

VT Weekly Farmers Market Report

Week of October 8th, 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: 6

Seasonality/Weather: terrible weather and cold. Fall crops in abundance!

Other Comments: Many markets slow/emptying out due to bad weather

Fruits & Vegetables										
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average	
Beans: Fresh	Pound	\$4.00	\$7.00	\$5.10	Beans: Fresh	Pound	\$6.00	\$10.00	\$8.00	\$8.00
Beets	Bunch	\$3.00	\$5.00	\$3.50	Beets	Bunch	\$3.00	\$4.00	\$3.50	
Berries: Blueberries	Pint	\$6.00	\$6.00	\$6.00	Berries: Raspberries	Pint	\$6.00	\$6.00	\$6.00	
Broccoli	Pound	\$4.00	\$4.00	\$4.00						
Brussels Sprouts	Pound	\$6.00	\$6.00	\$6.00						
Cabbage	Each	\$2.50	\$6.00	\$3.91						
Carrots	Pound	\$2.33	\$6.00	\$3.57	Carrots	Pound	\$3.50	\$4.50	\$4.00	
Carrots	Bunch	\$2.50	\$5.00	\$3.30						
Cauliflower	Each	\$6.00	\$6.00	\$6.00						
Celery	Bunch	\$4.00	\$4.00	\$4.00	Celery	Bunch	\$3.00	\$3.00	\$3.00	
Chard	Bunch	\$3.00	\$4.00	\$3.25	Chard	Bunch	\$3.00	\$3.25	\$3.13	
Collard Greens	Bunch	\$3.00	\$4.00	\$3.67						
Corn	Each	\$0.75	\$1.25	\$1.04	Corn	Each	\$1.00	\$1.00	\$1.00	
Cucumbers	Each	\$1.00	\$1.50	\$1.19	Cucumbers	Each	\$2.00	\$2.00	\$2.00	
Cucumbers	Pound	\$2.50	\$4.00	\$3.25						
Eggplant	Pound	\$3.00	\$4.50	\$3.83	Eggplant	Pound	\$4.00	\$5.00	\$4.50	
Garlic	Each	\$1.00	\$3.00	\$1.75						
Garlic	Pound	\$10.00	\$15.00	\$12.60	Garlic	Each	\$2.00	\$3.00	\$2.67	
Greens: Arugula	Pound	\$8.00	\$8.00	\$8.00	Greens: Arugula	Pound	\$14.60	\$14.60	\$14.60	
Greens: Lettuce, baby leaf	Pound	\$8.00	\$13.00	\$10.41	Greens: Lettuce, baby leaf	Pound	\$10.60	\$14.60	\$12.40	
Greens: Lettuce, head	Each	\$3.00	\$4.00	\$3.50	Greens: Lettuce, head	Each	\$3.25	\$3.25	\$3.25	
Greens: Microgreens	Pound	\$12.00	\$12.00	\$12.00	Greens: Microgreens	Pound	\$48.00	\$48.00	\$48.00	
Greens: Specialty/Mixed	Pound	\$10.00	\$10.00	\$10.00	Greens: Specialty/Mixed	Pound	\$14.60	\$14.60	\$14.60	
Greens: Spinach	Pound	\$8.00	\$8.00	\$8.00						
Herbs	Bunch	\$2.00	\$4.00	\$2.92	Herbs	Bunch	\$3.00	\$3.50	\$3.25	
Kale	Bunch	\$3.00	\$4.00	\$3.44	Kale	Bunch	\$3.00	\$4.00	\$3.56	
Leeks	Bunch	\$5.00	\$6.00	\$5.50						
Melons	Pound	\$1.50	\$1.50	\$1.50						
Melons: Watermelon	Each	\$5.00	\$6.00	\$5.50						
Melons: Watermelon	Pound	\$1.00	\$1.00	\$1.00						
Onions	Pound	\$2.00	\$4.00	\$2.93	Onions	Pound	\$3.00	\$4.00	\$3.50	
Parsnips	Bunch	\$5.00	\$5.00	\$5.00						
Peppers: hot	Pound	\$0.50	\$12.00	\$6.88						
Peppers: Sweet	Pound	\$1.50	\$10.00	\$5.08						
Potatoes: fingerlings	Pound	\$2.50	\$2.50	\$2.50						
Potatoes: red, white, gold, russet	Pound	\$2.00	\$4.00	\$2.67	Potatoes: red, white, gold, russet	Pound	\$2.50	\$3.00	\$2.75	
Pumpkins	Each	\$4.00	\$5.00	\$4.50	Pumpkins	Each	\$5.00	\$5.00	\$5.00	
Pumpkins: pie	Each	\$3.00	\$5.00	\$3.83	Pumpkins: pie	Each	\$3.00	\$3.00	\$3.00	
Radishes	Bunch	\$2.75	\$4.00	\$3.25	Radishes	Bunch	\$3.25	\$3.50	\$3.38	
Scallions	Bunch	\$2.00	\$4.00	\$3.00	Scallions	Bunch	\$2.50	\$2.50	\$2.50	
Summer Squash	Pound	\$2.00	\$4.00	\$3.05						
Winter Squash: acorn, butternut, delicata	Pound	\$1.50	\$4.00	\$2.19	Winter Squash: acorn, butternut, delicata	Pound	\$2.00	\$4.00	\$3.00	
Winter Squash: other	Pound	\$1.50	\$3.00	\$2.00						
Tomatillos	Pound	\$3.35	\$6.00	\$4.45	Tomatillos	Pound	\$4.00	\$4.00	\$4.00	

See more vegetables, meat, and eggs on page 2

Tomatoes: Cherry/pear/grape	Pint	\$3.00	\$5.00	\$4.42	Tomatoes: Cherry/pear/grape	Pint	\$5.00	\$6.00	\$5.50
Tomatoes: Heirloom	Pound	\$4.00	\$4.00	\$4.00	Tomatoes: Heirloom	Pound	\$4.00	\$5.00	\$4.33
Tomatoes: Heirloom	Pint	\$3.00	\$3.00	\$3.00					
Tomatoes: Slicers	Pound	\$3.00	\$6.00	\$4.60	Tomatoes: Slicers	Pound	\$5.00	\$5.00	\$5.00
Tomatoes: Slicers	Each	\$2.00	\$2.00	\$2.00	Tomatoes: Slicers	Each	\$2.00	\$2.00	\$2.00
Turnips	Pound	\$3.00	\$3.00	\$3.00					
Winter Squash	Pound	\$1.50	\$4.00	\$2.29	Winter Squash	Pound	\$2.00	\$4.00	\$3.00
Zucchini/Summer Squash	Pound	\$2.50	\$3.00	\$2.75					

Meat & eggs									
Conventional	Unit	Low	High	Average	Certified Organic	Unit	Low	High	Average
Beef: Brisket	Pound	\$7.49	\$14.00	\$10.25					
Beef: Chuck Roast	Pound	\$8.49	\$9.00	\$8.79					
Beef: Flank	Pound	\$10.49	\$12.00	\$11.25					
Beef: Ground	Pound	\$6.00	\$10.00	\$7.57					
Beef: Organ Meat	Pound	\$4.00	\$4.50	\$4.13					
Beef: Ribeye	Pound	\$13.49	\$18.00	\$15.87					
Beef: Round Roast	Pound	\$8.89	\$12.00	\$10.30					
Beef: Shanks	Pound	\$3.00	\$6.49	\$4.75					
Beef: Short Ribs	Pound	\$6.99	\$10.00	\$8.30					
Beef: Sirloin	Pound	\$10.00	\$20.00	\$13.58					
Beef: Skirt Steak	Pound	\$8.49	\$12.00	\$10.25					
Beef: Stew	Pound	\$7.00	\$10.00	\$8.40					
Beef: Strip Steak	Pound	\$13.49	\$22.00	\$17.37					
Beef: T-Bone	Pound	\$16.00	\$16.00	\$16.00					
Beef: Tenderloin	Pound	\$16.49	\$27.00	\$21.16					
Chicken: Boneless Breast	Pound	\$15.00	\$15.00	\$15.00	Chicken: Boneless Breast	Pound	\$13.95	\$13.95	\$13.95
Chicken: Whole	Pound	\$3.99	\$6.00	\$4.96	Chicken: Whole	Pound	\$6.95	\$6.95	\$6.95
Chicken: Legs	Pound	\$4.00	\$10.00	\$7.00	Chicken: Legs	Pound	\$8.50	\$8.50	\$8.50
Chicken: Wings	Pound	\$12.00	\$12.00	\$12.00	Chicken: Wings	Pound	\$8.50	\$8.50	\$8.50
Eggs: Chicken	Per Dozen	\$5.00	\$7.00	\$5.71	Eggs: Chicken	Per Dozen	\$5.00	\$7.75	\$6.58
Lamb: Chops	Pound	\$17.00	\$20.00	\$18.33	Lamb: Chops	Pound	\$18.95	\$18.95	\$18.95
Lamb: Ground	Pound	\$12.00	\$14.00	\$13.00					
Lamb: Kebobs	Pound	\$17.00	\$17.00	\$17.00					
Lamb: Leg of	Pound	\$12.00	\$12.00	\$12.00					
Lamb: Roast	Pound	\$10.00	\$10.00	\$10.00					
Lamb: Shanks	Pound	\$15.00	\$15.00	\$15.00					
Pork: Baby Back Ribs	Pound	\$8.00	\$8.00	\$8.00					
Pork: Chops	Pound	\$5.00	\$10.00	\$8.25					
Pork: Ground	Pound	\$8.00	\$9.00	\$8.50					
Pork: Hams	Pound	\$7.00	\$7.00	\$7.00					
Pork: Shoulder Roast	Pound	\$6.00	\$13.00	\$9.50					
Pork: Tenderloin	Pound	\$9.00	\$14.00	\$11.50					
Rabbit	Pound	\$12.99	\$12.99	\$12.99					
Sausage	Pound	\$8.50	\$12.50	\$10.00					
Bacon	Pound	\$9.00	\$13.00	\$11.33					

Source: VT Agency of Ag & the USDA Agricultural Marketing Service
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agriculture.vermont.gov/development/local-food-data-tracking/farmers-market-price-reporting
ams.usda.gov/mnreports/lswtfm.pdf