

# Six Rivers Market July 2010 List of Changed Products

## Vegetables

### Broccoli

#	Product	Type	Price
<b>Penrith Farms</b>			
	<b>Broccoli</b>		
#618	Order number of bags. Quit paying for the huge broccoli stem, unless you enjoy the extra work of peeling and chopping it up. This Italian sprouting broccoli does not have a large stem and most of it is already the perfect eating size, meaning less time in the kitchen cutting it up into bite sized pieces. Want a recipe for great broccoli morsels?????	All Natural	\$4.00/bag
	<b>Head Broccoli</b>		
#671	Order number of heads. Large full sized heads. If you are a fan of traditional broccoli with the nice tender stem for steaming, this is the head for you.	All Natural	\$4.00/head

### Garlic

#	Product	Type	Price
<b>Tauber Angus Farms</b>			
	<b>Organic Seed Garlic</b>		
#505	Order number of pounds. Northern Territory seed garlic; Crazy Baby, a relative of hard neck Spanish red. Sweet, hot and hardy. Best storing hard neck we have found. Japanese, a huge white spicy clove also excellent roasted Blossom, dark red-purple bulbs hard neck with smalish scape, great smokey garlic flavor. Silver Thread, soft naked braideable long storing garlic, many cloves to bulb and great classic flavor. does well in northern climate for a silver skin. limited to 1/2 lb per variety	Certified Organic	\$7.00/pound

### Greens and Lettuces

#	Product	Type	Price
<b>Muskrat Hill Farm</b>			
	<b>Arugula</b>		
#1206	Order number of bunches. Bunches of fresh cut arugula. These are mature plants with some kick to them. Bunches weigh 5-6 ounces.	All Natural	\$2.75/bunch
	<b>Salad Turnip</b>		
#825	Order number of bunches. Crisp, tender mild flavored salad turnip. These are showing some bug damage, so bunch sizes have been increased to over two pounds.	All Natural	\$3.00/bunch
	<b>Spinach</b>		
#1136	Order number of bags. Our favorite spinach variety grown under shade cloth for the best summer flavor. Bags weigh over 6 ounces.	All Natural	\$3.50/bag
	<b>Summer Lettuce Mix</b>		
#1224	Order number of bags. Eight varieties of lettuce with different colors and leaf shapes. Grown under shade cloth this time of year for the best quality. Bags weigh over 6 oz.	All Natural	\$2.50/bag

### Penrith Farms

	<b>Russian Kale</b>		
#614	Order number of bunches. Big, beautiful kale leaves. Mixture of Red and White Russian kale leaves. This dark green leafy vegetable is very rich in vitamins A, C, and calcium. It also has the highest protein content of any cultivated vegetable. There are some great ways to incorporate it into a meal, sauteed with garlic and onion in olive oil or how about in spanakopita (I have a great recipe).	All Natural	\$2.25/bunch
#1049	<b>Bagged Lettuce Mix-12 oz.</b>		
	Order number of bags. New bigger bags. This lettuce is hand picked, triple washed and bagged for your convenience. However, please be sure to wash all produce before using. Bags weigh	All Natural	\$4.75/bag

approximately 12oz.

	<b>Classic Green Cabbage</b>		
#887	Order number of heads. Tight heads perfect for cabbage slaw, coleslaw or for sauerkraut recipes. Family sized.	All Natural	\$3.00/head
	<b>Dinosaur Kale</b>		
#927	Order number of bunches. Beautiful dark green, savoyed kale. Leaf is shaped like a romaine leaf.	All Natural	\$2.25/bunch
	<b>Famosa Cabbage</b>		
#711	Order number of heads. This beautiful savoyed leaf (dimpled-great for holding coleslaw dressing) cabbage is ready for your table. Perfect for those stirfry dinners instead of rice or in a more traditional coleslaw.	All Natural	\$2.75/head
	<b>Pirat Butterhead Lettuce</b>		
#195	Order number of heads. A beautiful red and lime green bibb lettuce. Soft, tender leaves make beautiful salads with a light dressing. Also the ideal leaf for lettuce wraps. Try to find this variety in your grocery store.	All Natural	\$2.75/head
	<b>Swiss Chard</b>		
#616	Order number of bunches. Another green leafy vegetable that deserves a place on your plate. Can be used in place of spinach in most recipes. Think spanakopita with fresh dill and goat cheese, it's easier than you think...Ask for the recipe and give this nutritionally packed green leafy another try. A mix of red and white-veined leaves; 8 leaves to a bunch	All Natural	\$2.50/bunch

## Red Wheelbarrow Produce

	<b>Salad Mix</b>		
#1169	Order number of bags. Fresh picked, and double-washed for your convenience, our salad mixes vary week to week based on what is fresh and tasty. Can include dozens of baby lettuces, spinach, chard, edible flowers, and more. Our mixes do NOT tend to include spicy mustards. 6oz bags		\$3.50/bag

## Windrush Farm

	<b>loose leaf lettuce heads</b>		
#1277	Order number of heads. Green loose leave Simpson. light green full head.	Certified Organic	\$2.00/head

## Misc. Vegetables

#	<b>Product</b>	<b>Type</b>	<b>Price</b>
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## Penrith Farms

	<b>Fennel Bulbs</b>		
#637	Order number of bulbs. Perfect on the grill or for that special salad. Also goes great with salmon.	All Natural	\$2.25/bulb
	<b>Stir Fry Bags</b>		
#636	Order number of bags. What's fresh out of the garden collected into one bag for you dining pleasure. Perfect stir fried with your favorite sauce and served on a bed of rice, quinoa or for a twist, shredded cabbage. Great for a couple to share.	All Natural	\$4.25/bag

## Onions

#	<b>Product</b>	<b>Type</b>	<b>Price</b>
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## Penrith Farms

	<b>Spring Onions</b>		
#571	Order number of bunches. These Parade scallions are the first onions gathered out of our garden. Mild flavor and a great mix of white part to green stems, both beautiful additions to a salad or eggs.	All Natural	\$2.20/bunch

## Peas

#	<b>Product</b>	<b>Type</b>	<b>Price</b>
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## Penrith Farms

	<b>Snow Peas</b>		
#192	Order number of bags. Oregon Giant Snow Peas have a sweet flavor and large pod. They are	All Natural	\$3.00/bag

wonderful stir-fried or added to a salad. Bags are approximately 12 ozs.

## Potatoes

#	Product	Type	Price
<b>Windrush Farm</b>			
#766	<b>new potatoes mix</b> Order number of pounds. Mixed bag of all types first of the season!	Certified Organic	\$2.50/pound

## Root Vegetables

#	Product	Type	Price
<b>Muskrat Hill Farm</b>			
#924	<b>Beets</b> Order number of bunches. Medium size round red beets. Bunches will contain at least 6 beets.	All Natural	\$2.50/bunch

## Penrith Farms

#201	<b>Beets</b> Order number of bunches. Bulls Blood, Golden, and standard red beets, washed and bunched for your table. Your mix will depend on what's ready to leave the garden. Beets are about racquet ball sized.	All Natural	\$2.50/bunch
#615	<b>Kohlrabi</b> Order number of bunches. The UFO vegetable. Its one that our grandparents were familiar with but you seldom see anymore. Tastes like, chicken, no actually, compared to a cabbage crossed with a turnip. This delicate and unusual vegetable is excellent both raw and cooked. Ask me for some interesting recipes... Three to four in a bunch.	All Natural	\$1.75/bunch

## Meats

### Beef Grass-Finished

#	Product	Type	Price
<b>Cascade Creek Farm</b>			
#33	<b>Cascade Creek Farm Beef German Sausage - Available In Early August</b> Order number of packages. Tasty big German Sausages made of all our own Grass-Finished Beef - made with Organic Spices and as always - NO nitrites/nitrates/MSG/fillers and gluten-free. Each "dog" is 1/4 pound, four to a package. All our Grass-Fed Beef are grazed on our registered Organic pastures.	All Natural	\$7.79/package
#775	<b>Cascade Creek Farm Beef London Broil</b> Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 5 pounds) Marinated and oven broiled or bar-b-que'd to medium rare, this unique cut (also known as a Top Round Roast), is a favorite dish. When finished cooking, simply slice thinly across the grain at a 45 degree angle and serve! Your family and guests will clamor for more!	All Natural	\$9.25/pound

## Heritage Farms

#953	<b>Deposit on 20 lb. Freezer Pack</b> Order number of Packages. About 20 pounds of mixed cuts, similar to what you would find in 1/2 beef, but much less. A much better value than buying individual cuts. There will be a couple of roasts, a couple packages of steaks, about 7 - 8 pounds of ground beef, and some mixed cuts, such as maybe some stew meat and/or soup bones. About 1/3 will be ground beef, as low in fat as a chicken breast! These will be available for pickup at the farm sometime in October. Farm will advise customer when available, and arrange pickup date.	All Natural	\$40.00/Package
#83	<b>Deposit on Half beef, Grass-finished</b> Order number of Halves. ORDER NOW FOR FALL, LIMITED SUPPLY AVAILABLE! Our beef is totally hormone, antibiotic and chemical free. They have only been fed our own organically grown grass and hay, never any grain. Research shows that Grass-Finished Beef is as low fat as a skinless chicken breast, low cholesterol, and high in Omega-3 Fatty Acids. And the flavor is absolutely unbeatable! Order now for October/November availability. You may specify approximate weight desired. Weights run around 250 pounds total, and cost is \$2.45/pound	All Natural	\$150.00/half beef

hanging wt. plus tax. You will also need to pay a cut and wrap fee to the processor of about \$.50/lb. Deposit must be made to Six Rivers Market, but further payments should be made directly to producer. You will be called 2 weeks prior to processing. You then will need to call the processor to give cut and wrap instructions. A half beef will run about \$600.00 total, with an average cost of \$3.00- \$3.50 per pound in the freezer.

**Goat**

#	Product	Type	Price
<b>Gabriel Creek Ranch</b>			
#1176	<b>Chevon (goat) Burger</b> Order number of packages. Chevon (goat) Burger Order number of packages. Use ground	All Natural	\$7.45/pound

Chevon (goat) as you would any other ground meat for all your recipes. Nice lean burger. 1 pound packages

**Chevon (goat) Chops 3/4 inch thick**

#1177	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.5 - 0.82 pounds) Chevon (goat) Chops 3/4 inch thick Order number of Packages- 4 chops per package. You will be billed for exact Processed Weight. These are small chops-packages range from 8oz to 12oz-you may want to order 2	All Natural	\$12.00/pound
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**Chevon (goat) Leg 1**

#1178	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.5 - 3.32 pounds) Order number of legs. You will be billed for exact PROCESSED weight (approx. 1 1/2 - 3 pounds)	All Natural	\$10.50/pounds
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**Chevon (goat) Riblets**

#1179	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 pounds) Chevon (goat) Riblets Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 pounds)	All Natural	\$6.00/pound
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**Chevon (goat) Shoulder Roast**

#1175	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.32 - 3.88 lbs) Chevon (goat) Roast Order number of Roasts. You will be billed for exact PROCESSED weight (approx. 1 - 4 pounds)	All Natural	\$10.50/lbs
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**Lamb**

#	Product	Type	Price
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**Good Shepherd Lamb Co**

**Boneless Half Leg of Lamb**

#104	Order number of half legs. You will be billed for exact PROCESSED weight (approx. 1.5 - 2.5 pounds) Great for smaller families. Our Kabob meat comes from leg of lamb.		\$11.00/pound
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**Lamb Burger**

#101	Order number of packages. Want a better burger try grilling a juicy lamb burger. Use ground lamb as you would any other ground meat for all your recipes. Nice lean burger		\$7.75/pound
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**Lamb Chops 1 inch thick**

#100	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 - 2 pounds) Average 1-2 pound packages with 4 chops per package		\$13.00/pound
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**Lamb Kabob Meat**

#102	Order number of packages. You will be billed for exact weight (approx. 0.9 - 1.5 pounds) Shoulder and leg cuts. Great for the BBQ.	All Natural	\$13.75/pound
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**Lamb Smokies**

#111	Order number of packages. Put on the BBQ add to pasta, soups, great for breakfast sausage.Four sausage in one pound packages. This product does contain a small portion of pork approx 10%.		\$10.60/pound
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**Pork**

#	Product	Type	Price
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**Cascade Creek Farm**

**Cascade Creek Farm Pork Chops - Available in Mid-August**

#9	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.5 - 1.5 pounds) Perfect for dinner! Two of our lean, tasty 3/4" pork chops are just the ticket.	All Natural	\$6.09/pound
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**Cascade Creek Farm Pork Loin Steaks**

#1008	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.75 - 1.5 pounds) Perfect for grilling with or without a marinade, these 3/4" Loin Steaks are delicious. We also like to slow cook them, shred them and add our favorite BBQ sauce for some BBQ Pulled Pork - YUM! We also use the shredded meat in curries and pot pies. These come two to a package.	All Natural	\$5.79/pound
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**Dairy and Eggs**

**Cheese**

#	Product	Type	Price
<b>Cindys Curds and Whey</b>			
	<b>Garlic Chees Curd</b>		
#1401	Order number of packages. Delicious Fresh Cheese Curd made this week. large and small pieces just perfect for eating as a snack, adding to top salad or part of any recipe that takes cheese. Try them!	All Natural	\$4.26/1/2 pound
	<b>Garlic/Dill Cheese Curds</b>		
#1402	Order number of packages. Great for salads or snacks -fresh this week	All Natural	\$4.26/1/2 pound
	<b>hot pepper cheese curd</b>		
#1404	Order number of packages. Wow - this has a great flavor and brings the heat - enjoy as a snack by the lake or to spice up a recipe!	All Natural	\$4.26/1/2 pound
	<b>Italian Cheese Curd</b>		
#1403	Order number of packages. Fantastic for snacks or for any pasta dish	All Natural	\$4.26/1/2 pound
	<b>Plain Cheese Curds</b>		
#1405	Order number of packages. Taste the delicious and creamy flavor of our cheese curds - exceptiona;!	All Natural	\$4.26/1/2 pound

## Wheyward Goat Cheese

	<b>Dill Chevre</b>		
#892	Order number of tubs. Our standard chevre with a burst of dill in it. A must have for dill lovers	All Natural	\$7.50/tub
	<b>Raw Milk Feta</b>		
#867	Order number of jars. Raw milk feta that has been aged 60 days. Packed in a pint sized mason jar filled with a salt water brine to keep it fresh. Should be coming soon...First week of August!	All Natural	\$8.50/jar

## Eggs

#	Product	Type	Price
<b>Heritage Farms</b>			
	<b>Pullet Eggs</b>		
#956	Order number of Packages. These are small eggs produced by pullets, who are hens that are just starting to lay. They are not up to regular size yet, but taste just as great, and are just as good for you! We are selling 18 of them for the same price as a dozen regular eggs. There are a dozen and a half in the package.	All Natural	\$3.50/Package

## Windrush Farm

	<b>Eggs free range, ungraded</b>		
#1120	Order number of dozen. Ungraded all natural eggs. Our flock is a mix of Barred Rock, Buff Orpingtons Brown sex-link. All brown shells and a few Arucanna so you may find some blue or green shells in the mix.	All Natural	\$3.50/dozen

## Fruits

### Berries and Strawberries

#	Product	Type	Price
<b>Double Decker Farm</b>			
	<b>Raspberries</b>		
#1434	Order number of half pints. It doesn't get much better than summer raspberries. Enjoy your own little mouthful or heaven straight from the package, with fresh cream or made up into scrumptious jam. Because of their delicate nature, your berries arrive in a vented plastic package with moisture absorbent pad. I'll do my best to have them available but please be understanding: estimating inventory is a tricky business.	All Natural	\$3.25/half pint

## Rhubarb

#	Product	Type	Price
<b>Gabriel Creek Ranch</b>			
#1210			\$0.75/pound

**Rhubarb**

Order number of pounds. You will be billed for exact weight (approx. 0.5 - 5 pounds) Spring Rhubarb is ready. Great for pies and jams.

All  
Natural

**Windrush Farm****Rhubarb**

#1319 Order number of pounds. We have a mix of green and red stem varieties.great for pies and jams. Order amount wanted from .5 Lb. and up.

Certified  
Organic \$2.00/pound

**Poultry****Chicken Deposit**

# Product

Type Price

**Tauber Angus Farms****Natural Broiler/Roaster Poultry Deposit**

#502 Order number of deposits. Orders are based on dressed weight at the butcher. Price per pound \$2.00. Broiler weights range between 5-7 lb. Customer pays nominal slaughter fee of \$1.25/bird. Once orders are placed, please call the farm for directions and approximate finish time per animal. Customer picks up chilled, dressed birds morning of butcher at farm. Available every week starting July21-August 30th. Deposit is non-refundable. By order this item you are agreeing to purchase at least 1 bird and pick them up from the farm.

All  
Natural \$1.00/deposit

**Turkey Deposit**

# Product

Type Price

**Tauber Angus Farms****Natural Broad Breasted Turkey Deposit**

#503 Order number of deposits. Orders are based on dressed weight at the butcher. Price per pound \$2.00. Bronze Turkey weights range between 15-30 lb. Customer pays nominal slaughter fee of \$4.00/bird. Once orders are placed, please call the farm for directions and approximate finish time per animal. Customer picks up chilled, dressed birds morning of butcher at farm Ready Oct-Nov. Deposit is non-refundable. Available August 23-30

All  
Natural \$20.00/deposit

**Flowers****Fresh Flowers**

# Product

Type Price

**BeeHaven Farm****Asiatic Lily Bouquet - Jumbo**

#631 Order number of bouquets. These bouquets are packed with lily buds and beautiful flowers & foliage. It is best to always buy your lilies not fully opened so that they travel home easily and undamaged, so these bouquets will be mostly closed with only a few blooming.

All  
Natural \$15.00/bouquet

**Sea Holly**

#650 Order number of bunches. This rather strange flower turns more blue as the season progresses. It makes a great dried flower after you are done enjoying it.

All  
Natural \$6.00/bunch

**Sunflowers by the bunch**

#578 Order number of bunches. Buy sunflowers by the bunch and get a better deal! There are 5 stems to every bunch, buy several!

All  
Natural \$6.00/bunch

**Yarrow - Yellow**

#507 Order number of stems. We have 'Summer Berries' which is pink to reds or you can choose a very bright yellow. Let us know in the notes to producers area.

All  
Natural \$6.00/bunch

**Red Wheelbarrow Produce****Nasturtium (edible flowers)**

#748 Order number of dozen. Lovely color, slight peppery flavor to add to your salads or use as a garnish for any dish!

\$1.75/dozen

# Health and Beauty

## Hair Care

#	Product	Type	Price
	<b>Gabriel Creek Ranch</b>		
	<b>Peppermint Rosemary Shampoo Bar</b>		
#1295	Order number of bars. These Shampoo bars are sented with Peppermint EO which helps stimulate blood flow to the Root of the hair Rosemary EO works great for dry hair and dandruff as well as itchy scalp. Ingredients: Goats milk, Olive oil, Palm oil, Coconut oil, Sodium Hydroxide, caster oil, cocoa butter, jojoba oil, shea butter, beeswax, essential oils.		\$5.50/bar

## Shaving Supplies

#	Product	Type	Price
	<b>Gabriel Creek Ranch</b>		
	<b>Bay &amp; Rum Vitamin E Shaving Soap made with Goats Milk</b>		
#1149	Order number of Eaches. Bay, Rum, Orange, Cinnamon, and Allspice-Heady scents of the Caribbean make up this shaving soap with vitamin E added for its soothing, emollient nature. Convient Round bar that fits in shaving cup.		\$4.00/Each

## Skin and Lip Care

#	Product	Type	Price
	<b>Gabriel Creek Ranch</b>		
	<b>Garden's Hand Salve</b>		
#1146	Order number of Eaches. Great for Work worn hands with the Healing powers of Chamomile,Lavender, and Comfrey. 2oz Tin		\$5.00/2oz Tin

## Soap

#	Product	Type	Price
	<b>Gabriel Creek Ranch</b>		
	<b>Goats Milk Soap-EARL GREY TEA</b>		
#1162	Order number of bars. This soap is great in the kitchen or Bath. Sented with Bergamot Essential oil gives this soap an antiseptic properties. Green Tea is added for it anti aging properties		\$4.00/bar
	<b>Goats Milk Soap-HUCKLEBERRY</b>		
#1163	Order number of bars. The scents of the Mountains come alive with this Huckleberry soap. Keep on hand for yourself or send as a gift to those out of the area for a sample of North Idaho.		\$4.00/bars
	<b>Goats Milk Soap-OATMEAL AND HONEY</b>		
#1148	Order number of Bars. No added sents-Honey provides nice mild smell. Great for mature skin		\$4.00/Bar
	<b>Goat's Milk Soap-Lavender Soap</b>		
#1161	Order number of bars. Not only does this soap smell great but the Lavender is beneficial in treating Headaches, muscular pains and Insomnia. Beneficial for all skin types.		\$4.00/bar
	<b>Goat's Milk Soap-PATCHOULI-ROSEMARY COMPLEXION</b>		
#1147	Order number of bars. Mild smell-Works great for problem skin.		\$4.00/Bar
	<b>Goat's Milk Soap-Pure Castile</b>		
#1316	Order number of bars. Pure Castile soap-made with 100% Olive oil. No added scents for those with sensitive skin.		\$4.00/bar
	<b>Peppermint &amp; Tea Tree Wake-up Bar</b>		
#1160	Order number of bars. This soap will be your wake-up call in the morning. Stimulating peppermint oil will make your skin tingle and the Tea Tree oil will revitalize and invigorate. Poppy seeds have been added for their exfoliating effect.		\$4.00/bar

## Herbs

## Dried Herbs

#	Product	Type	Price
<b>Laura`s Lavender</b>			
#1116	<b>Lavender bundles large</b> Order number of bundles. 2 feet plus 1"round, wild dried raffia tied	All Natural	\$6.00/bundle

## Fresh Herbs

#	Product	Type	Price
<b>Gabriel Creek Ranch</b>			
<b>Lovage</b>			
#1243	Order number of bunches. Lovage leaves add strong savory flavor to dishes, so use cautiously at first. Make lovage soup. Add fresh leaves to stock, stews, and cheese, and fresh young leaves to salads. Rub leaf on chicken and around salad bowl. Make tea for its savory taste. \r\n\r\n	All Natural	\$1.00/bunch

## Penrith Farms

<b>Genovese Basil</b>			
#576	Order number of bags. The premiere Italian basil for pesto. Also used as a flavoring for fish, vegetables and eggs. We harvest just the leaves so the 2 oz bags contain only useable product, no stems. Larger quantities will be available later in the season for big pesto batches.	All Natural	\$2.00/bag

## Windrush Farm

<b>chives</b>			
#1278	Order number of bunches. Spring chives small bunches adds a light onion taste to salads or stir fry.	Certified Organic	\$1.50/bunch

## Food Cooperative Items

### Logo Items

#	Product	Type	Price
<b>Six Rivers Market</b>			
<b>Reuseable Grocery Bag</b>			
#361	Order number of bags. These light weight sturdy bags are a great way to transport your weekly local food from the Market to home. If you buy two, you can just trade them out with us each week. These will also be available for sale on Delivery Day for \$2.00.		\$1.79/bag

## CSA Boxes

### Pre-Ordered CSA Share

#	Product	Type	Price
<b>Windrush Farm</b>			
<b>August CSA full share monthly payment plan</b>			
#1237	Order number of shares. four weeks Mixed box of vegetables. Salad mix, carrots, green beans, summer squash etc.	Certified Organic	\$80.00/share
<b>half share Aug CSA box</b>			
#1238	Order number of half shares. four week mixed veg. box similar mix as full	Certified Organic	\$50.00/half share