

- APR -

APPLES

WINTER SQUASHES

BEET GREENS
CHARD

COLLARDS

KALE
LETTUCES

MICRO GREENS & PEA SHOOTS

SALAD GREENS & MESCLUN & SPRING MIX

SORREL

SPINACH

FIDDLEHEADS
MUSHROOMS

DRIED BEANS

CARROTS

PARSNIPS

POTATOES

RADISHES

RUTABAGAS

TURNIPS

LEEKS

ONIONS

SHALLOTS

OATS

POPCORN

BEEF

BISON / BUFFALO

ELK

GOAT

LAMB

PORK

RABBIT

VEAL

VENISON

CHICKEN

DUCK

GUINEA FOWL

PHEASANT

QUAIL

TURKEY

CHICKEN EGGS

DUCK EGGS

GOOSE EGGS

QUAIL EGGS

BUTTER

CHEESES

GOAT GHEESES

GOAT MILK

GOAT YOGURT

KEFIR

MILK & BUTTERMILK & CREAM

YOGURT

HONEY

MAPLE SYRUP

CANOLA OIL

SUNFLOWER OIL