

	Portland Direct To Consumer Prices (farm stand, farmers' market)	Portland Natural Food Store: Local & Organic	Portland Natural Food Store: Organic Only	Portland Supermarket
JUNE				
FRUIT				
Apples - Gala, lb			\$ 2.99	\$ 2.99
Apples - Granny Smith, lb			\$ 3.89	\$ 2.49
Apples - Pink Lady, lb			\$ 4.49	\$ 2.49
Arro니아 Berries - lb	\$ 14.00			
Blackberries - lb				\$ 9.31
Blueberries - lb				\$ 13.31
Elderberries - lb	\$ 14.00			
Grapes - lb				\$ 3.99
Peaches - lb			\$ 3.49	
Pears - lb			\$ 2.82	\$ 2.33
Raspberries - lb				\$ 13.31
Rhubarb - lb	\$ 4.25			
Rhubarb - bunch	\$ 3.00			
Strawberries - lb				\$ 3.99
Strawberries - pint	\$ 5.17			
Watermelon - lb			\$ 0.69	
VEGETABLES				
Asparagus - lb	\$ 9.00		\$ 9.99	
Beets - Loose, per lb.	\$ 2.50	\$ 2.99	\$ 3.44	
Boc Choi - lb		\$ 7.49		
Boc Choi - ea	\$ 2.00			
Broccoli - lb			\$ 5.39	\$ 7.98
Broccolini - bunch	\$ 4.00		\$ 3.59	
Brussel Sprouts - lb			\$ 9.69	
Cabbage, red - lb			\$ 1.99	\$ 2.29
Cabbage, green - lb			\$ 1.99	\$ 2.29
Carrots - 3#		\$ 5.29		
Carrots - 2#, rainbow			\$ 4.49	
Carrots - 2#	\$ 5.00		\$ 2.99	
Carrots - loose, per lb.	\$ 2.00	\$ 2.69		
Carrots - bunched, per bunch			\$ 3.99	
Cauliflower - lb			\$ 3.99	
Cauliflower - ea				\$ 5.99
Celeriac - lb		\$ 2.99		
Celeriac - ea	\$ 2.00			
Celery - ea			\$ 4.39	
Chard - bunch	\$ 2.50	\$ 3.69		
Collards - bunch			\$ 3.49	
Cucumber - slicer, ea			\$ 3.59	\$ 2.49
Cucumber - slicer, lb			\$ 3.19	
Cucumber - pickling, lb		\$ 4.49		
Eggplant - lb			\$ 2.96	
Fennel - each			\$ 4.99	
Greens - Arugula, lb	\$ 12.00	\$ 13.49		\$ 11.17
Greens - Beet, bunch		\$ 3.99		
Greens - Salad Mix, lb	\$ 9.00	\$ 10.49		\$ 11.17
Kale - baby, lb	\$ 9.00			\$ 11.17
Kale - bunch	\$ 2.75	\$ 2.99		\$ 2.99
Kohlrabi - bunch	\$ 3.00			
Leeks - lb			\$ 4.69	
Leeks - ea				\$ 3.99
Lettuce - head	\$ 3.00	\$ 3.29		\$ 3.29
Lettuce - mini head, each	\$ 2.50			
Microgreens		\$ 40.43		\$ 35.92
Onions - white, yellow, lb	\$ 2.50		\$ 1.59	\$ 1.33
Onions - red, lb	\$ 2.50		\$ 2.19	\$ 1.66
Parsnips - lb	\$ 2.50	\$ 3.79		
Peas, Snap - lb			\$ 8.99	
Peppers - green, lb			\$ 3.99	\$ 3.99
Peppers - red, lb			\$ 3.99	\$ 4.99
Peppers - yellow, lb			\$ 6.99	
Peppers - poblano, lb			\$ 6.99	
Peppers - jalapeno, lb			\$ 7.99	
Potatoes - red, white, blue, yellow, lb	\$ 2.50		\$ 2.29	\$ 1.10
Potatoes - 5#	\$ 6.50		\$ 10.48	
Radicchio - each			\$ 4.89	
Radish - daikon, lb			\$ 2.29	
Radish - pink/white, bunch	\$ 2.75	\$ 2.99		
Rutabaga - lb	\$ 2.00	\$ 2.69		
Scallions - bunch	\$ 2.50		\$ 1.59	\$ 1.69
Shallots - lb		\$ 5.99		
Spinach - lb, early season	\$ 8.00			
Spinach - baby, lb		\$ 13.49		\$ 11.17
Summer squash - lb			\$ 2.99	\$ 3.99
Sunchoke - lb			\$ 10.29	
Sweet Potato - lb			\$ 2.79	\$ 1.66
Tomatoes - lb				\$ 3.99
Tomatoes - cherry, pint			\$ 4.69	\$ 2.99
Turnip - lb		\$ 2.99		
Winter squash - Delicata, lb			\$ 2.19	\$ 1.99
Winter squash - Butternut, Butter cup, other bigs - lb	\$ 1.50		\$ 2.50	
Zucchini - lb	\$ 5.00		\$ 2.99	\$ 3.99

all natural, grassfed, antibiotic free, NOT organic

MUSHROOMS				
Baby Bella - pint			\$ 7.98	\$ 4.98
Whole White - lb			\$ 5.98	\$ 4.98
Sliced White - lb				\$ 5.58
Italian Oyster - lb				\$ 13.96
Shiitake - lb				\$ 13.96
Crimini - lb			\$ 5.19	
Portabella - lb			\$ 6.59	
SEEDLINGS				
Celery - each	\$ 3.00			
Chard - 6 pack	\$ 5.25			
Chard - 3 pack	\$ 3.00			
Chard - each	\$ 3.00			
Cuke, slicing & pickling - each	\$ 3.00			
Eggplant - each	\$ 3.00			
Flowers - 6 pack	\$ 5.25			
Flowers - 4 pack	\$ 3.00			
Herbs - ea	\$ 3.17			
Herbs - 6 pack	\$ 5.25			
Herbs - 3 pack	\$ 3.00			
Kale - 6 packs	\$ 5.13			
Kale - 3 pack	\$ 3.00			
Kale - each	\$ 2.50			
Lettuce, head - 6 pack	\$ 3.00			
Peppers - ea	\$ 3.25			
Spinach - 6 pack	\$ 3.00			
Tomatoes - each	\$ 5.00			
Vegetable - 6 pack		\$ 4.49		
Vegetable - 3"/3.5" pot		\$ 4.62		
FLOWERS				
Bouquet	\$ 8.00			
Stem		\$ 1.19		
HERBS				
Chamomile - bunch	\$ 2.00			
Chives - bunch	\$ 2.00	\$ 2.99		
Cilantro - bunch	\$ 2.00	\$ 2.99	\$ 2.59	
Dill - bunch	\$ 2.00	\$ 2.99		
Garlic, green - bunch		\$ 2.99		
Garlic, bulb - lb			\$ 8.89	
Ginger - lb			\$ 7.89	
Horseradish - lb			\$ 12.99	
Lemon Balm - bunch	\$ 2.00			
Lovage - bunch	\$ 1.50	\$ 2.99		
Marjoram - bunch	\$ 2.00	\$ 2.99		
Mint - bunch	\$ 1.00	\$ 2.99	\$ 2.59	
Parsley - bunch	\$ 2.00	\$ 2.99	\$ 2.49	
Oregano - bunch	\$ 2.00	\$ 2.99		
Rosemary - bunch			\$ 2.59	
Sage - bunch	\$ 2.00	\$ 2.99		
Thyme - bunch		\$ 2.99	\$ 2.59	
Turmeric - lb			\$ 14.99	

MEAT & EGGS				
Chicken eggs - dz		\$ 6.32		\$ 4.74
Duck eggs - dz		\$ 5.69		
Chicken (all per lb.)				
Boneless Skinless Breasts, NO		\$ 9.99		
Boneless Skinless Breasts, O		\$ 14.79		\$ 7.99
Drumsticks, O				\$ 3.69
Thighs, O		\$ 11.94		\$ 5.49
Wings	\$ 5.00	\$ 6.09		
Ground, O				\$ 5.99
Whole, O		\$ 6.50		\$ 2.99
Whole, NO	\$ 4.50	\$ 4.49		
Turkey (all per lb.)				
Ground, O				\$ 7.49
Pork (all per lb.)				
Bone-in Pork Chops, NO	\$ 7.75			
Boneless Chops, NO		\$ 9.69		
Boneless Chops, O		\$ 13.39		
Roast, NO	\$ 7.00			
Ribs, NO	\$ 7.00			
Ground, O				\$ 5.99
Sausage, NO	\$ 7.00			
Bacon, NO	\$ 9.50			
Bacon, O		\$ 16.39		
Beef (all per lb.)				
Stew, O		\$ 11.69		
Ground, NO		\$ 7.99		\$ 5.99
Ground, O				\$ 7.99
NY Sirloin, NO		\$ 15.69		
Sirloin Strips, O		\$ 27.99		
Ribeye, O		\$ 18.59		
Ribeye, NO		\$ 20.89		
Porterhouse, O		\$ 22.39		
Soup Bones, O		\$ 5.19		
Lamb (all per lb.)				
Chops	\$ 16.00	\$ 18.69		
Ground, NO		\$ 13.49		
Sausage, O	\$ 14.00			
Shank		\$ 15.69		
Stew		\$ 14.19		

DAIRY				
Milk - 32 oz		\$ 3.39		
Milk - 1/2 gallon		\$ 5.26	\$ 5.99	\$ 4.26
Milk - gallon		\$ 9.76		
1/2 & 1/2 - pint		\$ 5.79	\$ 2.89	
1/2 & 1/2 - 32 oz		\$ 10.99	\$ 5.19	\$ 4.29
Heavy Cream - pint		\$ 8.59	\$ 4.69	
Yogurt - plain, 15 oz		\$ 4.29		
Yogurt - flavored, 15 oz		\$ 4.89		
Yogurt - greek, flavored, 15 oz		\$ 5.99		
Yogurt - plain, 32 oz		\$ 5.79		\$ 3.99
Yogurt - flavored, 32oz		\$ 6.09		\$ 3.99
Yogurt - greek, plain, 32oz		\$ 8.59		\$ 6.99
Yogurt - greek, flavored, 32 oz		\$ 7.74		\$ 6.99
Yogurt, goat - plain, 16 oz		\$ 7.09		