



Text/Call/Email by Wednesday morning
(203)246-6331
ashley@modernfarmkitchen.com

BASICS				
Milk		1/2 gallon		Calf & Clover, Shaggy Coos
Eggs		dozen		Ox Hollow
MFK Juice	beets, carrots, celery, cucumber, green apple, ginger	32 oz	\$27.00	Fort Hill, Riverbank, Balducci's Organic
MFK Frozen Greens	mixture of seasonal greens (mustard, dandelion, kale, spinach) washed, rough chopped, frozen	1 lb	\$20.00	Fort Hill, Riverbank
Sour Dough Loaf			\$12.00	Fatto a Mano, Wave Hill
Tagliatelle Pasta	handmade	8.8 oz (2 portions)	\$14.00	Fatto a Mano
Herbs	spring onion, chives, parsley, basil, mint	bundle		Fort Hill, Riverbank

FAVORITES				
Granola	banana walnut, blueberry pecan, chocolate almond, ginger pecan, cinnamon raisin, hazelnut coffee, honey vanilla, lemon lavender, peanut butter, pistachio honey, toasted coconut	20 oz	\$15.99	Ivy's Gourmet
Yogurt	plain			Calf & Clover
Cookies	biscotti	1	\$2.00	
	limoncello	1	\$1-2	Fatto a Mano
	brown butter cake (almond or lemon)	1	\$4.50	
Cheese	small cheese plate	3 small	\$40.00	Cato Corner
	aged feta			Beaver Brook
	ricotta based spread			Beaver Brook
Chorizo	pork	1 lb	\$16.00	Ox Hollow
	chicken	1 lb	\$15.00	
Bone Broth	beef			Beaver Brook
	chicken			
Box of Microgreens	pea shoots, rainbow mix	2 oz	\$5.00	High Ridge Hydroponics, Gangsta Greens

FROZEN PREPARED MEALS				
Lasagna Bolognese		serves 2	\$27.00	Herbaceous Catering
Chicken Pot Pie		1 standard pie	\$27.00	Herbaceous Catering
Stuffed Chicken	bread stuffing wrapped in chicken and tied with string	serves 4		Beaver Brook
Pizza	margherita	serves 1 - 3	\$17.00	
	four cheese		\$18.00	Wave Hill
	zucchini lemon		\$20.00	

FROZEN MEATS				
BEEF	filet	per lb	\$40.00	
	ny strip, ribeye	per lb	\$35.00	
	flank, skirt, hanger	per lb	\$30.00	
	brisket	per lb	\$14.00	Shaggy Coos, Beaver Brook, Ox Hollow
	top round roast	per lb	\$10.00	
	chuck, ground, stew meat	per lb	\$12.00	
	short ribs	per lb	\$12.00	
	burger patties	3 per pack	\$15.00	
CHICKEN	whole, half	per lb	\$10.00	
	butterfly whole	per lb	\$12.00	
	boneless breast	per lb	\$16.00	Beaver Brook, Ox Hollow
	leg/thigh quarters, bone-in thighs	per lb	\$15.00	
	boneless thighs	per lb	\$16.00	
	ground	per lb	\$15.00	
PORK	tenderloin	per lb	\$25.00	
	loin chops	per lb	\$15.00	
	spare ribs	per lb	\$15.00	Ox Hollow
	shoulder roast	per lb	\$12.00	
	ground	per lb	\$12.00	
LAMB	rib chops, loin chops	per lb	\$35.00	
	shoulder chops	per lb	\$25.00	
	shoulder roast, stew meat	per lb	\$20.00	Beaver Brook, Henny Penny
	leg of lamb (whole or half), shanks	per lb	\$20.00	
	ground	per lb	\$25.00	

SEAFOOD				
Weekly	Fish, clams, scallops	Per lb		Oceans180

FROZEN SAUSAGE AND BACON				
SAUSAGE				
Pork	hot Italian, sweet Italian, breakfast	per lb	\$16.00	
Chicken	spinach/garlic, sun-dried tomato/basil, curry	per lb	\$15.00	Ox Hollow
Lamb	rosemary	per lb		
BACON (pork)	plain, black pepper, maple cinnamon	per lb	\$16.00	Ox Hollow, Shaggy Coos

FRUITS AND VEGETABLES (general timing of arrival at market)				
GREENS				
May	lettuce (bibb, red leaf, romaine), spinach, kale, arugula, herbs			Riverbank, Fort Hill
FRUIT				
May				
June	strawberries, raspberries, cherries			Riverbank, Fort Hill, Woodland
July	blueberries, peaches, plums, apples			
August	nectarines, watermelon, grapes, blackberries			
VEGETABLES				
May				
June	beets, cucumbers, squash, fennel, tomatoes (fruit)			Riverbank, Fort Hill
July	broccoli, cabbage, carrots, corn, peas, green beans, garlic, onions			
August	peppers, potatoes			
PRODUCE GROWN INDOORS (available year round)				
MICROGREENS	pea shoots, rainbow mix	2 oz	\$5.00	High Ridge Hydroponics, Gangsta Greens
MUSHROOMS	shiitake			
	golden oyster			Sea Coast Mushrooms
	lion's mane			

PANTRY ITEMS, ETC.				
Honey		6 oz	\$10.00	Huneebee Project
Olive Oil		1 L	\$52.00	Agape Premium
		500 mL	\$32.00	
Sweet and Spicy Dragon Fire Cider	horseradish, garlic, turmeric, ginger, onions, hot peppers, lemon, ct horseradish honey	8 oz	\$20.00	Herbal Deva
Tea	Dandelion Detox: dandelion, red clover, rose hips, nettle leaf, spiderwort flower	1 oz	\$14.99	
	Krishna's Tea: lemongrass, lemon balm, blue pea flower, lavender			Herbal Deva
	Happy Belly: chamomile, spearmint, lemon balm, catnip			
Salsa Matcha	legendary oil, dried chilis, garlic, brown sugar, seeds	8 oz	\$14.00	Alma Mexican Foods
Jarred Tomato Sauce		8 oz	\$12.00	Riverbank, Sport Hill
Soap	bare olive	1	\$12.00	
	lemongrass ginger	1	\$12.00	Espalier
	oats & honey	1	\$12.00	



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