chops, NO	\$ 8.83	3	\$ 5.99	\$ 12.00	\$ 6.99		
Boneless Chops, NO	\$ 10.00	1			\$ 7.49		
Canadian Bacon, NO					\$ 10.39		
Spare Ribs, NO	\$ 4.98	2	\$ 3.95	\$ 6.00			
Ground, O					\$ 10.99		
Ground, NO	\$ 8.25	2	\$ 8.00	\$ 8.50	\$ 7.19		
Sausage, O					\$ 10.66		
Sausage, NO	\$ 7.75	5	\$ 5.99	\$ 10.25	\$ 7.04		\$ 5.49
Bacon, O					\$ 16.99		
Bacon, NO	\$ 10.67	6	\$ 9.00	\$ 13.00	\$ 9.59		
Whole Smoked Ham, NO	\$ 8.00	1			\$ 8.09		
Tenderloin, NO	\$ 14.48	2	\$ 10.95	\$ 18.00	\$ 11.74		
Beef (all per lb.)							
Stew, NO	\$ 7.00	1			\$ 10.99		
Stew, O					\$ 10.84		
Ground, NO	\$ 7.08	3	\$ 6.50	\$ 7.75	\$ 6.73		
Ground, O					\$ 8.75		\$ 6.99
NY Sirloin, O					\$ 22.99		
NY Sirloin, NO	\$ 11.95	1			\$ 10.49		
T Bone, NO	\$ 12.73	2	\$ 12.50	\$ 12.95			
Ribeye, O					\$ 22.99		\$ 16.99
Ribeye, NO	\$ 13.73	2	\$ 12.95	\$ 14.50	\$ 12.99		
Filet Mignon, NO	\$ 25.00	1					
Marrow Bones, NO	\$ 4.50	1					
Marrow Bones, O					\$ 3.99		
Soup Bones, NO					\$ 5.04		
Lamb (all per lb.)							
Ground, O	\$ 12.00	1					
Ground, NO					\$ 13.89		
Chops, O	\$ 17.00	2					
Sausage, O	\$ 16.50	1					

DAIRY	FM Average Price	# of Farms	Low	High	NFS: Local & Organic	NFS: Organic	Grocery Store
Milk - 32 oz					\$ 4.19		
Milk - 1/2 gallon							