

- JAN -

APPLES

PUMPKINS

WINTER SQUASHES

BEET GREENS

CHARD

KALE

LETTUCES

MICRO GREENS & PEA SHOOTS

SALAD GREENS & MESCLUN & SPRING MIX

SPINACH

TOMATOES

MUSHROOMS

DRIED BEANS

BEETS

CARROTS

CELERIAC

PARSNIPS

POTATOES

RADISHES

RUTABAGAS

SWEET POTATOES

TURNIPS

GARLIC

LEEKs

ONIONS

SHALLOTS

CORNMEAL

OATS

POPCORN

RYE

WHEAT

BEEF

BISON / BUFFALO

ELK

GOAT

LAMB

PORK

RABBIT

VEAL

VENISON

CHICKEN

DUCK

GUINEA FOWL

PHEASANT

QUAIL

TURKEY

CHICKEN EGGS

DUCK EGGS

QUAIL EGGS

BUTTER

CHEESES

GOAT GHEESES

GOAT MILK

GOAT YOGURT

KEFIR

MILK & BUTTERMILK & CREAM

YOGURT

HAKE

POLLOCK

SMELT

HONEY

MAPLE SYRUP

CANOLA OIL

SUNFLOWER OIL