

# VT Weekly Farmers Market Report

Week of July 30th, 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: 8

Seasonality/Weather: Lots of berries

Other Comments: Great customer support

Fruits & Vegetables									
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average
Beans: Fresh	Pound	\$4.00	\$7.00	\$5.29	Beans: Fresh	Pound	\$6.00	\$10.00	\$7.33
Beets	Bunch	\$3.00	\$5.00	\$3.58	Beets	Bunch	\$3.00	\$4.00	\$3.50
Berries: Blackberries	Pint	\$6.00	\$6.00	\$6.00					
Berries: Blueberries	Pint	\$4.00	\$6.00	\$5.00	Berries: Blueberries	Pint	\$5.00	\$6.00	\$5.67
Berries: Raspberries	Pint	\$7.00	\$7.00	\$7.00	Berries: Raspberries	Pint	\$6.00	\$6.00	\$6.00
					Berries: Strawberries	Pint	\$6.00	\$6.00	\$6.00
Broccoli	Pound	\$3.00	\$3.00	\$3.00					
Brussels Sprouts	Pound	\$6.00	\$6.00	\$6.00					
Cabbage	Each	\$2.00	\$5.00	\$3.54	Cabbage	Each	\$3.00	\$5.00	\$4.00
Carrots	Pound	\$3.75	\$6.00	\$4.88	Carrots	Pound	\$4.50	\$4.50	\$4.50
Carrots	Bunch	\$3.00	\$5.00	\$3.83	Carrots	Bunch	\$3.00	\$3.00	\$3.00
					Chard	Bunch	\$3.00	\$3.25	\$3.13
					Collard Greens	Bunch	\$1.00	\$1.00	\$1.00
Corn	Each	\$1.00	\$1.50	\$1.17	Corn	Each	\$1.00	\$1.00	\$1.00
Cucumbers	Each	\$1.00	\$2.00	\$1.33	Cucumbers	Each	\$1.00	\$2.50	\$1.57
Cucumbers	Pound	\$2.50	\$3.00	\$2.75					
Cucumbers: Pickling	Pound	\$2.25	\$2.25	\$2.25	Cucumbers: Pickling	Pound	\$1.00	\$1.00	\$1.00
Eggplant	Pound	\$4.50	\$4.50	\$4.50	Eggplant	Pound	\$3.50	\$5.00	\$4.17
Garlic	Each	\$1.00	\$4.00	\$1.95	Garlic	Each	\$2.00	\$3.00	\$2.63
					Garlic	Pound	\$12.00	\$12.00	\$12.00
					Garlic: Scapes	Bunch	\$3.00	\$3.50	\$3.25
					Greens: Lettuce, baby leaf	Pound	\$10.60	\$14.60	\$11.95
Greens: Lettuce, head	Each	\$3.00	\$3.00	\$3.00	Greens: Lettuce, head	Each	\$2.00	\$3.25	\$2.75
Greens: Microgreens	Pound	\$6.00	\$8.00	\$7.00					
Greens: Specialty/Mixed	Pound	\$4.00	\$10.00	\$6.67	Greens: Specialty/Mixed	Pound	\$14.60	\$14.60	\$14.60
Greens: Spinach	Pound	\$2.00	\$2.00	\$2.00					
Herbs	Bunch	\$2.00	\$4.00	\$2.63	Herbs	Bunch	\$3.00	\$3.50	\$3.17
Kale	Bunch	\$3.00	\$3.50	\$3.13	Kale	Bunch	\$3.00	\$4.00	\$3.56
Leeks	Bunch	\$4.00	\$4.00	\$4.00					
Melons	Each	\$1.25	\$1.25	\$1.25					
					Melons	Pound	\$1.25	\$1.25	\$1.25
					Melons: Watermelon	Each	\$5.00	\$5.00	\$5.00
Onions	Bunch	\$3.00	\$4.00	\$3.33	Onions	Bunch	\$3.00	\$3.00	\$3.00
Onions	Pound	\$3.00	\$3.00	\$3.00	Onions	Pound	\$3.00	\$3.50	\$3.25
Parsnips	Bunch	\$4.00	\$4.00	\$4.00					
Peas: Fresh Eating	Pound	\$6.00	\$8.00	\$7.00	Peas: Fresh Eating	Pound	\$8.00	\$9.00	\$8.50
Peas: Shelling	Pound	\$6.00	\$8.00	\$7.00	Peas: Shelling	Pound	\$8.00	\$8.00	\$8.00
Potatoes: red, white, gold, russet	Pound	\$2.00	\$7.00	\$4.00	Potatoes: red, white, gold, russet	Pound	\$2.50	\$3.00	\$2.67
Radishes	Bunch	\$3.00	\$4.00	\$3.33	Radishes	Bunch	\$3.25	\$3.50	\$3.38
Rhubarb	Bunch	\$4.00	\$5.00	\$4.50	Rhubarb	Bunch	\$3.50	\$3.50	\$3.50
Scallions	Bunch	\$3.00	\$3.00	\$3.00	Scallions	Bunch	\$2.50	\$3.50	\$3.00
Summer Squash	Pound	\$1.99	\$5.00	\$2.75	Summer Squash	Pound	\$3.00	\$3.00	\$3.00
Tomatillos	Pound	\$3.00	\$4.00	\$3.50					
Tomatoes: Cherry/pear/grape	Pound	\$5.00	\$5.00	\$5.00					
Tomatoes: Cherry/pear/grape	Pint	\$3.00	\$6.00	\$5.00	Tomatoes: Cherry/pear/grape	Pint	\$5.00	\$6.50	\$5.90
Tomatoes: Heirloom	Pound	\$4.00	\$4.00	\$4.00	Tomatoes: Heirloom	Pound	\$4.00	\$5.00	\$4.33
Tomatoes: Slicers	Pound	\$3.00	\$5.50	\$4.08	Tomatoes: Slicers	Pound	\$4.00	\$5.00	\$4.50
Tomatoes: Slicers	Each	\$4.50	\$4.50	\$4.50	Tomatoes: Slicers	Each	\$2.00	\$2.50	\$2.17
Turnips	Pound	\$4.00	\$4.00	\$4.00					
Zucchini/Summer Squash	Pound	\$1.99	\$3.00	\$2.45	Zucchini/Summer Squash	Pound	\$3.00	\$4.50	\$3.75

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

Meat & eggs									
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average
Beef: Brisket	Pound	\$9.00	\$12.00	\$9.88					
Beef: Chuck Roast	Pound	\$7.00	\$10.00	\$8.63					
Beef: Flank	Pound	\$12.00	\$16.00	\$14.10					
Beef: Ground	Pound	\$6.00	\$8.00	\$7.29					
Beef: Organ Meat	Pound	\$4.00	\$7.00	\$5.50					
Beef: Ribeye	Pound	\$16.00	\$20.00	\$18.25					
Beef: Round Roast	Pound	\$9.00	\$9.29	\$9.15					
Beef: Shanks	Pound	\$10.00	\$10.00	\$10.00					
Beef: Short Ribs	Pound	\$6.99	\$8.00	\$7.33					
Beef: Sirlain	Pound	\$8.00	\$18.00	\$12.50					
Beef: Skirt Steak	Pound	\$12.00	\$14.29	\$12.76					
Beef: Stew	Pound	\$7.00	\$10.00	\$8.17					
Beef: Strip Steak	Pound	\$12.00	\$24.00	\$16.86					
Beef: T-Bone	Pound	\$13.00	\$26.00	\$18.50					
Beef: Tenderloin	Pound	\$16.00	\$22.50	\$19.63					
Chicken: Boneless Breast	Pound	\$15.00	\$15.00	\$15.00	Chicken: Boneless Breast	Pound	\$15.00	\$15.00	\$15.00
Chicken: Whole	Pound	\$3.99	\$6.00	\$5.00	Chicken: Whole	Pound	\$6.50	\$7.00	\$6.75
Chicken: Legs	Pound	\$10.00	\$10.00	\$10.00	Chicken: Legs	Pound	\$12.00	\$12.00	\$12.00
Chicken: Wings	Pound	\$12.00	\$12.00	\$12.00	Chicken: Wings	Pound	\$8.00	\$8.00	\$8.00
Eggs: Chicken	Per Dozen	\$5.00	\$6.50	\$5.39	Eggs: Chicken	Per Dozen	\$5.00	\$7.75	\$7.06
					Goat	Pound	\$15.00	\$15.00	\$15.00
					Lamb: Chops	Pound	\$24.95	\$24.95	\$24.95
					Lamb: Ground	Pound	\$15.00	\$16.95	\$15.98
					Lamb: Kebobs	Pound	\$15.00	\$15.00	\$15.00
					Lamb: Leg of	Pound	\$16.95	\$16.95	\$16.95
					Lamb: Rack	Pound	\$25.95	\$25.95	\$25.95
					Lamb: Shanks	Pound	\$14.95	\$15.00	\$14.98
Pork: Baby Back Ribs	Pound	\$6.00	\$12.00	\$9.00					
Pork: Chops	Pound	\$8.00	\$14.00	\$10.00					
Pork: Ground	Pound	\$7.00	\$9.00	\$7.83					
Pork: Shoulder Roast	Pound	\$7.80	\$13.00	\$9.93					
Pork: Tenderloin	Pound	\$14.00	\$16.00	\$15.25					
Rabbit	Pound	\$12.99	\$12.99	\$12.99					
Sausage	Pound	\$7.00	\$12.50	\$9.40					
Bacon	Pound	\$12.00	\$13.00	\$12.20					