

# Lehigh Valley Food Cooperative September 2010 List of Changed Products

## Vegetables

### Peppers (Sweet, Hot)

| # Product  | Price             | Type        |
|--|-------------------|-------------|
| <b>Suyundalla Farms</b><br>2850 Pepper - Sweet nonbell - Order number of 1/2 bushels. Please specify banana or fryer. I can also do a mix. | \$8.00/1/2 bushel | All Natural |
| 1681 Sweet Peppers - Order number of peppers. Green, purple, brown, white, orange, yellow. Red starting to come in.                        | \$0.50/pepper     | All Natural |

### Potatoes

| # Product   | Price     | Type              |
|---|-----------|-------------------|
| <b>Burkholders</b><br>1984 Potatoes, Yellow, Organic - Order number of lbs. | \$1.25/lb | Certified Organic |

### Summer Squash

| # Product  | Price     | Type              |
|--|-----------|-------------------|
| <b>Burkholders</b><br>1513 Delicata Squash, Organic - Order number of lbs. | \$1.00/lb | Certified Organic |
| 1402 Spaghetti, Organic - Order number of lbs.                             | \$1.00/lb | Certified Organic |

### Tomatoes

| # Product   | Price      | Type |
|---|------------|------|
| <b>Butter Valley Harvest</b><br>1945 Canning Tomatoes - Order number of boxes. 2 Available. Hydroponic Greenhouse-grown "seconds", sold by the 10 lb. box. These tomatoes were either too small or too wounded for the grocery stores. Great for making your own sauce. | \$7.11/box |      |

### Winter Squash

| # Product   | Price     | Type              |
|---|-----------|-------------------|
| <b>Burkholders</b><br>659 Squash, Butternut, Organic - Order number of lbs. | \$1.00/lb | Certified Organic |

## Fruits

### Melons

| # Product   | Price        | Type        |
|---|--------------|-------------|
| <b>Suyundalla Farms</b><br>1702 Cantelope - Order number of melons. Average weight 2 lbs.   | \$0.40/pound | All Natural |
| 2817 Melon - Asian - Order number of melons. Sun Jewel. Weighs 1-2 lbs, 7" x 3.5" oblong fruit with yellow skin and white flesh. Sweet and mild | \$0.40/pound | All Natural |

## Dairy and Eggs

### Eggs

| # Product   | Price        | Type              |
|---|--------------|-------------------|
| <b>Burkholders</b><br>660 Pastured Eggs - Order number of dozens. | \$3.00/dozen | Certified Organic |

### Suyundalla Farms

991 **Brown Eggs** - Order number of dozens. My apologies. Due to the hot weather the chickens are not laying. It is not just my flock but an issue throughout the valley. \$2.00/dozen All Natural

## Health and Beauty

### Skin and Lip Care

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Dragonfly Soaps

|      |   |             |  |
|------|---|-------------|--|
| 2842 | <b>Body Butter - Iced Rose</b> - Order number of tins. Skin nourishing oils and butters are whipped to a mousse-like consistency, purely decadent and definitely luxurious. Completely absorbs into the skin without leaving a greasy feel. A little goes a long way. To use, warm a small amount between palms of hands, smooth on lips, arms, nails, legs and feet. Use to smooth split ends and fly-away hair. As a conditioner, work into hair, leave on overnight, wash out. CONTAINS Shea butter, mango butter, macadamia nut oil, virgin coconut oil, fractionated coconut oil, vitamin E, peppermint essential oil and rose fragrance. 99% natural. Four ounces by volume. Keep cool, body butter will melt above 80 degrees. | \$10.30/tin |  |
|------|---|-------------|--|

|      |   |             |  |
|------|---|-------------|--|
| 2843 | <b>Body Butter - Vanilla Mint</b> - Order number of tins. Skin nourishing oils and butters are whipped to a mousse-like consistency, purely decadent and definitely luxurious. Completely absorbs into the skin without leaving a greasy feel. A little goes a long way. To use, warm a small amount between palms of hands, smooth on lips, arms, nails, legs and feet. Use to smooth split ends and fly-away hair. As a conditioner, work into hair, leave on overnight, wash out. CONTAINS Shea butter, mango butter, macadamia nut oil, virgin coconut oil, fractionated coconut oil, vitamin E, vanilla fragrance and peppermint essential oil. 99% natural. Four ounces by volume. Keep cool, body butter will melt above 80 degrees. | \$10.30/tin |  |
|------|---|-------------|--|

### Soap

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Dragonfly Soaps

|      |  |            |  |
|------|--|------------|--|
| 2851 | <b>Free Bar of Dragonfly Soap</b> - Order number of 1 bars. Have you gotten your free bar of soap yet? With almost every batch of soap we make, we end up with a couple bars that are not perfect, mostly they are the ones in the corners of the mold. We would love for every member of the Co-op to try our handcrafted soap. We think that you will be spoiled when you go back to what you had been using before. Give us a try. Please choose a scent from Dragonfly Soaps' listing and then put the name in the notes to the producer under this product listing (#2851). If we don't have 2nd's in your choice we will substitute something as similar as possible or you may designate a 1st and 2nd choice. OR, let us choose for you. | \$0.00/bar |  |
|------|--|------------|--|

## Community Store

### Candy and Confections

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Lehigh Valley Food Cooperative

|      |   |            |                   |
|------|---|------------|-------------------|
| 2536 | <b>Chocolate Bars, Organic Equal Exchange 3.5 oz</b> - Order number of bars. Milk Chocolate with a hint of hazelnut | \$3.45/bar | Certified Organic |
|------|---|------------|-------------------|

### Canned Beans

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Lehigh Valley Food Cooperative

|      |  |            |                   |
|------|--|------------|-------------------|
| 1911 | <b>Beans Garbanzo 15 Oz. Field Day</b> - Order number of cans. Organic garbanzo beans, water, sea salt | \$1.23/can | Certified Organic |
|------|--|------------|-------------------|

### Cereals

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Lehigh Valley Food Cooperative

|      |  |           |                   |
|------|--|-----------|-------------------|
| 1005 | <b>Granola, Grandy Oats, Classic with Cashew/Pumpkin Seed, Raisins</b> - Order number of lbs. Ingredients *Oats, *Honey, *Sunflower Seeds, Raisins, Wheat Germ, *Expeller Pressed High Oleic Sunflower Oil, *Sesame Seeds, *Cashews, *Pumpkin Seeds, *Coconut, *Wheat Bran, *Walnuts, *Vanilla, and Sea Salt. *Organic | \$4.05/lb | Certified Organic |
|------|--|-----------|-------------------|

### Condiments, and Sauces

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Lehigh Valley Food Cooperative

|      |  |                  |                   |
|------|--|------------------|-------------------|
| 2064 | <b>Pickles, Bread and Butter, Woodstock Farms, Organic</b> - Order number of 24 oz jars. | \$3.28/24 oz jar | Certified Organic |
|------|--|------------------|-------------------|

### Dried Fruits

| # | Product | Price | Type |
|---|---------|-------|------|
|---|---------|-------|------|

#### Lehigh Valley Food Cooperative

|     |   |               |  |
|-----|---|---------------|--|
| 504 | <b>Prunes, Organic, Pitted</b> - Order number of lbs. | \$4.70/1/2 lb |  |
|-----|---|---------------|--|

Certified  
Organic

## Fresh Vegetables

| #   | Product  | Price        | Type                 |
|-----|--|--------------|----------------------|
| 726 | Beets, Red, Cylindra, Organic - Order number of bunches. | \$1.63/bunch | Certified<br>Organic |

## Meats

| #    | Product  | Price     | Type           |
|------|--|-----------|----------------|
| 2254 | Beef Share, Pastured 1/4 of beef, Spring Mountain Farm - Order number of shares. All Natural, No hormones or steroids. Grassfed and finished. Ready for freezer, cut to order. 100-200 lbs average. Delicious. Taking orders for 4 week delivery time frame. | \$3.54/lb | All<br>Natural |
| 2253 | Pork Share, 30 lbs - Order number of lbs. Pastured Pork from Spring Mountain Farms. Approx 50-100lbs each share. Includes bacon, ham steak, pork roast, ground pork and pork chops. Freezer ready. Nitrate free processing.                                  | \$2.15/lb | All<br>Natural |