

**Market Report for week ending Sunday July 31st , 2016.**

\*\*\* New Report to be released every Thursday through the end of October\*\*\*

Data from Vermont Farmers Markets are included in this report. 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.

## Vermont Weekly Farmers Market Report

### Produce

Commodity	Not Certified Organic			Certified Organic			Market Comments
	Low	High	Average	Low	High	Average	
Apples (per pound)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	<p><b>Seasonality:</b> More commodities are appearing, and even more are expected in the coming weeks.</p> <p><b>Weather Conditions:</b> Most markets reported cooler temperatures than past weeks, with some markets reporting rain.</p> <p><b>Attendance:</b> Due to the weather, the majority of the markets reported that attendance was average, with the exception of one market who reported less traffic due to rain.</p> <p><b>Vendor Comments:</b> N/A</p>
Arugula (per pound)	\$ -	\$ -	\$ -	\$ 7.00	\$ 9.00	\$ 7.67	
Asparagus (per bunch)	\$ -	\$ -	\$ -	\$ 6.00	\$ 6.00	\$ 6.00	
Basil (per bunch)	\$ 1.00	\$ 1.75	\$ 1.38	\$ 1.00	\$ 3.00	\$ 2.14	
Beets (per bunch)	\$ 2.00	\$ 3.50	\$ 2.86	\$ 2.00	\$ 3.50	\$ 2.86	
Blueberries (per pint)	\$ 3.33	\$ 5.00	\$ 3.98	\$ 5.50	\$ 6.00	\$ 5.75	
Broccoli (per pound)	\$ 2.20	\$ 3.00	\$ 2.73	\$ 3.25	\$ 4.50	\$ 3.70	
Brussels Sprouts (per pound)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	
Cabbage (per head)	\$ 1.00	\$ 3.00	\$ 1.75	\$ 3.50	\$ 4.00	\$ 3.67	
Carrots (per bunch)	\$ 2.00	\$ 3.50	\$ 2.75	\$ 1.75	\$ 3.50	\$ 2.83	
Cauliflower (per head)	\$ 2.00	\$ 2.00	\$ 2.00	\$ 3.00	\$ 3.00	\$ 3.00	
Chard (per bunch)	\$ 1.50	\$ 3.50	\$ 2.67	\$ 1.75	\$ 3.00	\$ 2.45	
Corn (per dozen)	\$ 7.25	\$ 7.25	\$ 7.25	\$ 7.00	\$ 7.00	\$ 7.00	
Cucumbers (each)	\$ 0.60	\$ 1.00	\$ 0.87	\$ 0.50	\$ 0.75	\$ 0.58	
Dill (per bunch)	\$ 1.00	\$ 1.50	\$ 1.25	\$ 2.00	\$ 2.50	\$ 2.33	
Eggplant (per pound)	\$ 2.00	\$ 4.00	\$ 3.00	\$ 2.50	\$ 4.00	\$ 3.31	
Garlic (per pound)	\$ 10.00	\$ 10.00	\$ 10.00	\$ 7.00	\$ 7.00	\$ 7.00	
Green Beans (per pound)	\$ 3.00	\$ 6.00	\$ 4.33	\$ 4.00	\$ 6.00	\$ 5.00	
Kale (per bunch)	\$ 1.50	\$ 3.00	\$ 2.33	\$ 1.50	\$ 3.00	\$ 2.50	
Kohlrabi (each)	\$ -	\$ -	\$ -	\$ 2.00	\$ 2.00	\$ 2.00	
Lettuce (per head)	\$ 2.25	\$ 4.00	\$ 2.88	\$ 2.00	\$ 2.50	\$ 2.21	
Melons (each)	\$ 3.75	\$ 3.75	\$ 3.75	\$ 1.25	\$ 1.25	\$ 1.25	
Microgreens (per pound)	\$ 10.00	\$ 12.00	\$ 11.00	\$ 8.00	\$ 12.00	\$ 9.43	
Onions (per pound)	\$ -	\$ -	\$ -	\$ 2.25	\$ 2.25	\$ 2.25	
Parsley (per bunch)	\$ 1.50	\$ 2.50	\$ 1.92	\$ 1.50	\$ 2.50	\$ 2.20	
Peppers (per pound)	\$ 2.00	\$ 3.00	\$ 2.50	\$ 3.50	\$ 5.00	\$ 4.25	
Potatoes (per pound)	\$ 0.80	\$ 4.00	\$ 2.59	\$ 1.50	\$ 4.00	\$ 2.94	
Pumpkins (per pound)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	
Radishes (per bunch)	\$ 2.00	\$ 2.00	\$ 2.00	\$ 1.50	\$ 3.00	\$ 2.38	
Raspberries (per half pint)	\$ 2.25	\$ 5.00	\$ 3.25	\$ 6.50	\$ 6.50	\$ 6.50	
Rhubarb (per pound)	\$ 2.50	\$ 3.00	\$ 2.75	\$ 2.25	\$ 2.25	\$ 2.25	
Scallions (per bunch)	\$ 2.00	\$ 2.50	\$ 2.19	\$ 2.00	\$ 2.75	\$ 2.42	
Spinach (per pound)	\$ -	\$ -	\$ -	\$ 4.00	\$ 10.00	\$ 7.00	
Strawberries (per quart)	\$ 2.25	\$ 2.25	\$ 2.25	\$ -	\$ -	\$ -	
Summer Squash (per pound)	\$ 1.00	\$ 2.00	\$ 1.79	\$ 1.00	\$ 3.00	\$ 2.10	
Tomatoes (per pound)	\$ 3.00	\$ 4.50	\$ 3.99	\$ 3.00	\$ 5.00	\$ 3.92	
Winter Squash (per pound)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	
Zucchini (per pound)	\$ 1.00	\$ 2.00	\$ 1.69	\$ 1.00	\$ 3.00	\$ 2.09	



Source: VT Agency of Ag - USDA, New Holland-Lancaster County, PA  
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[http://www.ams.usda.gov/mnreports/mp\\_lo101.txt](http://www.ams.usda.gov/mnreports/mp_lo101.txt)



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## Meats / Proteins

**All meats/proteins measured per pound unless otherwise noted.**	Low	High	Average
<b>Lamb Chops</b>	\$ 16.00	\$ 24.50	\$ 18.80
<b>Rack of Lamb</b>	\$ 16.00	\$ 24.95	\$ 18.99
<b>Leg of Lamb</b>	\$ 12.00	\$ 18.50	\$ 14.63
<b>Ground Lamb</b>	\$ 10.00	\$ 12.00	\$ 11.00
<b>Ground Beef</b>	\$ 6.00	\$ 8.00	\$ 6.80
<b>Ribeye</b>	\$ 12.00	\$ 19.50	\$ 15.71
<b>Sirloin</b>	\$ 8.00	\$ 15.00	\$ 11.27
<b>Round Roast/Steak</b>	\$ 8.00	\$ 10.00	\$ 8.85
<b>Chuck Roast</b>	\$ 6.00	\$ 10.00	\$ 8.56
<b>Strip Steak</b>	\$ 10.00	\$ 22.00	\$ 15.71
<b>Skirt Steak</b>	\$ 7.00	\$ 13.00	\$ 10.55
<b>Tenderloin</b>	\$ 16.00	\$ 23.00	\$ 20.13
<b>Eggs (per dozen)</b>	\$ 4.00	\$ 5.50	\$ 4.82
<b>Whole Chickens</b>	\$ 3.60	\$ 6.00	\$ 4.81
<b>Ground Pork</b>	\$ 6.25	\$ 8.75	\$ 7.49
<b>Pork Chops</b>	\$ 6.00	\$ 13.25	\$ 9.57
<b>Pork Loin</b>	\$ 7.00	\$ 13.00	\$ 10.05
<b>Pork Tenderloin</b>	\$ 10.00	\$ 18.00	\$ 13.57
<b>Shoulder Roast</b>	\$ 7.00	\$ 14.00	\$ 9.06
<b>Hams</b>	\$ 8.80	\$ 10.00	\$ 9.45
<b>Baby Back Ribs</b>	\$ 5.50	\$ 13.00	\$ 9.26



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AGENCY OF AGRICULTURE, FOOD & MARKETS  
www.VermontAgriculture.com

Source: VT Agency of Ag - USDA, New Holland-Lancaster County, PA  
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