

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

**FRUIT**

Apples - IPM, 1/2 peck				
Apples - Gala, lb			\$ 3.24	\$ 2.99
Apples - Granny Smith, lb			\$ 3.59	\$ 2.99
Apples - Pink Lady, lb			\$ 3.59	\$ 2.99
Blackberries - pint			\$ 6.25	
Blueberries - pint			\$ 4.99	
Blueberries - quart		\$ 7.49		
Cherries - lb				\$ 6.99
Grapes - lb			\$ 3.99	
Peaches - lb			\$ 4.49	\$ 3.20
Pears - lb			\$ 2.69	
Raspberries - pint			\$ 8.25	
Raspberries - quart			\$ 9.89	
Watermelon - lb	\$ 1.25			
Watermelon, mini - ea			\$ 7.99	

**VEGETABLES**

Asparagus - lb			\$ 10.29	\$ 4.99
Beans, green - lb		\$ 4.89	\$ 4.99	\$ 5.32
Beets, red - Loose, per lb.			\$ 2.69	
Beets, gold - loose, per lb.			\$ 3.69	
Beets - bunch, per bunch	\$ 3.00			\$ 3.99
Bok choy - ea	\$ 2.00			
bok Choy - lb		\$ 4.69		
Broccoli - lb	\$ 3.50		\$ 5.34	\$ 2.99
Brussel Sprouts - lb			\$ 8.79	
Cabbage, red - lb		\$ 3.09		
Cabbage, green - lb		\$ 1.74		\$ 1.99
Cabbage, Napa - ea		\$ 4.99		
Carrots - 5#			\$ 8.39	\$ 3.99
Carrots - 2#, rainbow				\$ 2.99
Carrots - 2#			\$ 2.39	\$ 1.99
Carrots - loose, per lb.		\$ 2.19		
Carrots - bunched, per bunch	\$ 3.00			\$ 2.49
Cauliflower - ea			\$ 6.09	\$ 4.99
Celery - ea		\$ 2.99		
Chard - bunch	\$ 3.00	\$ 2.79		\$ 1.99
Collards - bunch		\$ 2.29		
Collards - lb				\$ 2.49
Cucumber - slicer, ea				\$ 2.74
Cucumber - slicer, lb	\$ 2.17	\$ 2.47		
Cucumber - pickling, lb	\$ 2.17			
Eggplant - ea				\$ 3.99
Eggplant - lb	\$ 4.17			
Fennel - ea		\$ 3.99		
Greens - Arugula, lb		\$ 10.79		\$ 5.00
Greens - Salad Mix, lb	\$ 10.50	\$ 12.98		\$ 8.89
Greens - Beet, lb	\$ 5.00			
Kale - baby, lb	\$ 12.00			\$ 12.77
Kale - bunch	\$ 3.00	\$ 2.74		\$ 2.32
Kohlrabi - lb		\$ 3.09		
Leeks - lb			\$ 4.79	\$ 2.99
Lettuce - head				\$ 2.99
Lettuce - romaine, head				\$ 1.99
Onions - white, yellow, lb	\$ 2.00		\$ 1.79	\$ 1.33
Onions - bunch				\$ 2.37
Parsnips - lb		\$ 3.99		
Patty Pan Squash - lb		\$ 2.99		
Peppers - green, lb			\$ 3.09	\$ 3.99
Peppers - red, lb			\$ 6.94	
Peppers - yellow, lb			\$ 7.79	
Peppers - jalapeno, lb			\$ 8.19	
Peppers - serrano, lb			\$ 7.69	
Potatoes - fingerling, lb		\$ 2.59		
Potatoes - red, white, blue, yellow, lb		\$ 2.39		\$ 2.17
Potatoes - new, quart	\$ 4.50			
Radicchio - ea				\$ 3.99
Radish - daikon, lb			\$ 2.79	
Radish - pink, bunch				\$ 2.99
Rutabaga - lb			\$ 1.99	
Shallots - lb			\$ 7.39	
Spinach - lb, from field		\$ 11.98		
Summer squash - lb	\$ 2.25	\$ 2.64		
Sweet Potatoes - lb			\$ 2.99	\$ 2.49
Tomatoes - lb	\$ 4.00			\$ 3.99
Tomatoes - cherry, pint	\$ 4.75	\$ 3.99		
Turnip - lb		\$ 2.99		
Turnip, salad - lb		\$ 3.39		
Winter squash - Delicata, lb			\$ 2.79	
Winter squash - Butternut, Butter cup, other bigs - lb			\$ 3.29	
Zucchini - lb	\$ 2.25	\$ 2.64		

**FLOWERS**

Bouquet - large		\$ 8.79		
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**HERBS**

Basil - bunch	\$ 2.75			
Cilantro - bunch		\$ 1.99		\$ 1.99
Garlic - bulb, lb	\$ 8.00		\$ 8.99	\$ 15.95
Ginger - lb			\$ 6.19	
Horseradish - lb			\$ 11.69	
Parsley, curly - bunch		\$ 4.29		\$ 1.99
Parsley - bunch	\$ 2.75	\$ 1.99	\$ 3.99	\$ 1.99
Oregano - bunch			\$ 2.75	
Scallions - bunch	\$ 2.75	\$ 2.79		\$ 1.99
Turmeric - lb			\$ 23.59	

**MUSHROOMS**



Baby Bella - lb			\$ 7.98	
Blue Oyster - lb		\$ 14.89		
Crimini - lb			\$ 5.19	
Lion's Mane - lb		\$ 14.89		
Maitake - lb			\$ 21.99	
Portabella - lb			\$ 6.59	\$ 7.98
Shitake - lb		\$ 12.59	\$ 10.98	

**MEAT & EGGS**

Chicken eggs - dz		\$ 4.85		
Chicken eggs - dz, organic		\$ 7.49		\$ 4.76
Duck eggs - dz		\$ 7.49		
Chicken (all per lb.)				
Boneless Skinless Breasts, NO	\$ 9.50	\$ 10.25		
Boneless Breast, O		\$ 13.49		\$ 7.99
Bone-in Breast, NO	\$ 7.25			
Breast Tenders, O				\$ 8.49
Tenders, O	\$ 9.50			
Drumsticks, NO		\$ 5.55		
Thighs, O				\$ 6.99
Thighs, NO	\$ 5.00			
Ground, O	\$ 8.50	\$ 5.99		
Whole, O	\$ 5.50	\$ 5.99		\$ 3.99
Turkey (all per lb.)				
Sausage, NO		\$ 8.49		
Pork (all per lb.)				
Bone-in Pork Chops, NO	\$ 9.13	\$ 7.79		\$ 5.99
Boneless Chops, NO		\$ 8.92		
Smoked Boneless chops, NO		\$ 9.49		
Boneless Roast, NO				\$ 6.99
Canadian Bacon, NO		\$ 9.79		
Ground, NO		\$ 6.49		
Sausage, NO	\$ 8.00	\$ 7.49		
Bacon, NO	\$ 9.25	\$ 9.17	\$ 6.59	
Bacon, O			\$ 8.99	
Ham Steak, NO	\$ 9.25	\$ 9.11		
Whole Smoked Ham, NO				
Tenderloin, NO	\$ 18.00	\$ 9.79		
St. Louis Ribs, NO		\$ 10.99		
Hocks, NO	\$ 8.50			
Beef (all per lb.)				
Stew, NO	\$ 9.50			
Ground, NO	\$ 7.50	\$ 7.77		
Ground, O				\$ 7.99
NY Sirloin, NO	\$ 17.00			
Top Sirloin, NO		\$ 11.22		
Tenderloin steak, NO	\$ 17.00			\$ 18.99
Ribeye, O				\$ 17.99
Ribeye, NO	\$ 14.00	\$ 18.99		\$ 16.99
Short ribs, NO	\$ 8.50			\$ 7.99
Soup Bones, O		\$ 6.75		
Lamb (all per lb.)				
Ground, NO		\$ 12.14		\$ 8.99
Sausage, mutton, NO		\$ 8.79		
Rib roast, NO				\$ 14.99
Rib chops, NO				\$ 15.99
Loin chops, NO				\$ 9.99
Steak, NO		\$ 14.19		
Rabbit (all per lb.)				
Whole, NO		\$ 10.79		
Buffalo (all per lb.)				
Ground, NO				\$ 9.99

**DAIRY**

Milk - 32 oz		\$ 2.69		
Milk - 1/2 gallon		\$ 3.69		\$ 4.87
Milk - gallon		\$ 6.59		\$ 6.49
Heavy Cream - pint	\$ 7.00	\$ 4.39	\$ 4.99	
Yogurt - plain, 15 oz	\$ 4.50	\$ 3.75		
Yogurt - flavored, 15 oz	\$ 4.50	\$ 3.75		
Yogurt - greek plain, 15 oz	\$ 7.00			
Yogurt - greek, flavored, 15 oz		\$ 5.85		
Yogurt - plain, 32 oz	\$ 7.00	\$ 5.98		\$ 3.99
Yogurt - flavored, 32oz	\$ 7.00	\$ 7.15		\$ 3.99
Yogurt - greek, plain, 32oz				\$ 7.49
Yogurt - greek, flavored, 32 oz		\$ 8.45		\$ 7.49
Butter - lb	\$ 7.00	\$ 6.55	\$ 9.49	

 all natural, grassfed, antibiotic free, etc.  
 local, not organic

NO is not organic  
O is organic