

NOV

(HONEY)
(SORGHUM SYRUP)
SOY OIL

PECANS
(WALNUTS)
(BARLEY) & FLOUR & GRITS
(BUCKWHEAT) & FLOUR
(CORN) & CORNMEAL & GRITS & POPCORN
(FLAX SEEDS) & GROUND FLAX
(OATS) & BRAN & GROATS & OATMEAL
(RYE) & CEREAL & FLOUR
(SPELT) & CEREAL & FLOUR
(WHEAT) & CRACKED WHEAT & FLOUR
WHEATGRASS

(SHELLING BEANS)
SHELLING PEAS

SOYBEANS & SOY FLOUR

ARUGULA
BOK CHOY
BROCCOLI RAAB
CABBAGES
CHARD
CHINESE CABBAGES
COLLARDS

KALE
LETTUCE
MUSTARD GREENS
SALAD GREENS
SPINACH

BROCCOLI

(BRUSSELS SPROUTS)

CAULIFLOWER

(CELERIAC)

(KOHLRABI)
MUSHROOMS

SWEET PEPPERS
TOMATOES

GARLIC

HERBS

ONIONS

(SHALLOTS)
SPROUTS

WINTER SQUASHES

BEETS
CARROTS

(DAIKON)

PARSNIPS
POTATOES

(RADISHES)

RUTABAGAS
SWEET POTATOES
TURNIPS

BEEF
BUFFALO
ELK
GOAT
LAMB
PORK
RABBIT
VENISON
CHICKEN
DUCK

EMU
GOOSE
GUINEA FOWL

PHEASANT
QUAIL
TURKEY

CHICKEN EGGS
DUCK EGGS

QUAIL EGGS
BUTTER
CHEESES
GOAT CHEESES
MILK & CREAM