

DEC

(HONEY)
(SORGHUM SYRUP)
SOY OIL

(WALNUTS)
(BARLEY) & FLOUR & GRITS
(BUCKWHEAT) & FLOUR
(CORN) & CORNMEAL & GRITS & POPCORN
(FLAX SEEDS) & GROUND FLAX
(OATS) & BRAN & GROATS & OATMEAL
(RYE) & CEREAL & FLOUR
(SPELT) & CEREAL & FLOUR
(WHEAT) & CRACKED WHEAT & FLOUR
WHEATGRASS

(SHELLING BEANS)

SOYBEANS & SOY FLOUR

ARUGULA
BOK CHOY
BROCCOLI RAAB
CABBAGES
CHARD
CHINESE CABBAGES
KALE
LETTUCE
SALAD GREENS
SPINACH

(CELERIAC)

(KOHLRABI)
MUSHROOMS

TOMATOES

(GARLIC)

HERBS

(ONIONS)

(SHALLOTS)
SPROUTS

(WINTER SQUASHES)

(BEETS)
(CARROTS)
(DAIKON)
(PARSNIPS)
(POTATOES)
(RADISHES)
(RUTABAGAS)
(SWEET POTATOES)
(TURNIPS)

BEEF
BUFFALO
ELK
GOAT
LAMB
PORK
RABBIT

VENISON

CHICKEN
DUCK

(GOOSE)

(TURKEY)
CHICKEN EGGS
DUCK EGGS

EMU EGGS

QUAIL EGGS
BUTTER
CHEESES

GOAT CHEESES

MILK & CREAM