



Produce • Cheese • Trucking

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Your best source of locally grown produce since 1973

Current Local Availability List

5/24/18

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

Apples, Loose #1 (40#): We have Cortland, Empire, and Mac...Other varieties might still be available on request

Arugula, Baby (3#) OG: Good local supplies until the fall.....

Asparagus (24#): Local is in now....Very popular....Supplies good in warmer weather

Cider: We stock NP (No Preservative) Cider Gallons (4) from Pine Hill Orchards in Colrain.

Chinese Cabbages (Various varieties...All OG) Call for details.....

Fiddleheads (5#): Finished for the season

Lettuces (24) OG: Green Leaf, Red Leaf, and Romaine should all start around 6/4?

Mushrooms (3#) OG: We can get beautiful indoor grown Lion's Mane, Oysters, and Shiitakes by preorder.....Other varieties soon

Parsnips Bulk (25#) and Cello (18x1#): "Spring Dug" Parsnips are done for the season

Ramps (5#): Finished for the season

Rhubarb, Red (15#): Should be around for several weeks

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: In now until the fall

Spinach, Curly Leaf (5#): In for a couple of weeks....Washed in 5# bags

Squash, Winter (40#): All local squash except Peeled / Diced Butternut Squash (10#) is now done for the year.

Strawberries (8x1 Quart): Looks like locals should start in good supply around 6/10

Turnips, Hakurei (25#) OG..... Should be around for a few weeks

Herbs:

Basil (1#) OG: We stocking Happy Valley's OG Basil....Greenhouse grown...

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