

Idaho's Bounty Food Co-op, Inc. June 2010 List of Changed Products

Vegetables

Cucumbers

#	Product	Type	Price
Onsen Farm: Winter Gardens			
	Green Cucumbers		
#2491	Order number of cucumbers. Our classic cucumber. Everything you would expect from a green cucumber plus our guarantee of quality and freshness.	All Natural	\$1.51/cucumber

Greens and Lettuces

#	Product	Type	Price
Fair Mountain Farm			
	Arugula(1/4 pound bag)		
#565	Order number of bags. Tender, tasty and quite mild. No salad should be without it! Try it on your pizza (after it comes out of the oven). Delicious in your pasta dishes as well.	All Natural	\$5.18/ 1/4# bag
	Asian Salad Mix(1/2 pound bag)		
#901	Order number of bags. A blend of 5 different tasty Asian greens. A refreshingly different salad or use as a stir fry mix.It has more personality & is more nutritious than lettuce.	All Natural	\$6.61/1/2# bag
	Bright Lights Swiss Chard(1/2 pound bag)		
#652	Order number of bags. Colorful and tasty & tender.We cut it medium-size before it gets "stalky". Amazingly vibrant colors!	All Natural	\$4.31/1/2# bag
	Mixed Salad Greens(1/2 pound bag)		
#557	Order number of bags. A nice combination of 10 different types of lettuce greens. We cut larger than \"baby\" for a heartier mix	All Natural	\$6.61/ 1/2# bag

MM Heath Farms Inc.

	Lettuce, Devils Ear		
#2544	Order number of heads. Devils Ear is a Red leaf lettuce, 1/4# heads. The lettuce is field rinsed, you'll need to wash it at home.	Certified Organic	\$3.00/Head

Onsen Farm: Winter Gardens

	Spring Rain Salad Mix		
#371	Order number of Bags. A crispy mix of various leafy greens full of a variety of flavors. This spring has been great for salad and we hope to share it with you. Grown using organic methods, Not certified organic.	All Natural	\$4.02/1/2 pound

Purple Sage Farms Inc.

	Arugula 1 lb.		
#618	Order number of bags. Arugula in the pound bag...it shows you are serious about enjoying food.	Certified Organic	\$8.05/bag

Rice Family Farms

	Rainbow Chard		
#1665	Order number of bunches. Attractive bunch of red green yellow and Orange chard stalks	Certified Organic	\$2.89/bunch
	Red/purple Russian Kale		
#1666	Order number of bunches.	Certified Organic	\$2.89/bunch

Sleeping Bison Farm

#1323			\$3.28/bag
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Spinach

Order number of gallon bags. Young, crinkly,crisp spinach leaves picked Wednesday morning for ultimate freshness. All natural. Approx. 1/4 lb.

All
Natural

The Ecology Patch

#480	Red Orach Order number of bunches. Use like spinach, nice red leaves, for salads or steamed/stir fried	Certified Organic	\$2.50/bunch
#481	Swiss Chard Order number of bunches. Green Leafy, Nice for stir fry or steamed, even soups. Try juicing.	Certified Organic	\$2.50/bunch

Waterwheel Gardens

#2566	Lettuce 3-Pack (Buttercrunch, Rouge D'Hiver and Red Fire) Order number of 3-packs. Try three of our delicious types of lettuce, and save \$1.50	All Natural	\$8.12/3-pack
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Wood River Organics

#806	4 oz Bag of Arugula Order number of Bags. Our smooth arugula has been blessed with cool weather and has the perfect flavor. Enjoy!	Certified Organic	\$5.00/bag
#1600	8 oz Bag of Arugula Order number of bags. Our smooth arugula has been blessed with cool weather and has the perfect flavor. Enjoy!	Certified Organic	\$9.00/bag

Misc. Vegetables

#	Product	Type	Price
Fair Mountain Farm			
#2082	Baby Bok Choi Order number of bags. Extra small and succulent(several bagged together).Wonderful steamed, stir fried, or raw in a salad. Very nutritious & oh so delicious!	All Natural	\$3.99/10 oz. bag
#566	Baby Turnips Order number of bags. White(ping pong ball size)tender and sweet. Eat raw in salads or lightly cooked	All Natural	\$4.00/average ten
#1523	Easter Egg Radishes Order number of bunches. Colorful:purple,bubble-gum pink,red,& white.Mild,tasty & crunchy.Your salad would be naked without some!Average of 10 per bunch.	All Natural	\$2.20/bunch
#1508	Rhubarb Order number of bags. great for pies, sauces and compotes!	All Natural	\$3.60/1 lb bag

Springs of Life

#1417	Asparagus Order number of lbs. Fresh picked asparagus - it will go fast!	All Natural	\$7.79/1 lb
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Root Vegetables

#	Product	Type	Price
Rice Family Farms			
#1641	Bunched Easter Egg Radishes Order number of bunches. 6-8 Per bunch of 2-3 different colored radishes (purple,red and white)	Certified Organic	\$1.25/bunch

Sleeping Bison Farm

#2520	White Icicle Radish Order number of bunches. White Icicle's uniform, slim 4-6", 1/2-1" roots taper to a point with a slender taproot. The flesh is crisp, mild and white. The tops are also tasty. From organic seed, all natural.	All Natural	\$2.99/bunch of 10
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Herbs

Fresh Herbs

#	Product	Type	Price
Fair Mountain Farm			

#560	Cilantro 2 oz bags Order number of bags. Fresh cut,STEMMED & CLEANED,ready to chop with no waste.Amazing flavor & aroma - world apart from store-bought!!	All Natural	\$2.30/bag
#561	Oregano 1oz bags Order number of bags. fresh cut the day before delivery	All Natural	\$2.00/bag

Dairy and Eggs

Eggs

#	Product	Type	Price
#367	Heritage Duck Eggs Order number of dozen. Well we are busy playing in the varied puddles due to all the rain it provides the ducks with daily dunks. They are very happy.	All Natural	\$4.60/dozen

Golden Premier Farms

#2271	Beautiful Golden Brown Eggs Order number of Dozen. All Natural Brown Eggs. All the eggs are graded as Large and Extra large even a few huge ones. We do not sell medium or small eggs at this time. Our chicks are raised to full grown healthy chickens right here on the farm. We currently have 95-120 baby chicks growing to supply our customer demands. Our chickens are fed our own blend of all natural and organic whole grains including barley, wheat, oats, black oil sunflower seeds, corn, brown rice, mineral oils, mineral salt, alfalfa, bugs, earth worms (grown here), and other native grasses just to mention a few. We never use GM products, Antibiotics, Hormones and Steroids. Eggs are the most vitamin and mineral enriched natural product on the market today. We hope you enjoy the eggs from our farm to your kitchen. Enjoy!!!!	80% Organic	\$4.50/Dozen
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Simon Boers Chevon LLC

#2011	EGGS - Fresh BROWN & WHITE eggs. from happy Hagerman hens Order number of dozen. Firm, deep yellow yolks and delicious flavor. Fresh brown, white and off-white eggs from our small flock of frisky hens.(Rhode Island Reds & Austra Whites) Eggshell color makes no difference in nutritional content of eggs!	All Natural	\$3.75/dozen
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Meats

Beef Grass-Finished

#	Product	Type	Price
#2074	1/4 lb Ground Beef Patties Order number of 2 lb packages. You will be billed for exact weight (approx. 2 lbs) 2 lbs min., 4 patties per lb	Certified Organic	\$6.32/lb
#2543	Ground Beef Order number of packages. You will be billed for exact weight (approx. 0.8 - 1.05 lbs) Comes in 1/2 - 1 lb packages.	Certified Organic	\$5.50/lb

Parrott Family Farm

Established 1913

#1999	organic beef hamburger.. Order number of 1#packages. 1 plus pound cryovac and dont forget...grass finished.... no GMO corn (90 percent of US corn is GMO) get omega 3s for free..... you will find this same GRASS FED ORGANIC beef in ALL cuts at Atkinsons in Hailey ALL the time and in Ketchum shared alternatively with another GRASSFED ORGANIC beef producer	Certified Organic	\$6.50/1.#package
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Elk

#	Product	Type	Price
	CA Bull Elk Ranch		

Elk Black Currant & Sun Dried Tomato Sausage

#1584 Order number of packages. You will be billed for exact weight (approx. 0.75 - 1.3 pounds) \$9.77/pound
Ingredients: All Natural Elk, Pork, Feta Cheese, Black Currants, White Wine, Sun Dried Tomato, Dehydrated Parsley, Spices, Salt, Garlic Powder. Packed in Hog Casing.

Elk tongue

#899 Order number of packages. You will be billed for exact weight (approx. 0.75 - 1.45 pounds) All \$3.16/pound
natural, no antibiotics, no pesticides, no hormones

Goat

#	Product	Type	Price
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Simon Boers Chevon LLC

Goat Burger

#1096 Order number of packages. You will be billed for exact weight (approx. 0.65 - 1.25 pounds) All \$7.04/pound
Lean goat burger - try it, you'll be glad you did. My son's favorite way to prepare it is lightly sauteed with some fennel. Or use any lamb recipe, mix with other ground meats too.

Goat Leg Roast - Boneless-Rolled & Netted

#1179 Order number of packages. You will be billed for exact weight (approx. 1.5 - 2 pounds) Small All \$12.65/pound
to medium boneless leg roast, perfect for that family gathering or roast chevon sandwiches. I put ours in the crockpot with some carrots and onions and herbs - delicious!

Lamb

#	Product	Type	Price
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Blue Sage Farm

Boneless Leg of Lamb, small

#443 Order number of roasts. You will be billed for exact weight (approx. 1.5 - 2.5 pounds) Rolled All \$10.29/pound
and tied for a classic presentation. This roast is oven-ready and easy to carve. Also great unrolled and grilled.

Ground Lamb

#447 Order number of pounds. You will be billed for exact weight (approx. 0.95 - 1.2 pounds) Use All \$8.28/pound
in your favorite greek dish with our feta cheese or as a tasty substitution to ground beef. each package weighs about .85-1.1 pounds

Kabob meat

#702 Order number of pounds. You will be billed for exact weight (approx. 0.95 - 1.1 pounds) cut All \$9.77/pound
from the leg- tender and juicy approx 1 pound packages

Rabbit

#	Product	Type	Price
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Golden Premier Farms

Fresh Whole Rabbit Meat (Fryer) (Grill-Fry-Bake-Cast Iron-Camp)

#2378 Order number of Packages. You will be billed for exact weight (approx. 2 - 3.5 lbs.s) Our All \$7.00/lbs.
rabbit meat is all natural and top quality. Heart, liver, and kidneys may be included. Rabbit meat when cooked is very tender and has a very sweet enjoyable flavor. 1 whole fryer rabbit per package and sold in an uncooked frozen state. Enjoy!!! We do. Any questions feel free to call.

Beans, Lentils, Peas

Dry Beans

#	Product	Type	Price
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MM Heath Farms Inc.

#1095 Beans, Organic Black Turtle, 5# Certified \$6.61/5# bag
Order number of bags. Organic Black beans, 5# bags

Honey & Molasses

Honey

#	Product	Type	Price
VeeBee Honey			
#1841	2 gallon bucket Raw Honey Order number of buckets. Raw, unfiltered, from the Wood River and Magic Valleys	All Natural	\$62.10/24 lb. bucke

Baked Goods

Bread

#	Product	Type	Price
Prairie Sun Farm			
#381	Garden Herb bread, baby loaf Order number of loaves. Ingredients: Unbleached flour (GMO and pesticide-Free), our sweet carrots, our farm fresh eggs, oats, milk, onion, garlic, local honey, herbs, baking soda, salt	All Natural	\$3.97/loaf
#387	Sweet Carrot cinnamon loaf with raisins. Order number of loaves. Baby loaf of tender sweetness. My own recipe, made with our sweet carrots, our farm fresh eggs, GMO-free flour, oats, milk, canola oil, orange juice and zest,salt, baking soda and just the right amount of spices. This one has raisins also.	All Natural	\$3.97/loaf

Seeds, seed starts and plants

Live Plants

#	Product	Type	Price
Waterwheel Gardens			
#2519	Plants - Basil - Sweet Genovese Order number of plants. Potted in 3" plastic pots and ready for transplant or to be grown in your window.		\$5.40/plant
#2546	Plants - Basil - Thai Order number of plants. Potted in 3" plastic pots and ready for transplant or to be grown in your window.		\$5.40/plant
#2536	Plants - Thyme - Orange Thyme Order number of plants. Potted in 3" plastic pots and ready for transplant or to be grown in your window. Orange Thyme is an all around great variety to grow and delicious when used in cooking for herbal seasoning. Subtle orange-spice scent. Good companion plant for tomatoes.		\$5.40/plant
#2548	Plants - Tomato - Cherokee Purple Order number of plants. Heirloom from Tennessee cultivated by Native American Cherokee tribe. Very productive plants producing loads of dusky rose to purple colored, 12 oz.-1 lb., beefsteak tomatoes with deep red colors to the interior flesh and dark shoulders. A very popular market variety because of it's rich, complex and sweet flavors. One of the best tasting heirloom tomatoes. Established, rooted plant, potted in the larger 6" plastic pots and ready for transplant into the garden or larger planter.		\$8.05/plant
#2550	Plants - Tomato - Green Zebra Order number of plants. Round, green-yellow striped 4-6 oz. fruits provide diversity in an heirloom tomato mix. Fruits have a bright, acidic tomato flavor. Pick fruit as it turns from shiny green to pale. Productive plants. Determinate. Established, rooted plant, potted in the larger 6" plastic pots and ready for transplant into the garden or larger planter.		\$8.05/plant
#2549	Plants - Tomato - Sweet 100 Cherry Order number of plants. Huge, multiple-branched clusters of 1/2 inch very sweet fruit with high vitamin C content. Mouth-watering flavor. Vigorous vines bear abundantly until frost and need staking for best results. Indeterminate. 65 days. Established, rooted plant, potted in the larger 6" plastic pots and ready for transplant into the garden or larger planter.		\$8.05/plant

Gardening-Farming Products & Animals

Farm Animal Supplies

#	Product	Type	Price
Golden Premier Farms			
	Rabbit Manure "Nature's miniature, time-released, fertilizer capsules.		
	Order number of 25 lb Bags. Yep, the heading says it all and rabbit manure droppings can be added directly on or next to the plants without harming them and without composting. Rabbit droppings are small, compact, and nearly odorless. Rabbit droppings are one of nature's best natural fertilizers. These little pebbles are high in what your plants thrive on. We did a test between commercial fertilizer and rabbit droppings; the difference was astonishing abundant with rabbit droppings. We know you will enjoy the results. We have others who can give you their opinion as well, feel free to call. Some hay maybe mixed with the droppings.		
#2384		All Natural	\$10.50/25 lb bag

Pet Supplies

Pet Food

#	Product	Type	Price
CA Bull Elk Ranch			
	Elk Kidney		
#2324	Order number of packages. You will be billed for exact weight (approx. 0.47 - 0.75 pounds) Boneless,cryovaced. All Natural, no hormones, no antibiotics, no pesticides.	All Natural	\$2.59/pound