

VT Weekly Farmers Market Report



Week of July 2nd, 2023

All reported products are local to Vermont and originally sourced within the state plus 30 miles outside the border. All participating Farmers Markets are compliant with current state regulations.

of Markets Reporting: 5

Seasonality/Weather: Sun, high humidity, intense smoke from Canadian wildfires

Other Comments: Big sales for pre-July 4th markets

Fruits & Vegetables									
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average
Beets	Bunch	\$3.50	\$3.50	\$3.50					
					Berries: Raspberries	Pint	\$6.00	\$8.00	\$7.00
Berries: Strawberries	Pint	\$4.50	\$6.00	\$5.08	Berries: Strawberries	Pint	\$6.00	\$6.50	\$6.38
Broccoli	Pound	\$6.00	\$6.00	\$6.00					
Cabbage	Each	\$5.00	\$5.00	\$5.00	Cabbage	Each	\$5.00	\$5.00	\$5.00
Carrots	Pound	\$3.00	\$3.00	\$3.00					
Carrots	Bunch	\$3.00	\$4.00	\$3.50	Carrots	Bunch	\$3.00	\$3.00	\$3.00
Chard	Bunch	\$3.00	\$3.00	\$3.00	Chard	Bunch	\$3.00	\$4.00	\$3.42
Cucumbers	Each	\$1.00	\$1.00	\$1.00	Cucumbers	Each	\$2.00	\$2.00	\$2.00
Cucumbers	Pound	\$6.00	\$6.00	\$6.00					
					Cucumbers: Pickling	Pound	\$1.00	\$1.00	\$1.00
Garlic	Each	\$3.00	\$3.00	\$3.00	Garlic	Each	\$3.00	\$3.00	\$3.00
Garlic: Scapes	Bunch	\$2.00	\$5.00	\$3.67	Garlic: Scapes	Bunch	\$2.00	\$3.00	\$2.60
					Greens: Arugula	Pound	\$14.60	\$14.60	\$14.60
Greens: Lettuce, baby leaf	Pound	\$5.00	\$10.00	\$7.67	Greens: Lettuce, baby leaf	Pound	\$10.60	\$14.60	\$12.40
Greens: Lettuce, head	Pound	\$3.00	\$3.00	\$3.00	Greens: Lettuce, head	Pound	\$3.00	\$3.25	\$3.13
Greens: Microgreens	Pound	\$7.00	\$7.00	\$7.00					
Greens: Specialty/Mixed	Pound	\$7.50	\$10.00	\$8.88					
Greens: Spinach	Pound	\$8.00	\$10.66	\$8.89	Greens: Spinach	Pound	\$10.60	\$12.00	\$11.30
Herbs	Bunch	\$2.00	\$2.50	\$2.25	Herbs	Bunch	\$3.00	\$3.75	\$3.31
Kale	Bunch	\$3.00	\$3.00	\$3.00	Kale	Bunch	\$3.00	\$4.50	\$3.69
Leeks	Bunch	\$5.00	\$5.00	\$5.00					
Onions	Bunch	\$3.00	\$3.00	\$3.00	Onions	Pound	\$3.50	\$3.50	\$3.50
Peas: Fresh Eating	Pound	\$5.00	\$8.00	\$6.50	Peas: Fresh Eating	Pound	\$8.00	\$9.00	\$8.50
Peas: Shelling	Pound	\$5.00	\$8.00	\$6.50					
					Peppers: hot	Pound	\$0.75	\$0.75	\$0.75
					Potatoes: red, white, gold, russet	Pound	\$3.00	\$3.00	\$3.00
Radishes	Bunch	\$3.00	\$3.00	\$3.00	Radishes	Bunch	\$3.00	\$3.00	\$3.00
Rhubarb	Bunch	\$4.00	\$5.00	\$4.33	Rhubarb	Bunch	\$3.50	\$3.50	\$3.50
Scallions	Bunch	\$3.00	\$4.00	\$3.25	Scallions	Bunch	\$3.00	\$3.00	\$3.00
Tomatoes: Cherry/pear/grape	Pint	\$6.00	\$6.00	\$6.00					
Tomatoes: Heirloom	Pound	\$4.00	\$4.00	\$4.00					
Tomatoes: Slicers	Pound	\$4.00	\$4.00	\$4.00	Tomatoes: Slicers	Each	\$2.00	\$2.00	\$2.00
Zucchini/Summer Squash	Pound	\$2.00	\$6.00	\$3.67					

See beef, chicken, lamb, rabbit, duck, pork, and eggs on page 2

Meat, Poultry & Eggs									
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average
Beef: Brisket	Pound	\$9.50	\$9.50	\$9.50					
Beef: Chuck Roast	Pound	\$8.89	\$10.00	\$9.45					
Beef: Flank	Pound	\$14.29	\$14.29	\$14.29					
Beef: Ground	Pound	\$7.00	\$7.50	\$7.20					
Beef: Organ Meat	Pound	\$4.00	\$4.00	\$4.00					
Beef: Ribeye	Pound	\$14.00	\$19.50	\$16.70					
Beef: Round Roast	Pound	\$9.29	\$9.29	\$9.29					
Beef: Short Ribs	Pound	\$6.99	\$6.99	\$6.99					
Beef: Sirloin	Pound	\$10.00	\$16.00	\$12.25					
Beef: Skirt Steak	Pound	\$14.29	\$14.29	\$14.29					
Beef: Stew	Pound	\$7.00	\$7.00	\$7.00					
Beef: Strip Steak	Pound	\$17.99	\$18.00	\$18.00					
Beef: T-Bone	Pound	\$16.00	\$18.99	\$17.50					
Beef: Tenderloin	Pound	\$19.00	\$22.50	\$20.63					
Chicken: Whole	Pound	\$3.99	\$3.99	\$3.99					
Eggs: Chicken	Per Dozen	\$4.00	\$5.50	\$4.83					
Lamb: Chops	Pound	\$18.00	\$18.00	\$18.00	Lamb: Chops	Pound	\$24.95	\$24.95	\$24.95
					Lamb: Ground	Pound	\$16.95	\$16.95	\$16.95
					Lamb: Leg of	Pound	\$16.95	\$16.95	\$16.95
					Lamb: Rack	Pound	\$25.95	\$25.95	\$25.95
					Lamb: Shanks	Pound	\$14.95	\$14.95	\$14.95
Pork: Chops	Pound	\$8.00	\$10.00	\$9.00					
Pork: Ground	Pound	\$7.00	\$7.00	\$7.00					
Pork: Shoulder Roast	Pound	\$13.00	\$13.00	\$13.00					
Pork: Tenderloin	Pound	\$14.00	\$14.00	\$14.00					
Rabbit	Pound	\$12.99	\$12.99	\$12.99					
Sausage	Pound	\$8.00	\$10.00	\$9.33					
Bacon	Pound	\$9.00	\$13.00	\$11.00					