

# WHAT'S IN SEASON

11  
6

## FARM FRESH FRUITS + VEGETABLES

Grape Tomatoes	12/1 pt	Island Tomato
Broccoli Crowns	25 lbs	McLeod Farms
Butterbeans	8 lbs	McLeod Farms
Eggplant	bushel	Freeman Farms
Zucchini	½ bushel	Freeman Farms
Squash	½ bushel	Freeman Farms
Collards	6ct	Freeman Farms
Kale	24ct	Freeman Farms
Leeks	12ct	W.P. Rawl

## DAIRY + EGGS

Pastured Farm Eggs	15 dozen	Palmetto Pastures
Buttermilk	9/64 oz	Hickory Hill Milk

## MUSHROOMS + SPROUTS

Oyster Mushrooms	3 lbs	Mepkin Abbey
Shiitake Mushrooms	3 lbs	Mepkin Abbey
Mung Bean Sprouts	5 lbs	Solar Farms
Alfalfa Sprouts	12/4 oz	Solar Farms
Soy Bean Sprouts	10 lbs	Solar Farms

## HERITAGE GRAINS

Carolina Gold Rice	20 lbs	Carolina Plantation
Guinea Flint Grits	25 lbs	Geechie Boy
Jimmy Red Grits	25 lbs	Geechie Boy
Piccolo Farro	12½ lbs	Geechie Boy
Sea Island Red Peas	12½ lbs	Geechie Boy
Yellow Grits	25 lbs	Geechie Boy
White Grits	25 lbs	Geechie Boy