

| | Store | Direct sale from farmer | Farmer's Market (note dates and times) | Local source | Notes | |
|------------------------------|-------|-------------------------|--|--------------|-------|--|
| Fruits and Vegetables | | | | | | |
| Vegetables | | | | | | |
| | | | | | | |
| | | | | | | |
| Fruit | | | | | | |
| | | | | | | |
| | | | | | | |
| Dairy and Eggs | | | | | | |
| Milk | | | | | | |
| Cheese | | | | | | |
| Butter | | | | | | |
| Other dairy products | | | | | | |
| Eggs | | | | | | |
| Protein Sources | | | | | | |
| Seafood | | | | | | |
| Meat | | | | | | |
| Nuts | | | | | | |
| Beans | | | | | | |
| Grains and Starches | | | | | | |
| Grains (Wheat, spelt, etc.) | | | | | | |

| | | | | | | |
|--|--|--|--|--|--|--|
| Rice | | | | | | |
| Potatoes, sweet potatoes | | | | | | |
| Sweeteners | | | | | | |
| Honey | | | | | | |
| Other sweeteners (Sorghum, Maple Syrup, etc.) | | | | | | |
| Spices | | | | | | |
| Salt | | | | | | |
| Herbs | | | | | | |
| Other spices | | | | | | |
| Specialty Items (coffee, tea, chocolate, alcohol, etc) | | | | | | |



