



Produce • Cheese • Trucking

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Your best source of locally grown produce since 1973

Current Local Availability List

7/13/18

CV= Conventionally Grown / **OG=** Certified Organically grown / **TR=** Not Certified OG grown

Apples, Loose #1 (40#): Season over....See you in the Fall!

Arugula, Baby (3#) OG: Local supplies limited in the heat.....

Beets, Golden and Red (25#): We should have good availability until the Fall

Blackberries: Very limited supply by preorder.....Short season

Blueberries: Local Blues are now in until early Fall.....Very high quality

Broccoli Crowns (20#).....In for the season.....Should be available until the hard frost in the Fall

Cabbages, Green and Red (40#): In now until the Fall

Cauliflower (9): Very high quality in good supply now.....Should be around until the Fall

Cider: Now a preorder item with preservatives (WP)

Chinese Cabbage, Bok Choy (30#): Season over until the Fall.....Too hot!

Corn: Early varieties are in now.....We should have good supplies until the fall

Cucumbers: Both Pickles and "Long Greens" are available now in steady supply.

Eggplant: Starting in late July or early August

Lettuces (24) OG: Green Leaf, Red Leaf, and Romaine all OG and will be available until the Fall.....

Mushrooms (3#) OG: We can get beautiful indoor grown Lion's Mane, Oysters, and Shiitakes by preorder.....Other varieties available
Beautiful Log Grown (Outdoor) OG (3#) Shiitakes are now in stock. These are the best!

Peppers, Green and Red: Green Peppers start around 7/23?Red Peppers much later in the season

Salad Mixed Greens (3#) OG: We should have good steady supplies of non-lettuce based greens until the fall. The year's best!

Spring Mix (3#): New greenhouses at Little Leaf Farms should ensure good suppliesNot OG but pesticide free

Sprouts (10#): Mung from Chang Farm in Whatley...Very perishable.....Order ahead to guarantee availability

Spinach, Baby (3#) OG: Gapping due to the heat

Spinach, Curly Leaf (5#): Done for the season

Strawberries (8x1 Quart): Local IPM Strawberries are finished for the season....

Squash, Summer (Yellow) and Zucchini: Now in until the Fall

Turnips, Hakurei (25#) OG: Gapping

Tomatoes, Greenhouse (~20#): Greenhouse Tomatoes (Mediums) are in now.....Best there are until "field" Tomatoes

Herbs:

Basil (1#) OG: Starting up again around 6/25

Cilantro (30): in good supply now

Tarragon, French

Other Herbs (1#) OG: Call for availability.....Just starting

Please ask about our Organic List for many other local items

Regionally Produced Items

Cabot Farmer's Coop (VT) Butter, Cheeses, Cottage Cheese, Sour Cream, and Yogurt

Great Hills Cheese (MA) Blue Cheese

Lightlife Foods (MA) Tempeh and other soy products

Little Leaf Farms (MA) Greenhouse grown Baby Lettuces and Spring Mix

Nasoya Foods (MA) Tofu (Bulk and Retail), Chinese Noodles, and Eggroll Wrappers

Westfield Farm (MA) Goat and Cow's milk specialty cheeses

Smith's Country Cheese (MA) Cheddar Cheese, Gouda Cheeses, and spread

Stoneyfield Yogurt (NH) Yogurt

Vermont Creamery (VT) Crème Fraiche, Mascarpone, Montrachet

Vermont Soy (VT) Tofu