

ORGANIC MARKET ESSENTIALS

FRESH PRODUCE ?

Leafy Greens

Seasonal Berries

Root Vegetables

Citrus/Fruits

Fresh Herbs

DAIRY & REFRIGERATED ?

Pasture-Raised Eggs

Grass-Fed Milk/Alt

Greek Yogurt

Probiotic Drinks

Cultured Butter

WHOLE FOOD PANTRY ?

Ancient Grains/Quinoa

Raw Nuts & Seeds

Cold-Pressed Oil

Legumes / Lentils

Raw Honey / Maple

PROTEINS & FROZEN ?

Wild-Caught Fish

Grass-Fed Beef

Organic Poultry

Tempeh / Tofu

Frozen Medley

SPECIAL REQUESTS / BAKERY / LOCAL VENDORS: