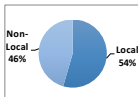
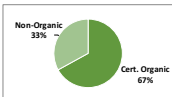


Up To date sourcing information  
Last Updated: 11/6/17

This list is updated as we receive orders. If an item has been fully used, it is removed or re-categorized (if necessary) on this list.



Produce	Organic + Local	Local (not organic)	Organic (not local)	Conventional	Farm/Area	Comments
Apples, Gala		X			Berrian Springs, MI	
Apples, Macintosh		X			Berrian Springs, MI	
Arugula			X		Fellsmere, FL	
Asparagus				X	Peru	
Avocado			X		Mexico	
Blueberries			X		Watsonville, CA	
Bananas			X		Ecuador	
Beets, Golden		X			Grant, MI	
Bok Choy				X	Canada	
Blackberries		X			Berrian Springs, MI	
Broccoli				X	Burlford, Ontario	
Brussels Sprouts			X		Mexico	
Butternut Squash			X		Hudsonville, MI	
Cabbage, Green	X				Franksville, WI	
Cabbage, Nappa			X - 50%	X - 50%	Arizona and California	
Cabbage, Red		X			Viroqua, WI	
Cantaloupe				X	Turlock, CA	
Carrots, Orange			X		Bakersfield, CA	
Carrots, Assorted Color			X		Bakersfield, CA	
Cauliflower		X-50%	X - 50%		Salinas, CA, Elgin, IL	
Celery		X			Markesan, WI	
Celery Root		X			Baker Farms, Norman Park, GA	
Cherries		X			South Haven, MI	Huge, plump cherries
Cucumber, Kirby		X			Burlington, IL	Delicious, crisp cucumbers
Cucumbers, Seedless			X		Guaymas Sonora, Mexico	
Dates				X	Thermal, CA	
Eggplant			X		LaSalette, Ontario	
Fennel			X		Salinas, CA	
Galangal Root				X	NA	
Garlic			X		Gilroy, CA	
Ginger				X	China	
Grapes, Red			X		Delano, CA	
Green Beans				X	Thomasville, GA	
Greens, Collard			X		Willard, OH	
Mustard Greens			X		Santa Monica, CA	
Herbs, Basil				X	Location NA	
Herbs, Chives				X	Location NA	
Herbs, Cilantro			X		California	
Herbs, Mint				X	Location NA	
Herbs, Oregano				X	Location NA	
Herbs, Parsley			X		Bakersfield, CA	
Herbs, Rosemary				X	Location NA	
Herbs, Thyme				X	Location NA	
Honeydew				X	California	
Jicama				X	Mexico	
Kale, Green Curly	X				Washington, IL	
Kale, Lacinato	X				Viroqua, WI	
Leeks				X	Salinas, CA	
Lemons			X		Mexico	
Lettuce, Romaine			X		Salinas, CA	
Limes			X		Mexico	
Mango				X	California	
Mesculun Mix			X		Salinas, CA	
Mushrooms, Cremini	X				Rivory Valley Ranch, Burlington WI	Consistently great product
Mushrooms, enoki				X	Korea	Specialty mushrooms
Mushrooms, hon schmedji				X	Pacific NW	Specialty mushrooms
Mushrooms, shiitake	X				River Valley Ranch, Burlington, WI	Consistently great product
Nectarines		X			Berrian Springs, MI	
Onions, Green				X	Mexico	
Onions, Red			X		Nysson, OR	
Onions, Yellow			X		Hermiston, OR	
Oranges			X		California	
Parasnips				X	Salinas, CA	
Peaches			X		J. Durbin Farms, Clanton, AL	
Peppers, Fresno				X	Location NA	
Peppers, Green				X	USA	
Peppers, Jalapeno				X	Mexico	
Peppers, Orange	X				Good Earth Farm, Oakfield, WI	
Peppers, Poblano				X	San Juan, TX	Difficult sourcing organic poblanos
Peppers, Red			X		Mexico	
Peppers, Red, Fingerling				X	Mexico	
Peppers, Yellow			X		California	
Pickles				X	Mexico	
Pineapple			X		Costa Rica	
Plantains				X	Ecuador	Usually not available organically
Plums		X			Berrian Springs, MI	
Potatoes, Purple				X	USA	Usually not available organically
Potatoes, Red				X	Livingston, CA	
Potatoes, Sweet			X		Livingston, CA	These guys always deliver great sweet potatoes
Potatoes, Yukon Gold			X		Aningo, WI	Really excellent potatoes
Purple Top Turnips		X			Athur Amish Farmers, Athur, IL	It's tough to get excited about turnips, but these guys make it happen!
Radish, Red				X	Willard, OH	
Rapini				X	Salinas, CA	
Rhubarb				X	Elk River, MN	
Scallions				X	California	
Shallots				X	Kelton, PA	
Spinach, Baby			X		Salinas, CA	
Squash, Spaghetti				X	Kalona, IA	
Squash, Summer		X			Elgin, IL	
Squash, Yellow		X			Elgin, IL	
Squash, Zucchini		X			Elgin, IL	
Strawberries				X	Watsonville, CA	
Sugar Snap Peas				X	Guatemala	Hardly ever available organic
Swiss/Rainbow Chard	X				Wauconda, IL	
Tomatillo		X			Frozen From Romeen Farms, St. Anne, IL	Local is GAP certified
Tomatoes, Cherry		X			Plymouth, WI	
Tomatoes, Grape	X				Mt Hope, WI	
Tomatoes, Heirloom			X		Leamington, Ontario	
Tomatoes, On Vine		X			MightyVine Tomatoes, Rochelle, IL	Beautiful tomatoes
Tomatoes, Plum			X		Mexico	
Turnips				X	Grant, MI	
Turmeric, Fresh				X	USA	
Watermelon				X	USA	
Yucca Root				X	California	
Zucchini		X			Elgin, IL	

Approximate Current % Organic

Produce by Weight on Hand

Non-Organic

67

33

Meats/Eggs	Pasture-Raised	100% Grass-fed	Wild-caught	Organic	Farm	Comments/Other
Eggs	X				Seven Sons - Indiana	
Beef - Bones		X			Strauss	
Beef - Chuck Roll		X			Grass Run Farms - Midwest	
Beef - Top Sirloin		X			Grass Run Farms - Midwest	
Beef - Ground		X			Middleton, Wisconsin	
Salmon				X	Ireland	Organically Raised in ocean
Shrimp			X		Gulf of Mexico	
Mahi-Mahi			X		Wild Hook and Line - Ecuador	
Bacon, Nitrate Free	X				Nitrate-Free, Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Chicken Breasts	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Chicken Thighs	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Chicken Legs	X				Gunthorp Farms, La Grange, IN	No Antibiotics/No hormones Not Free Range/Not From our Original Supplier who ONLY delivers once a week
Ground Chicken	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Ground Turkey	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Chicken Feet	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Chicken Bones	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing

Turkey, whole	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Turkey, half a whole	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Turkey Breasts	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Ground Pork	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Pork Shoulder	X				Gunthorp Farms, La Grange, IN	Organic Pasture, Organic Processing
Bison, Ground		X			Northstar Bison Farms, Northern Wisconsin and Minnesota	

Approximate Current % local PRODUCE/PROTEINS by Weight on Hand

Non-Local

54.50

45.5

**Grains, Legumes, Nuts, Seeds, Dried Fruit, Spices, Etc.**

	Organic + Local	Local (not organic)	Organic (not local)	Conventional		Comments
All Spice Powder				X		
Almonds			X			
Ancho Chili Powder				X		
Anise Seed			X			
Baking Powder				X		Hain's brand
Basil Leaf			X			
Bay Leaf			X			
Black Beans, Dried		X			Carlson-Arbogast Farms, Howard City, MI	
Black Peppercorns			X			
Brown Rice	X				Mckaskie Family Farm, Braggadocio, MO	
brown rice noodles			X			Field Day brand
Buckwheat (Kasha)				X		Haven't found bulk organic
Buckwheat Noodles				X		Haven't found bulk organic
Cajun Seasoning				X		
cannellini beans		X			Carlson-Arbogast Farms, Howard City, MI	
Caraway Seed				X		
Cashews			X			
Cayenne				X		
Celery Seed				X		
Chia Seeds			X			
Chili Powder			X			
Chives			X			
Cloves				X		
Cocoa Powder				X		Trying the organic version and if it works for us, we will switch
Coriander Seeds			X			
Cranberries (apple just sweetened)			X		Waukegan, Illinois	
Cumin Seed, Whole				X		
Curry Powder			X			
Dates			X			
Dill Weed			X			
Dried Blueberries (apple juice sweetened)				X		
Fennel Seed			X			
Flax Seed Meal				X		Don't use much and have lots on hand. Bob's Red Mill. Want to buy some? :-)
Flax Seeds			X			
Garam Masala			X			
Garlic Powder				X		
Golden Raisins				X		Haven't found bulk organic
Green Lentils				X		Haven't found bulk organic
Ground Coriander				X		
Ground Cumin				X		
Ground Nutmeg				X		
Ground Turmeric			X			
Guajillo Chili Powder				X		Haven't found bulk organic
Hemp Seeds			X			Mamitoba Harvest brand
Hungarian Paprika				X		Haven't found bulk organic
Mustard Seed				X		
Organo Leaf				X		
Paprika, Spanish			X			
Pecans			X			
Pinto Beans, Dried		X			Carlson-Arbogast Farms, Howard City, MI	
Pistachios				X		Haven't found bulk organic
Porcini powder				X		
Pumpkin Seeds			X			
Quinoa			X			
red quinoa			X			
Sesame Seed, black			X			
Sesame Seed, white				X		
Smoked Paprika			X			
Sumac				X		
sunflower seeds				X		Ran out of organic, will be getting more in later today.
Taco Seasoning				X		
Thompson Raisins			X			
Thyme, dried			X			
walnuts			X			
Whole Ancho Peppers				X		Haven't found bulk organic
Poppy Seeds, Dried			X			
Yellow Lentils				X		Haven't found bulk organic

**Vinegars, Oils, Wet Ingredients**

	Organic + Local	Local (not organic)	Organic (not local)	Conventional		Comments
Almond Extract				X		Haven't found bulk source
Apple Cider Vinegar			X			Brags for organic, 25% non-organic (ran out of bragg's) 50% is generic brand, 50% is bob's red mill
Baking Soda				X		
Balsamic Vinegar				X		Haven't found bulk organic
Black Olives				X		Haven't found bulk organic
Capers				X		Haven't found bulk organic
Cassava Flour				X		We use Omo's Natural - Non-GMO
Chipotle Salsa				X		Haven't found bulk organic
Chocolate Chips				X		Enjoy Life Brand
Coconut Aminos			X			Coconut Secret brand
Coconut Milk			X			Native Forest brand
Coconut Oil			X			Refined
Coconut Oil Spray				X		Haven't found organic version. Use for waffles and spraying racks for almond crusted chicken strips.
Coconut Vinegar			X			Coconut Secret brand
Coconut Water			X			Organic version many times out of stock
Diced Tomatoes (canned)			X			Muir Glen brand when available
CRUSHED TOMATOES			X			Muir Glen brand when available
Dijon Mustard				X		Haven't found bulk organic
Extra Virgin Olive Oil			X			Currently have organic
Grapeseed Oil				X		Haven't found bulk organic that isn't extra virgin and astronomical in price
Green Olives				X		Haven't found bulk organic
Honey				X		Ran out, Only get organic delivered 1x week
Kalamata Olives				X		Haven't found bulk organic
Lemon extract				X		Haven't found bulk source
Maple Syrup			X			Midwest baby!
Mirin				X		Clean brand... Eden. Can't find bulk organic
Nutritional Yeast				X		Haven't found bulk organic
Orange Juice, Cold Pressed		X				
Pomegranate concentrate				X		Specialty product, haven't found organic
Psyllium Husk			X			
Raw Honey			X			We use this only in raw dressings
Red Curry Paste						Contains Dried Shrimp
Red Wine				X		Haven't found bulk organic yet