



LCFM Shopping List

August 12, 2017

C&R Farms: Peaches, plums and pears

High Point Bison: High Point will be at the market with a large variety of steaks, roasts, and ground in beef and bison.

Pieces of Me Crafts: Buy a bar of soap and get a bath bomb for \$1!

Raisin' Roots Farm: Basil, summer squash, and zucchini

Slainte Farm: Watermelons, cucumbers, squash, green beans, and pepper and try their sour gherkins (cucamelons) for the first time this week!

Herbs: Basil, cilantro microgreens, fennel pollen and lovage

Microgreens: spicy mix, Earthy Herb mix and sunflower shoots

Sunrise Ranch: Farm Burritos, made with our beef and eggs, tomato, eggplant, sweet peppers, shishito pepper, potato, onion, zucchini, squash, and cucumbers.

Turtle Mountain Tea: The flavors of the week are Coconut Kombucha and Yerba Mate Kombucha.