

September Flavors & New Products!



MINIMUM: \$400 for most areas

New Products: Jaju Peirogi, Somali-Bantu Cornmeal, South Paw Farm Chile Sauces, A Small Good Salami returns to the catalog!

Abundance Red Plums, Paula Red Apples from The Apple Farm!

Specials on: Brewer's Sea Salt Flatbread & Sesame Crackers, PopZup CheddarHead Popcorn, Swan's 5# Honey, Tide Mill Whole Chickens, Commonwealth Poultry Whole Chickens, Red Beets!

Spinach! Organic Local Pears! Cippolini Onions! Delicata Squash!

Local/Regional Fruit

Apples, Paula Red (Early Red) - 80 count - IPM	New Item!	Case	52.00
Apple, Paula Red (Early Red) - 8/5 # - IPM - from The Apple Farm	New Item!	Case	48.00
Blueberries, Wild - 5 # - Certified Organic - From Maine	Blue Barrens Farm	Case	24.00
Blueberries, Wild, Frozen - 5 # - Certified Organic	Elderflower Farm	Case	26.50
Blueberries, Frozen - 10 # - Certified Organic	Merrill's Blueberries	Case	45.00
Maine Specialty Melon, Arava/Green - 20 # /12 ct avg - Certified Organic - From Maine, 50 Sm	SALE!	Case	18.00

Maine Specialty Melon, Courier/Green - 20#/9 ct avg - Certified Organic - From Maine, 50 Small	SALE!	Case	18.00
Maine Specialty Melon, Divergent/Orange - 20 # / 9 ct avg - Certified Organic - From Maine, 50	SALE!	Case	18.00
Maine Specialty Melon, Sugar Cube/Orange Mini - 20 # /16 ct avg - Certified Organic - From Maine		Case	26.00
Plums, Abundance - 20 # - IPM - from Maine	New Item!	Case	38.40
Cranberries, Frozen - 5 # - IPM - From Sugar Hill Cranberry	Sugar Hill Farm	Case	12.00
Pears, Clapp's Favorite type - 10 # - Certified Organic - From Maine	New Item!	Case	30.00
Pears, Green Bartlett - 13 # - Certified Organic - From Maine	Buckle Farm	Case	39.00

Local & Regional Produce

Beans, Green - 25 # - Certified Organic - From Maine	Haymart Farm	case	75.00
Beans, Green - 24 # - Conventional - from Pineland Farms - PLU 4066	Pineland Farms	case	39.00
Beans, Yellow - 12 # - Conventional - from Pineland Farms - PLU 4533	Pineland Farms	case	22.00
Beets, Red - 25 # - Certified Organic - From Maine	Haymart Farm	case	37.50
Broccoli, Purple Flowering - 12 ct - Certified Organic - From Maine	Limited!	case	36.00
Cabbage, Green - 20 # - Certified Organic - From Hall Brook Farm	Hall Brook Farm	case	24.50
Carrot, Rainbow - 10 # - Certified Organic - From Maine	Two Farmers Farm	case	19.00
Cabbage, Red - 25 # - Certified Organic - From Maine	Thirty Acre Farm	case	29.00
Chard, Green - 12 ct - Certified Organic - From Hall Brook Farm, Maine	Hall Brook Farm	case	25.20
Garlic - 5 # - Certified Organic - From Maine	Buckle Farm	case	75.00
Kale, Green - 12 ct - Certified Organic - From Hall Brook Farm, Maine	Hall Brook Farm	case	23.40
Herbs, Basil, Genovese - 6 bunch - Certified Organic - From Maine	Villageside Farm	case	12.00
Herbs, Cilantro - 6 bunch - Certified Organic - From Maine	Two Farmers Farm	case	11.25
Herbs, Parsley, Flat Leaf - 6 bunch - Certified Organic - From Maine	Villageside Farm	case	13.50
Herbs, Tarragon - 6 ct - Certified Organic - From Maine	Villageside Farm	case	15.75
Kohlrabi, Purple - 10# - Certified Organic	Villageside Farm	case	19.00
Kohlrabi, Green - 10# - Certified Organic - From Maine	Villageside Farm	case	19.00
Lettuce, Green Leaf - 24 ct - Certified Organic - From Maine	Haymart Farm	case	35.00
Lettuce, Red Leaf - 24 ct - Certified Organic - From Maine	Haymart Farm	case	35.00
Lettuce, Romaine - 24 ct - Certified Organic - From Maine	Haymart Farm	case	35.00

Onions, Cippolini, Red - 10 # - Certified Organic - From Maine	Buckle Farm	case	45.00
Onions, Sweet - 40# - Certified Organic - From Maine	Community Harvest	case	69.00
Peppers, Jalapeno - 5 # - Certified Organic - From Maine	Villageside Farm	case	22.50
Pumpkins, Pie - 35 # - Certified Organic - From Maine	Community Harvest	case	36.00
Radish, Watermelon - 10 # - Certified Organic - From Maine	Villageside Farm	case	26.50
Greens, Salad Spinach - 3 # - Certified Organic - From Maine	Flying Pond Farm	case	32.00
Squash, Delicata - 40 # - Certified Organic - From Maine	Community Harvest	case	60.00
Squash, Retail Packed Zucchini - 20 # - (Packed 20 pk per case) - Certified Organic - From Maine	Hall Brook Farm	case	30.00
Squash, Summer - 20 # - Conventional - from Maine	Pineland Farms	case	27.00
Squash, Buttercup - 35 # - Certified Organic - From Maine - PLU 94758	Community Harvest	case	42.00
Squash, Butternut - 40 # - Certified Organic - From Maine - PLU 94759	Community Harvest	case	48.00
Squash, Delicata - 35 # - Conventional - From Maine	Pineland Farms	case	31.50
Squash, Spaghetti - 35# - Certified Organic - From Maine - PLU 94776	Community Harvest	case	42.00
Tomatoes, Cherry Rainbow Pint - 12 ct - Certified Organic - From Maine, 50 Small Brand	Mulberry Farm	case	35.88
Tomato, Blushing Heirloom - 10 # - Certified Organic - From Maine	Two Farmers Farm	case	35.00
Tomatoes, Red Slicer - 10 # - Certified Organic - From Maine	Mulberry Farm	case	28.00
Tomato, Retail Packed Cocktail Tomatoes - 12x10oz pk	Backyard Farm	case	40.00

Items 'From Away' to Boost Our Season and Supplies

Peaches, Ripe - 15 # - From Frog Hollow Farm, CA	Specialty Foods Boston	case	59.00
Peaches - 25 # - Conventional - Specialty Foods Boston (SC Grown)	Specialty Foods Boston	case	61.00
Beet, Red - 25 # - Certified Organic - From Happy Dirt, North Carolina	Sept. Special!	case	35.00
Cabbage, Green - 45 # - Certified Organic - From Happy Dirt, North Carolina	Happy Dirt	case	45.00
Cabbage, Red - 45 # - Certified Organic - From Happy Dirt, VA	Happy Dirt	case	54.00
Lemon, Meyer - 10 # - Conventional	Specialty Foods Boston	case	48.00
Spring Mix Clamshells - 8 x 4 oz - Hydroponic - From Little Leaf (MA)	Little Leaf Farm	case	28.00
Potato, Gold 'New' - 20 # - Certified Organic - From Happy Dirt, NC	Happy Dirt	case	48.00

Squash, Butternut - 35 # - Certified Organic - From Happy Dirt, NC	Happy Dirt	case	59.00
Sweet Potato, Covington - 40 # - Certified Organic - From Happy Dirt, NC	Happy Dirt	case	72.00

Four Seasons - Items are Subject to Availability/Selling Out

Apple, Gala - 80/88 Ct - From Four Seasons - Certified Organic	Four Seasons	case	79.00
Apple, Pink Lady - 12/3# - From Four Seasons - Certified Organic	Four Seasons	case	55.50
Avocado, Haas - 60 ct - Fair Trade, Certified Organic	Four Seasons	case	82.00
Bananas, Stage 2 - cs (40 # avg) - From Equal Exchange - Fair Trade, Certified Organic	Four Seasons	case	32.50
Brussel Sprouts - 10 # - From Four Seasons - Certified Organic	Four Seasons	case	52.00
Cabbage, Red - 45 # - From Four Seasons - Certified Organic	Four Seasons	case	63.00
Cauliflower - 12 ct - From Four Seasons - Certified Organic	Four Seasons	case	43.50
Dates, Medjool - 11 # - From Four Seasons - Certified Organic	Four Seasons	case	86.50
Garlic - 5 # - From Four Seasons - Certified Organic	Four Seasons	case	32.50
Ginger - 5 # - From Four Seasons, Certified Organic	Four Seasons	case	22.50
Grapefruit, Fancy - Red - 48 Ct - From Four Seasons - Certified Organic	Four Seasons	case	71.00
Leeks - 20 # - From Four Seasons - Certified Organic	Four Seasons	case	69.50
Lemons, Choice - 140 ct - From Four Seasons - Certified Organic	Four Seasons	case	92.00
Limes - 10 # - From Four Seasons - Certified Organic	Four Seasons	case	32.50
Mushrooms, Shiitake - 3 # - From Four Seasons - Certified Organic	Four Seasons	case	27.00
Mushrooms, Portabella - 5 # - From Four Seasons - Certified Organic	Four Seasons	case	22.00
Mushrooms, Trumpet - 3 # - From Four Seasons - Certified Organic	Four Seasons	case	39.00
Onion, Red - 40 # - From Four Seasons - Certified Organic	Four Seasons	case	56.00

Onion, Yellow - 40 # - From Four Seasons - Certified Organic	Four Seasons	case	49.00
Oranges, Valencia - 88 Ct - From Four Seasons - Certified Organic	Four Seasons	case	71.50
Pear, Golden Russet Bosc - 80/90 Ct - From Four Seasons - Certified Organic	Four Seasons	case	100.50
Pineapple - 8 ct - From Four Seasons - Fair Trade - Certified Organic	Four Seasons	case	31.00
Peppers, Red - 11 # - Import, From Four Seasons - Certified Organic	Four Seasons	case	58.50
Potato, Gold - 50 # - From Four Seasons - Certified Organic	Four Seasons	case	78.50
Potato, Red - 50# - Grade A, From Four Seasons Produce - Certified Organic	Four Seasons	case	78.50
Yams, Garnet, #1 - 40 # - From Four Seasons - Certified Organic	Four Seasons	case	84.00

Refrigerated

Cured Salami, Smoked Sausage, Bacon

Chorizo - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Honey Peel Salami - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Soppressata - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Sujuk - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	25.74
Beef, Hard Salami - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Pepperoni, 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Summer Sausage - 6 x 1/2 # - From Smith's Smokehouse	Smith's Smokehouse	per pound	24.31
Smoked Bacon, Proper Bacon/Pork Belly - 6 x 10 oz - from A Small Good	September Special!	Case	39.00
Dry Cured Salami, Basque style Chorizo - 6 x 4.5 oz - from A Small Good	September Special!	Case	48.00
Dry Cured Salami, Hard Cider - 6 x 4.5 oz - from A Small Good	September Special!	Case	48.00
Dry Cured Salami, Northern Spicebush - 6 x 4.5 oz - from A Small Good	September Special!	Case	48.00

Dry Cured Salami, Ramp - 6 x 4.5 oz - from A Small Good	September Special!	Case	48.00
Smoked Sausage, Brown Butter Breakfast - 6 x 10oz - from A Small Good	September Special!	Case	39.00
Smoked Sausage, Perfect Italian - 6 x 10 oz - from A Small Good	September Special!	Case	39.00
Smoked Sausage, Kranjska - 6 x 10 oz - from A Small Good	September Special!	Case	39.00
Smoked Sausage, Thai Barbeque - 6 x 10 oz - from A Small Good	September Special!	Case	39.00
Dry Cured Whole Muscle, Coppa - approx. 3# - from A Small Good	New Item!	per pound	22.07
Dry Cured Whole Muscle, Lonza - approx. 3# - from A Small Good	New Item!	per pound	22.00

Eggs

Eggs, Retail - 30 dozen - From 50 Small - Maine Farm Raised, Cage Free	50 Small/Bowden Eggs	Case	142.50
Eggs, Brown XL Free Range - 15 dz - Nature's Yolk, From Four Seasons - PA Raised	Nature's Yolk	Case	47.50

Miso

Miso, 12 x 12 oz jars per case - From Go-En Fermented Foods	Go-En Fermented Foods	Case	86.00
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Kate's Butter

Kate's Butter, Unsalted - 20 # - From Kate's Creamery	Kate's Creamery	Case	93.00
Kate's Butter, Salted - 18 x 16 oz - From Kate's Creamery	Kate's Creamery	Case	83.00
Kate's Butter, Unsalted - 18 x 16 oz - From Kate's Creamery	Kate's Creamery	Case	83.00
Kate's Butter, Salted - 18 x 8 oz - From Kate's Creamery	Kate's Creamery	Case	45.00
Kate's Butter, Unsalted - 18 x 8 oz - From Kate's Creamery	Kate's Creamery	Case	45.00
Kate's Buttermilk, 12 x 16 oz Pints - From Kate's Creamery	Kate's Creamery	Case	16.75
Kate's Buttermilk - 8 x 32 oz Quarts - From Kate's Creamery	Kate's Creamery	Case	15.50

Casco Bay Butter & Cream Cheese

Butter, Salted Butter - 12 x 8 oz - From Casco Bay Butter Co	Casco Bay Creamery	Case	42.00
Butter, Unsalted - 12 x 8 oz - From Casco Bay Butter Co	Casco Bay Creamery	Case	42.00
Cream Cheese - 12 x 8 oz - From Casco Bay Butter	Casco Bay Creamery	Case	44.90

Organic Valley Cheeses & Half N Half

Half & Half Pint - 12 x 16 oz - Certified Organic - From Organic Valley	Organic Valley	Case	31.50
Cheese, Cream - 12 x 8 oz - Certified Organic - From Organic Valley	Organic Valley	Case	42.50
Cream, Whipping Pint - 12 x 16 oz - Certified Organic - Organic Valley, From Four Seasons	Organic Valley	Case	56.50
Sour Cream Pints - 6 x 16 oz - Certified Organic - Organic Valley, From Four Seasons	Organic Valley	Case	24.00

Seal Cove Farm Goat Cheeses

Cheese, Chevre, Cranberry - 6 x 4.5 oz - From Seal Cove Farm	Seal Cove Farm	6 pack	28.90
Cheese, Chevre, Dill & Garlic - 6 x 4.5 oz - From Seal Cove Farm	Seal Cove Farm	6 pack	28.90
Cheese, Chevre, Garlic & Pepper - 6 x 4.5 oz - From Seal Cove Farm	Seal Cove Farm	6 pack	28.90
Cheese, Chevre, Plain - 6 x 4.5 oz - From Seal Cove Farm	Seal Cove Farm	6 pack	28.90

Cheese, Sonnentel Dairy

Cheese, Cheddar Mild, Aroostook - 6 pcs - From Sonnentel Dairy	Sonnental Dairy, LLC	6 pack	37.50
Cheese, Pepperjack, Lumberjack - 6 pcs - From Sonnentel Dairy	Sonnental Dairy, LLC	6 pack	37.50
Cheese, Cheddar Extra Sharp, Buggy Whip - 6 pcs - From Sonnentel Dairy	Sonnental Dairy, LLC	6 pack	56.00
Cheese, Parmesan - 6 pcs - From Sonnentel Dairy	Sonnental Dairy, LLC	6 pack	56.00
Cheese, Cheddar Mild, Aroostook - 5 # - From Sonnentel Dairy	Sonnental Dairy, LLC	lb	7.50

Cheese, Cheddar Extra Sharp, Buggy Whip - 5 # (avg 1/2 block) - From Sonnetal Dairy	Sonnetal Dairy, LLC	lb	10.50
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Fermented Vegetables, Kraut, Kimchi

Atlantic Sea Farms

Kimchi, Sea Chi - 6 x 15 oz - Certified Organic - From Atlantic Sea Farms	Atlantic Sea Farms	case	47.94
Kraut, Seaweed- 6 x 15 oz - Certified Organic - From Atlantic Sea Farms	Atlantic Sea Farms	case	47.94

Pigeon Cove Ferments

Kimchi, Vegan - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	84.00
Sauerkraut, Beet Ginger - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	84.00
Sauerkraut, Daikon Kelp - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	84.00
Sauerkraut, Garlic & Dill - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	78.60
Sauerkraut, Peppered Caraway - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	78.60
Sauerkraut, Simply Plain - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	78.60
Sauerkraut, Salsa Kraut - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	82.00
Sauerkraut, Turmeric Ginger - 12 x 16 oz - From Pigeon Cove Ferments	Pigeon Cove Ferments	case	82.00

Thirty Acre Farm

Sauerkraut, Caraway & Juniper - Certified Organic - 12 X 15 oz - From Thirty Acre Farm	Thirty Acre Farm	Case	81.51
Sauerkraut, Caraway & Juniper - 6 X 15 oz - From Thirty Acre Farm	Thirty Acre Farm	6 pack	42.90
Curried Cauli Kraut - 12 x 15 oz jars - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	85.80
Curtido, Salvadorian Sauerkraut - 12 x 15 oz jars - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	85.80
Curtido, Salvadorian Sauerkraut - 6 x 15 oz jars - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	45.04
Hot Sauce, Earth Fire - 6 x 5 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	27.00
Hot Sauce, Jalapeno Business - 6 x 5 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	27.00

Hot Sauce, Melon Head - 6 x 5 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	27.00
Sauerkraut, Jalapeno - 12 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	81.51
Sauerkraut, Jalapeno - 6 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	42.90
Kimchi, Hot - 12 X 15 oz - Certified Organic - From Thirty Acre Farm - UPC 736211569943	Thirty Acre Farm	Case	85.80
Kimchi, Hot - 6 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	45.04
Kimchi, Hot - 12 x 32 oz - QUARTS - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	144.00
Kimchi, Mild - 6 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	45.04
Sauerkraut, Plain - 12 X 15 oz - Certified Organic - From Thirty Acre Farm - UPC 736211569547	Thirty Acre Farm	Case	79.45
Sauerkraut, Plain - 6 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	46.16
Sauerkraut, Plain - 12 X 32 oz - QUARTS - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	126.00
Sauerkraut, Ruby - 12 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	81.51
Sauerkraut, Ruby - 6 X 15 oz - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	6 pack	42.90
Sauerkraut, Ruby - 12 x 32 oz - QUARTS - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	Case	126.00
Sauerkraut, Plain - 1 gallon - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	ea	31.50
Sauerkraut, Ruby - 1 gallon - Certified Organic - From Thirty Acre Farm	Thirty Acre Farm	ea	35.75
Sauerkraut, Sea Kraut - 12 x 15 oz jars - Certified Organic - From Thirty Acre Farm - Made with Seaweed from Damariscotta, Maine	Thirty Acre Farm	Case	85.80
Sauerkraut, Sea Kraut - 6 x 15 oz jars - Certified Organic - From Thirty Acre Farm - Made with Seaweed from Damariscotta Maine	Thirty Acre Farm	6 pack	45.04

Salsa

Salsa, Purely Fresh Salsa - 6 x 16 oz - From Plucked Fresh Salsa	Plucked Salsa	Case	30.00
Salsa, Sinfully Fresh Salsa - 6 x 16 oz - From Plucked Fresh Salsa	Plucked Salsa	Case	30.00
Salsa, Mango - 6 x 14 oz - From Sister's Salsa	Sister's Salsa	Case	24.00
Salsa, Original - 6 x 14 oz - From Sister's Salsa	Sister's Salsa	Case	24.00
Salsa, Twice The Spice - 6 x 14 oz - From Sister's Salsa	Sister's Salsa	Case	24.00
Salsa, Sinfully Fresh Salsa - 2 x 1 gallon case - From Plucked Fresh Salsa - BULK SIZE	Plucked Salsa	case	35.00

Snacks, Meat Sticks

Roam Sticks, Bacon - 12 x 1 oz - From Singing Pastures Singing Pastures case 19.20

Roam Sticks, Jalapeno - 12 x 1 oz - From Singing Pastures Singing Pastures Case 19.20

Tofu

Tofu, Foodservice - 12 x 1 # - Certified Organic Heiwa Tofu Case 33.48

Tofu, Retail Label - 12 x 1 # - Certified Organic, UPC# 0085010900502 Heiwa Tofu Case 37.26

Yogurt

Yogurt, Plain Qt - 6 x 32 oz - Certified Organic - Biodynamic from Hawthorne Valley Farm, NY Hawthorne Valley Case 32.50

Yogurt, Maple/Vanilla Qt - 6 x 32 oz - Certified Organic - Biodynamic from Hawthorne Valley Farm, NY Hawthorne Valley Case 33.00

Frozen

Atlantic Sea Farms

Kelp, Cubes - 12 x 4.8 oz - Certified Organic - From Atlantic Sea Farms Atlantic Sea Farms Case 85.54

Kelp, Slaw (3x4oz per package, 12 pkg per case) - 12 ct - Certified Organic - From Atlantic Sea Atlantic Sea Farms Case 94.28

Veggie Burgers

Beet Burgers, Retail - From Blue Mango - 16 oz pack (4 patties), 10 packs per case Blue Mango Case 47.50

Gelato Fiasco - Select Flavors on Sale!

Gelato, Deep Maine Woods Brownie Gelato - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Mint Brookie, Brownie Cookie Gelato - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Nutterfluffer - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Sorbottom Dark Chocolate Noir - plant based - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Big Ol' Peanut Butter - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Doughing Me, Doughing You - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Dark Chocolate Caramel Sea Salt - 8 pt - From Gelato Fiasco Gelato Fiasco (V) Case 37.20

Gelato, Mascarpone Pistachio Caramel - 8 pt - From Gelato Fiasco	Gelato Fiasco (V)	Case	37.20
Sorbetto, Ripe Mango - plant based - 8 pt - From Gelato Fiasco	Gelato Fiasco (V)	Case	37.20
Gelato, Marshmallow S'More - 8 pt - From Gelato Fiasco	Gelato Fiasco (V)	Case	37.20
Gelato, Sunken Treasure - 8 pt - From Gelato Fiasco	Gelato Fiasco (V)	Case	37.20

Pierogi

Pierogi, Spinach & Feta - 6 packs of 12 pierogi - From Jaju Pierogi	New Item!	Case	50.70
Pierogi, Sweet Potato and Carmelized Onion - 6 packs of 12 pierogi - From Jaju Pierogi	New Item!	Case	50.70

Drygoods

Snacks/Crackers

Brewer's Crackers, Honey Graham - 12 x 5 oz	Brewer's Crackers	Case	41.55
Brewer's Crackers, Sesame Sea Salt - 12 x 5 oz	September Special!	Case	36.00
Flatbread Crackers, Sea Salt - 12 x 5 oz - From Brewer's Crackers	September Special!	Case	54.00
Crackers, Every-Thin - 12 x 4 oz - From Mill Cove Baking	Mill Cove Crackers	Case	51.00
Crackers, The Old Salt - 12 x 4 oz - From Mill Cove Baking Co	Mill Cove Crackers	Case	51.00
Crackers, The Real Dill - 12 x 4 oz - From Mill Cove Baking Co	Mill Cove Crackers	Case	51.00

Snacks/Granola Munch

Granola Munch, Original Honey Almond - By the 18 x 2 oz case - From Me & Ollie's	Me & Ollie's	Case	36.00
Granola Munch, Original Honey Almond - By the 8 x 11 oz case - From Me & Ollie's	Me & Ollie's	Case	37.50
Granola Munch, Maple Pecan - By the 8 x 11 oz case - From Me & Ollie's	Me & Ollie's	Case	37.50

Granola Munch, Dark Chocolate Habanero - By the 8 x 11 oz case - From Me & Ollie's	Me & Ollie's	Case	37.50
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Snacks/Popcorn

Popcorn, Sweet Maple - 12 x 3 oz - From Cameron Clan Snack Co - Made from Mushroom Popcorn	Cameron Clan Snack Co.	Case	27.00
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Popcorn, Sweet N Salty - 12 x 3.5 oz - From Cameron Clan Snack Co - Made from Mushroom Popcorn	Cameron Clan Snack Co.	Case	27.00
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Popcorn, Butter Me Up - 12 x 5 oz - From PopZup	PopZup	Case	55.44
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Popcorn, Cheddar Head - 12 x 5 oz - From PopZup	September Special!	Case	47.88
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Popcorn, Cheesie Herbie - vegan - 12 x 5 oz - From PopZup	PopZup	Case	55.44
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Popcorn, Maple Cinnamon Toast - 12 x 5 oz - From PopZup	PopZup	Case	55.44
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Snacks/Potato Chips

Potato Chips, Cookout - 12 x 5 oz - From Vintage Maine Chips	Vintage Maine Kitchen	Case	40.00
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Potato Chips, Cookout Flavored - 30 x 1.25 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	46.00
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Potato Chips, Maine Maple - 12 x 5 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	40.00
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Potato Chips, Maine Maple - 30 x 1.25 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	46.00
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Potato Chips, Ordinary - Maine Sea Salt - 12 x 5 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	40.00
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Potato Chips, Ordinary, Maine Sea Salt - 30 x 1.25 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	46.00
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Potato Chips, Thankful - 12 x 5 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	40.00
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Potato Chips, Thankful Flavored - 30 x 1.25 oz - From Vintage Maine Kitchen	Vintage Maine Kitchen	Case	46.00
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Retail Packed Grains

Cornmeal - 4/5 # - Certified Organic - From Morgan's Mills	Morgan's Mills	Case	28.50
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Flour, Golden Buckwheat Flatbread Mix - Certified Organic - 6 x 1.5# - From The Buckwheat Project	The Buckwheat Project	Case	37.42
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Oats, Rolled - 6 x 3# - Certified Organic - From Aurora Mill	Aurora Mill	Case	43.12
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Oats, Steel Cut - 6 x 3# - From Aurora Mill - Certified Organic	Aurora Mill	Case	43.12
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Flour, Acadian Light Buckwheat - 12x3 # - From Bouchard Family Farm	Bouchard Family Farm	Case	78.75
Ployes Mix, Original - 12x1.5 # - From Bouchard Family Farm	Bouchard Family Farm	Case	61.00
Ployes Mix, Original - 6x3 # - From Bouchard Family Farm	Bouchard Family Farm	Case	40.75
Berries, Rye - 6 x 2# - From Maine Grains - Certified Organic	Maine Grains	Case	42.11
Berries, Wheat - 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	Case	37.60
Flour, Buckwheat - 6 x 2.4# case - From Maine Grains - Certified Organic	Maine Grains	Case	52.65
Flour, Corn - 4/5 # bag - Certified Organic - From Morgan's Mills	Morgan's Mills	Case	29.25
Flour, Red Fife - 6 x 2.4# - Certified Organic - From Maine Grains	Maine Grains	6 pack	58.65
Flour, Rye - 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	Case	42.12
Flour, Pastry - 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	Case	45.13
Flour, Rye - 4/5 # - Certified Organic - From Morgan's Mills	Morgan's Mills	Case	29.57
Flour, Sifted Whole Wheat 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	Case	43.62
Flour, Spelt - 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	Case	36.84
Flour, Whole Wheat, Red Spring - 4/5 # - Certified Organic - From Morgan's Mills	Morgan's Mills	Case	38.00
Oats, Rolled - 6 x 4# - From Maine Grains	Maine Grains	Case	48.88

Bulk Grains

Berries/Whole Grain Kernals

Berries, Wheat - 50 # - From Aurora Mill - Certified Organic	Aurora Mill	ea	56.00
Berries, Wheat - From Maine Grains - Certified Organic - by the 50# bag	Maine Grains	ea	73.15
Berries, Farro - 25# - From Maine Grains - Certified Organic	Maine Grains	ea	50.82
Berries, Rye - 50# - From Maine Grains - Certified Organic	Maine Grains	ea	74.45
Berries, Spelt - By the 50# - From Maine Grains - Certified Organic	Maine Grains	ea	93.99

Cornmeal

Cornmeal, Somali Bantu Liberation Farm - 6 x 2.4# - From Maine Grains	New Item!	ea	59.40
Cornmeal, Old Fashioned - 50 # - Certified Organic - From Champlain Valley (NY)	Champlain Valley	ea	34.50
Cornmeal, Yellow Coarse - 50 # - Certified Organic - From Morgan's Mills	Morgan's Mills	ea	57.50
Cornmeal - 25 # - Certified Organic - From Morgan's Mills	Morgan's Mills	ea	34.00
Cornmeal - 6 x 2.4# - Coarsly Milled - From Maine Grains - Certified Organic	Maine Grains	ea	59.40
Meal, Polenta - 6 x 2.4# - From Maine Grains - Certified Organic	Maine Grains	ea	67.36

Flours, All Types

Flour, Acadian Light Buckwheat - 25 #	Bouchard Family Farm	ea	52.50
Flour, Corn - 25 # - Certified Organic - From Morgan's Mills	Morgan's Mills	ea	35.00
Flour, Rye - 25 # - Certified Organic - Milled in Maine - From Morgan's Mills	Morgan's Mills	ea	35.50
Flour, Rye - 50 # - From Maine Grains - Certified Organic	Maine Grains	ea	74.45
Meal, Rye - 50 # - From Maine Grains - Certified Organic	Maine Grains	ea	74.45
Flour, Spelt - 50# - Var, Oberkulmer - From Maine Grains - Certified Organic	Maine Grains	ea	93.99
Flour, Heritage Danish Oland Wheat Flour - From Maine Grains - by the 50# - Transitional	Maine Grains	ea	166.92
Flour, Red Fife - 50# - From Maine Grains - Certified Organic	Maine Grains	ea	166.92
Flour, Sifted Whole Wheat Flour - 86% - 50# - From Maine Grains - Transitional Practices	Maine Grains	ea	74.45
Flour, Whole Wheat Flour, Barre - 50 # - From Aurora Mill - Certified Organic	Maine Grains	ea	56.00

Oats

Oats, Cracked - 40# - Certified Organic - From Maine Grains	Maine Grains	ea	55.60
Oats, Rolled - 40 # - From Aurora Mill - Certified Organic	Aurora Mills	ea	66.00
Oats, Rolled - 40# - From Maine Grains - Certified Organic	Maine Grains	ea	59.40
Oats, Groats - by the 40# bag - From Maine Grains - Certified Organic	Maine Grains	ea	59.40

Preserves/Jam/Spreads

Nothing But Fruit, Blackberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	66.22
Nothing But Fruit, Blueberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	66.22
Nothing But Fruit, Cherry - 12 x 18 oz jars - From Kountry Kettle - Made with Black Cherries from Michigan	Kountry Kettle	Case	66.22
Nothing But Fruit, Red Raspberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	66.22
Nothing But Fruit, Strawberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	66.22
Preserves, Blackberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	55.44
Preserves, Blueberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	55.44
Preserves, Cherry - 12 x 19 oz jars - From Kountry Kettle - Made with Black Cherries from Michigan	Kountry Kettle	Case	55.44
Preserves, Red Raspberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	55.44
Preserves, Strawberry - 12 x 19 oz jars - From Kountry Kettle	Kountry Kettle	Case	55.44

Jam, Wild Maine Blueberry and Ginger - 12 x 8.25 oz - From Mother's Mountain	Mother's Mountain	Case	32.08
Jam, Strawberry Rhubarb - 12 x 8.25 oz - From Mother's Mountain	Mother's Mountain	Case	32.08
Jelly, Roasted Garlic and Chive - 12 x 8.25 oz - From Mother's Mountain	Mother's Mountain	Case	32.08

Soda/Sparkling Water

Soda, Blueberry Dream - 24 x 12 oz - From Green Bee Craft Beverages	Green Bee Craft Beverages	Case	43.50
Soda, Ginger Buzz - 24 x 12 oz - From Green Bee Craft Beverages	Green Bee Craft Beverages	Case	43.50
Green Tea - 24 x 12 oz - From Green Bee Craft Beverages	Green Bee Craft Beverages	Case	43.50
Sparkling Water, Blueberry - 24 x 12 oz - From Green Bee Craft Beverages	Green Bee Craft Beverages	Case	40.50
Sparkling Water, Lemon - 24 x 12 oz - From Green Bee Craft Beverages	Green Bee Craft Beverages	Case	40.50
Sparkling Drink, Blueberry Pomegranate - 12 x 11.5 oz - Certified Organic - From MapleMama	Maple Mama	Case	14.00
Sparkling Drink, Ginger Lemon - 12 x 11.5 - Certified Organic - From MapleMama	Maple Mama	Case	14.00
Sparkling Drink, Raspberry Lime - 12 x 11.5 oz - Certified Organic - From MapleMama	Maple Mama	Case	14.00
Sparkling Drink, Strawberry Kiwi - 12 x 11.5 oz - Certified Organic - From MapleMama	Maple Mama	Case	14.00

Sauces/Condiments/Hot Sauce

Hot Sauce, Caribbean Reef Shark - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Hammah Gatah - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	90.00
Hot Sauce, Megalodon - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Nurse Shark - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Original - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Sriracha - 12 x 8 oz - From The Spicy Shark	The Spicy Shark Co	Case	75.00

Hot Sauce, Thresher Shark - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Tiger Shark - 12 x 5 oz - From The Spicy Shark	The Spicy Shark Co	Case	66.00
Hot Sauce, Wing Sauce - 12 x 12 oz - Dairy Free - From The Spicy Shark	The Spicy Shark Co	Case	75.00
Hot Blueberry Syrup - 12 x 8 oz - Made with 100% Maine Blueberries & USA Maple Syrup - From	The Spicy Shark Co	Case	90.00
BBQ Sauce/Marinade, Aunt Ruby's Red - 12 x 13 oz - From Mother's Mountain	Mother's Mountain	Case	33.50
BBQ Sauce/Marinade, Honey Hickory - 12 x 13 oz - From Mother's Mountain	Mother's Mountain	Case	33.50
Catchup - 12 x 13 oz - From Mother's Mountain	Mother's Mountain	Case	31.75
Mustard, Classic Honey - 12 x 7 oz - From Mother's Mountain	Mother's Mountain	Case	31.60
Mustard, Zesty Honey - 12 x 7 oz - From Mother's Mountain	Mother's Mountain	Case	31.60
Mustard, Portland Beer - 12 x 7 oz - From Mother's Mountain	Mother's Mountain	Case	31.60

Sauces

Chile Sauce, 'Boss Lady' - 12 x 10 oz - Certified Organic - From South Paw Farm	New Item!	Case	83.88
Chile Sauce, 'Perfect Picker' - 12 x 10 oz - Certified Organic - From South Paw Farm	New Item!	Case	83.88
Caribbeano Simmering Sauce - 12 x 16 oz - From Luigi Del Conte Sauces - UPC 863373000110..	Luigi Del Conte	Case	59.88
Sambuca Simmering Sauce - 12 x 16 oz - From Luigi Del Conte Sauces - UPC 863373000103	Luigi Del Conte	Case	59.88

Salt

Salt, Natural Sea Salt - 6 x 1# sifted coarse - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	55.44
Salt, Natural Sea Salt - 6 x 1# sifted crystals - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	55.44
Salt, Natural Sea Salt - 6 x 3.6 oz Grinders - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	42.69
Salt, Natural Sea Salt - 6 x 6 oz jars - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	35.50

Salt, Natural Sea Salt - 6 x 8 oz sifted coarse - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	27.72
Salt, Natural Sea Salt - 6 x 8 oz sifted crystals - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	28.00
Salt, Natural Sea Salt - 6 x 8 oz sifted fine - From the Maine Sea Salt Company	Maine Sea Salt Co	Case	28.00

Maple

Maple Syrup, Hot Maple Syrup - 12 x 8 oz - Made with 100% USA, Grade A Maple Syrup - From The Spicy Shark Co	The Spicy Shark Co	Case	90.00
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Honey

Honey, Hot Honey - 12 x 12 oz - Made with 100% USA Honey - From the Spicy Shark	The Spicy Shark Co	Case	90.00
Honey, Wildflower - 16 x 1# - From Swan's Honey	Swan's Honey	Case	97.58
Honey, Wildflower - by the 5# - From Swan's Honey	September Special!	Case	24.99

Meat - These items are USDA inspected and can be shipped to ME, NH, MA, VT, RI. Prices are listed per pound, items are sold by the case units listed.

Beef

Beef, Ground - 10x1# average - From Caldwell Farm - Certified Organic	Caldwell Farm	lb	9.99
Beef, Stew pieces - 10 x 1 # pkg - From Caldwell Farm - Certified Organic	Caldwell Farm	lb	11.63

Buffalo

Buffalo, Ground - 16 x 1# - From Yankee Farmers Market, NH	Yankee Farmer's Mkt	case	234.45
Buffalo, Patties 16 oz (3/5.3oz patties) - 16 ct - From Yankee Farmers Market, NH	Yankee Farmer's Mkt	case	255.80

Elk

Elk, Ground - 16 x 1# - From Yankee Farmers Market, NH	Yankee Farmer's Mkt	case	255.80
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Venison

Venison, Ground - 16 x 1# - From Yankee Farmers Market, NH	Yankee Farmers Market	case	255.80
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Chicken

Chicken - Whole Chickens - 5 x 4-5# avg birds - Tide Mill Farm - USDA Certified Organic	September Special!	lb	5.25
Chicken, Breasts, Skinless/Boneless - 10 x 1 # - From Common Wealth Poultry - Raised Out-of-	Common Wealth Poultry	lb	8.25
Chicken, Breasts, Skinless/Boneless - 2 x 5 # - From Common Wealth Poultry - Raised Out-of-	Common Wealth Poultry	lb	8.25
Chicken, Thighs, Skinless/Boneless - 10 x 1 # - From Common Wealth Poultry - Raised Out-of-	Common Wealth Poultry	lb	6.99
Chicken, Whole - 10 x 3.5 # avg - From Common Wealth Poultry - Raised Out-of-State	September Special!	lb	3.35
Chicken, Ground - 10 x 1 # - From Common Wealth Poultry - Raised Out-of-State	Common Wealth Poultry	lb	7.25
Chicken, Drumsticks - 10 x 1 # avg - From Common Wealth Poultry - Raised Out-of-State	Common Wealth Poultry	lb	3.15
Chicken, Thighs - 10 x 1 # avg - From Common Wealth Poultry - Raised Out-of-State	Common Wealth Poultry	lb	4.99

Lamb

Lamb, Ground - 10 x 1# avg - Sustainable, Humane - From North Star Farm	North Star Farm	lb	13.50
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