

# · MAR ·

APPLES

WINTER SQUASHES

BEET GREENS  
CHARD  
COLLARDS

KALE  
LETTUCES

MICRO GREENS & PEA SHOOTS

SALAD GREENS & MESCLUN & SPRING MIX

SPINACH

MUSHROOMS

DRIED BEANS

BEETS  
CARROTS

PARSNIPS  
POTATOES  
RADISHES

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

HONEY

MAPLE SYRUP

CANOLA OIL  
SUNFLOWER OIL