



UP TO DATE  
SOURCING INFORMATION  
LAST UPDATED: 2/23/18

THIS LIST IS UPDATED AS WE RECEIVE ORDERS. IF AN ITEM HAS BEEN FULLY USED, IT IS REMOVED OR RECATEGORIZED (IF NECESSARY) ON THIS LIST.

## PRODUCE

|                          | Organic + Local | Local (not organic) | Organic (not local) | Conventional | Farm/Area                                 | Comments  |
|--------------------------|-----------------|---------------------|---------------------|--------------|---|---|
| Apples, Gala             |                 |                     | X                   |              | Stover Farms, Berrien Springs, MI         |   |
| Apples, Macintosh        |                 | X                   |                     |              | Berrian Springs, MI                       |   |
| Arugula                  |                 |                     | X                   |              | Fellsmere, FL                             |   |
| Asparagus                |                 |                     |                     | X            | Mexico                                    |   |
| Avocado                  |                 |                     | X                   |              | Mexico                                    |   |
| Blueberries              |                 |                     | X                   |              | Watsonville, CA                           |   |
| Bananas                  |                 |                     | X                   |              | Mexico                                    |   |
| Beets, Golden            |                 | X                   |                     |              | Union, IL                                 |   |
| Bok Choy                 |                 |                     |                     | X            | Canada                                    |   |
| Blackberries             |                 | X                   |                     |              | Berrian Springs, MI                       |   |
| Broccoli                 |                 |                     |                     | X            | Mexico                                    |   |
| Broccolini               |                 |                     | X - 50%             | X - 50%      | Wisconsin and California                  |   |
| Brussels Sprouts         |                 |                     | X                   |              | Mexico                                    |   |
| Butternut Squash         | X               |                     |                     |              | Stutzman Family Farm, Blanchard, MI       |   |
| Cabbage, Green           |                 | X                   |                     |              | Fifth Season, Viroqua, WI                 |   |
| Cabbage, Nappa           |                 |                     |                     | X            | Alamo, TX                                 |   |
| Cabbage, Red             | X               |                     |                     |              | Stutzman Family Farm, Blanchard, MI       |   |
| Cantaloupe               |                 |                     |                     | X            | San Lorenzo, Valle, Honduras              |   |
| Carrots, Orange          |                 |                     | X - 75%             | X - 25%      | Generation Farms, Lake Park, GA           |   |
| Carrots, Assorted Color  |                 |                     |                     | X            | Generation Farms, Lake Park, GA           |   |
| Cauliflower              |                 | X-50%               | X - 50%             |              | Salinas, CA, Elgin, IL                    |   |
| Celery                   |                 |                     | X                   |              | Markesan, WI                              |   |
| Celery Root              | X               |                     |                     |              | Prarie Earth Farm, Atlanta, IL            |   |
| Cherries                 |                 | X                   |                     |              | Coloma, MI                                | Huge, plump cherries  |
| Cucumber, Kirby          |                 | X                   |                     |              | Arizona                                   | Delicious, crisp cucumbers  |
| Cucumbers, Seedless      |                 |                     | X                   |              | Guaymas Sonora, Mexico                    |   |
| Dates                    |                 |                     |                     | X            | Thermal, CA                               |   |
| Eggplant                 |                 |                     | X                   |              | LaSalette, Ontario                        |   |
| Fennel                   |                 |                     | X                   |              | Bakersfield, CA                           |   |
| Galangal Root            |                 |                     |                     | X            | NA  |   |
| Garlic                   |                 |                     | X                   |              | Gilroy, CA                                |   |
| Ginger                   |                 |                     |                     | X            | China                                     |   |
| Grapes, Red              |                 |                     |                     | X            | Peru                                      |   |
| 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            | Hermosillo, Sonora, Mexico                |   |
| Jicama                   |                 |                     |                     | X            | Mexico                                    |   |
| Kale, Green Curly        | X               |                     |                     |              | Washington, IL                            |   |
| Kale, Lacinato           |                 |                     | X                   |              | Coastal Valley Farms, Santa Maria, CA     |   |
| Leeks                    |                 |                     |                     | X            | Salinas, CA                               |   |
| Lemons                   |                 |                     | X                   |              | Mexico                                    |   |
| Lettuce, Romaine         |                 |                     | X                   |              | California and Arizona                    |   |
| Limes                    |                 |                     | X                   |              | Mexico                                    |   |
| Mango                    |                 |                     |                     | X            | California                                |   |
| Mescalun Mix             |                 |                     | X                   |              | Salinas, CA                               |   |
| Mushrooms, Cremini       | X               |                     |                     |              | Rivory Valley Ranch, Burlington WI        | Consistently great product  |
| Mushrooms, enoki         |                 |                     |                     | X            | Korea                                     | Specialty mushrooms   |
| Mushrooms, hon schmedj   |                 |                     |                     | X            | Pacific NW                                | Specialty mushrooms   |
| Mushrooms, shittake      | X               |                     |                     |              | River Valley Ranch, Burlington, WI        | Consistently great product  |
| Nectarines               |                 | X                   |                     |              | Berrian Springs, MI                       |   |
| Onions, Green            |                 |                     |                     | X            | Mexico                                    |   |
| Onions, Red              |                 | X                   |                     |              | Springdale Farm, Plymouth, WI             |   |
| Onions, Yellow           |                 | X                   |                     |              | Trembling Prairie Farm, Markesan, WI      |   |
| Oranges                  |                 |                     | X                   |              | California                                |   |
| Parsnips                 |                 |                     |                     | X            | Salinas, CA                               |   |
| Peaches                  |                 |                     | X                   |              | J. Durbin Farms, Clanton, AL              |   |
| Peppers, Fresno          |                 |                     |                     | X            | Mexico                                    |   |
| Peppers, Green           |                 |                     | X                   |              | Mexico                                    |   |
| Peppers, Jalapeno        |                 |                     |                     | X            | Mexico                                    |   |
| Peppers, Orange          | X               |                     |                     |              | Good Earth Farm, Oakfield, WI             |   |
| Peppers, Poblano         |                 |                     |                     | X            | Mexico                                    | Difficult sourcing organic poblanos                                     |
| Peppers, Red             |                 |                     | X                   |              | Mexico                                    |   |
| Peppers, Red, Fingerling |                 |                     |                     | X            | Mexico                                    |   |
| Peppers, Yellow          |                 |                     | X                   |              | California                                |   |
| Pickles                  |                 |                     |                     | X            | Mexico                                    |   |
| Pineapple                |                 |                     | X                   |              | Honduras                                  |   |
| Plantains                |                 |                     |                     | X            | Ecuador                                   | Usually not available organically                                       |
| Plums                    |                 | X                   |                     |              | Berrian Springs, MI                       |   |
| Potatoes, Purple         |                 |                     |                     | X            | USA                                       | Usually not available organically                                       |
| Potatoes, Red            |                 | X                   |                     |              | Alsum Farms and Produce, Friesland, WI    |   |
| Potatoes, Sweet          | X               |                     |                     |              | Flyte Family Farms, Coloma, WI            | These guys always deliver great sweet potatoes                          |
| Potatoes, Russet         |                 | X                   |                     |              | Worzella and Sons Farm, Flover WI         | Really excellent potatoes   |
| Potatoes, Yukon Gold     |                 | X                   |                     |              | Friesland, WI                             |   |
| Purple Top Turnips       | X               |                     |                     |              | Athur Amish Farmers, Athur, IL            | It's tough to get excited about turnips, but these guys make it happen! |
| Radish, Black Spanish    | X               |                     |                     |              | Bluestem Farm, East Jordan, MI            |   |
| Radish, Watermelon       | X               |                     |                     |              | Prarie Earth Farm, Atlanta, IL            |   |
| Rhubarb                  |                 |                     |                     | X            | Elk River, MN                             |   |
| Scallions                |                 |                     |                     | X            | California                                |   |
| Shallots                 |                 |                     |                     | X            | Kelton, PA                                |   |
| Spinach, Baby            |                 |                     | X                   |              | Salinas, CA                               |   |
| Squash, Spaghetti        |                 | X                   |                     |              | Klein's Farm and Garden Market, Elgin, IL |   |
| Squash, Summer           |                 | X                   |                     |              | Elgin, IL                                 |   |
| Squash, Yellow           |                 |                     | X                   |              | Mexico                                    |   |
| Squash, Zucchini         |                 |                     | X                   |              | Mexico                                    |   |
| Strawberries             |                 |                     |                     | X            | Watsonville, CA                           |   |
| Sugar Snap Peas          |                 |                     |                     | X            | Guatemala                                 | Hardly ever available organic   |
| Swiss/Rainbow Chard      |                 |                     | X                   |              | Soledad, CA                               |   |
| Tomatillo                |                 | X                   |                     |              | Frozen. From Romain Farms, ST. Anne, IL   | Local is GAP certified  |
| Tomatoes, Cherry         |                 | X                   |                     |              | MightyVine Tomatoes, Rochelle, IL         |   |
| Tomatoes, Grape          |                 |                     |                     | X            | Mexico                                    |   |
| Tomatoes, Heirloom       |                 |                     | X                   |              | Leamington, Ontario                       |   |
| Tomatoes, On Vine        |                 | X                   |                     |              | MightyVine Tomatoes, Rochelle, IL         | Beautiful tomatoes  |
| Tomatoes, Plum           |                 |                     | X                   |              | Rio Rico, AZ                              |   |
| Turnips                  | X               |                     |                     |              | Prarie Earth Farm, Atlanta, IL            |   |
| Turmeric, Fresh          |                 |                     |                     | X            | USA                                       |   |
| Watermelon               |                 |                     |                     | X            | USA                                       |   |
| Yucca Root               |                 |                     |                     | X            | California                                |   |
| Zucchini                 |                 |                     |                     | X            | Mexico                                    |   |

APPROXIMATE CURRENT %  
ORGANIC PRODUCE BY  
WEIGHT ON HAND



## 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 |
|                      |   |   |  |  | Northstar Bison Farms, Northern Wisconsin and Minnesota |                                     |
| Bison, Ground        |   | X |  |  |   |                                     |

**APPROXIMATE CURRENT % LOCAL PRODUCE/PROTEINS BY WEIGHT ON HAND**

Non-Local



54.00

46

**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               |                     |                     |              | McKaskle 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            |   |  |
| cannelini 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                      |  |
| Curry 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                   |              |   | Manitoba Harvest brand   |
| Hungarian Paprika                         |                 |                     |                     | X            |   | Haven't found bulk organic   |
| Mustard Seed                              |                 |                     |                     | X            |   |  |
| Orgeano Leaf                              |                 |                     |                     | X            |   |  |
| Paprika, Spanish                          |                 |                     | X                   |              |   |  |
| Pecans                                    |                 |                     | X                   |              |   |  |
| Pinto Beans, Dried                        |                 | X                   |                     |              | Carlson-Arbogast Farms, Howard City, MI | Haven't found bulk organic   |
| Pistachios                                |                 |                     |                     | X            |   |  |
| 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                   |              |  | Briggs for organic, 25% non-organic (ran out of briggs)  |
| Baking Soda                |                 |                     |                     | X            |  | 50% is generic brand, 50% is bob's red mill  |
| 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 Otto'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  |
|                            |                 |                     |                     |              |  | Haven't found organic version. Use for waffles and spraying racks for almond crusted chicken strips. |
| Coconut Oil Spray          |                 |                     |                     | X            |  |  |
| 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. Haven't found bulk organic that isn't extra virgin and astronomical in price |
| Grapeseed Oil              |                 |                     |                     | X            |  | Haven't found bulk organic   |
| Green Olives               |                 |                     |                     | X            |  | Ran out, Only get organic delivered 1x week  |
| Honey                      |                 |                     |                     | X            |  | Haven't found bulk organic   |
| 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                   |                     |              |  | Specialty product, haven't found organic   |
| Pomegranate concentrate    |                 |                     |                     | X            |  |  |
| 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   |