



SPECIALS!

Pickup Blacksburg Tues. 3/8
Locations: Floyd Tuesday 3/8
Personal Delivery 3/8

YMCA Thrift Store Parking Lot 5- 6pm at 1000 N. Main Street
 Greens Garage Roger Rd. After 10 am
 Floyd, Christiansburg & Blacksburg town limits

Anyone can order! Here's how it works:

- We post the updated menu here and email it to our listserve.
- You peruse the menu and compile your order (codes, quantities & item names please). \$25 minimum order please.
- Email us your order, delivery date and location (see above for options) or personal delivery address. Include a phone number we can use to reach you on pickup day. Send complete information to ggppALaCarte@swva.net before the order deadline below.
- We receive and pack your order.
- We email you a confirmation with your total, which includes sales tax, on the day before delivery by 5:00 pm.
- You can pay your confirmed total with a credit/debit card or PayPal account by clicking the "Pay Now" button at goodfoodgoodpeople.net/a-la-carte. A 3% bank surcharge will automatically be added to all card transactions. It will show as "tax" on your checkout screen. (Orders over \$250 require a 50% card deposit the day before delivery).
- OR you may also pay when you pick up your order with check, cash or card (at select locations) or SNAP/EBT (at select locations).
- You pick up your order at your chosen location or prepare your drop site if you chose "personal delivery". If you fail to pick up, a \$10 re-delivery fee will be charged for our additional labor.
- You take your fresh local foods home, and know that your food dollars are circulating in the local agricultural economy!

NEW ORDER DEADLINE: For Tuesday delivery all orders must be in by

Sunday, March 06, 2016 by 6 pm

**This menu is for delivery on:
 Tuesday, March 08, 2016**



**Hug a farmer. Sign-up for your CSA FarmShare today!!
 Choose from 7 shares. All local & fresh, all delicious!
<http://goodfoodgoodpeople.net/farm-shares/>**

FEATURED SPECIALS: bulks, bonuses & bargains

March is Sausage Month!!
*Let's celebrate with 27 varieties of
sausages to choose from!!*

**Buy any FOUR sausage items on our menu (beef, pork,
chicken, or turkey) and receive a FREE 1-pound block of
Old Millstone Farm's Breakfast Sausage.**
(your choice of mild or spicy)

Bulk Veggie Specials

VBN-DR16	Dried Beans, Red Beans	Dried Shelled Red Beans are basic ingredients in many a savory stew--why not yours? Ben Troyer has done the hard work for you, and elderly man sitting on his porch in a rocking chair, and all the beans are perfectly cleaned and ready to hop into the pot on our stove. Rave review from farmers market customers follow these beans!! .5 lb bags	Ben Troyer, Pearisburg, VA	\$2.50 / 1/2 lb bag SPECIAL!! 2 bags for \$4
VPT-01MUH	Potatoes, Kennebec, Medium/Large <i>biologically grown</i>	THE standard for basic white all-purpose potatoes that shine with optimal versatility. Well-stored spuds are extra savory, their winter-kissed flavor is subtly sweet and their texture is as firm as the October day they were unearthed from the cool soil. Kennebecs make a wholesome foundation for any potato recipe. Box weighs 28-29 lb. Store in a cool, dark place for several months. unwashed	Zimmerman Farm, Pearisburg, VA	\$35 / "uberhalf" bushel (28-29 lb box) SPECIAL!! \$30 / uberhalf bushel
VPT-01UH#2	Potatoes, Kennebec #2 quality <i>biologically grown</i>	Like people, not all potatoes are perfect. But that doesn't mean they're not good-hearted spuds! This grade of potatoes is for chopping, mashing, devouring, where no one cares if they're less than county fair material. "No Funk--No Junk" is the rule, just tubers who are too challenged in cosmetic appearance for retail. Perfect for economic-minded spudsters! Store in a cool, dark place for several months. unwashed	Zimmerman Farm, Pearisburg, VA	\$28 / "uberhalf" bushel box (28-29 lb box)
VSW-06B10#	Sweet Potatoes, Blue Okinawan, baby <i>biologically-grown</i>	Not exactly the old traditional sweet potato, with bright blue flesh and deep purple skins. The baby grades are small and perfect, making a eye-opening presentation whole on your feasting table. Give a small nick with a knife before baking, then fill with butter, cheese or other beckoning fillings and watch them disappear! Blue sweet potato fries are super handy halved. <i>These sweet potatoes have not been refrigerated, and should not be refrigerated! Store in a warm environment, 60+ degrees, with good air flow and low light conditions.</i>	Renno Farm, Pearisburg, VA	\$30 / 10 lb box SPECIAL!! \$25 / box
VSW-06M10#	Sweet Potatoes, Blue Okinawan, Medium <i>biologically grown</i>	Absolutely Shocking! You will be amazed at the depth of blue-purple color both in and out of these immigrant sweet potatoes. Quickly gaining popularity in their adopted culture, Blue Okinawans pass the test for flavor, texture and above all a color else wise unknown to nature. Flavor is more savory and texture is drier than classic sweet potatoes.	Renno Farm Pearisburg, VA	\$28 / 10 lb box SPECIAL!! \$24 / box

VSW-06MUH	Sweet Potatoes, Blue Okinawan, Medium <i>biologically grown</i>	<p>rier than classic sweet potatoes. Tip: Try Beni-Imo Ice Cream! #2 sweet are long and slender, not the supermarket standard shape, but perfect for slicing small rings, baking or puree. <i>These sweet potatoes have not been refrigerated, and should not be refrigerated!</i> Store in a warm environment, 60+ degrees, with good air flow and low light conditions.</p>	Renno Farm Pearisburg, VA	<p>\$60 / "uberhalf bushel" box (25-27 lbs.) SPECIAL!! \$50 / box</p>
VSW-06#2UH	Sweet Potatoes, Blue Okinawan, (#2 Quality, blemished/small) <i>biologically grown</i>	<p>Same sweets as above with harvest nicks, weird shapes, small size or slight skin blemishes that will not affect short term perishability. No funk, no junk, these should keep as long as any sweets because they are not compromised in their shelflife. <i>These sweet potatoes have not been refrigerated, and should not be refrigerated!</i> Store in a warm environment, 60+ degrees, with good air flow and low light conditions.</p>	Renno Farm Pearisburg, VA	<p>\$35 / "uberhalf bushel" box (25-27 lbs.)</p>
VWS-17UH	Winter Squash, Jester <i>biologically grown</i>	<p>Imagine a cross between Acorn and Delicata, a squash-offspring that is acorn shaped, yet striped/speckled like a Delicata. The flesh favors the Delicata flavor with the denseness of an Acorn-- a perfect squash. Use for baking, purees, or pan-fried rings. The skins is thin enough to not peel. Store in a <u>DRY</u> location; best temperature range 60-70 degrees. Choose 10# box or uberhalf bushel.</p>	Renno Farm, Pearisburg, VA	<p>\$32 / "uberhalf" bushel (23-25 lbs.) SPECIAL!! \$25 / "uberhalf" bushel</p>
VWS012UH	Winter Squash, Spaghetti <i>biologically-grown</i>	<p>How delighted we are to purvey a crop from our old friends, Noah and Fannie Swarey, now moved a few hundred mile further down the Appalachians, but still great sustainable farmers using biologically-approved methods. Their bright-yellow spaghetti squashes are flavorful, firm and well-stored, still boasting another month+ of shelf-life. This crop is of varied sizes, all well-matured and full of that inimitable stringy noodle-like flesh, so expect a range of sizes.</p>	Swarey Farm, Clarkrange, TN	<p>\$32 / "uberhalf" bushel (23-25 lbs.) SPECIAL!! \$25 / "uberhalf" bushel</p>
VWS-25UH	Winter Squash, All Variety Mix <i>Biologically grown</i>	<p>Colorful mix of all above squashes, our choice of variety mix will include Butternut, Jester, Spaghetti, Acorn, Delighetti and more. Get the best of all possible worlds and taste-test these savories in a thousand recipes in your own kitchen. Store in a DRY location; best temperature range 60-70 degrees.</p>	Various growers listed above	<p>\$35 / "uberhalf" bushel (23-25 lbs.) SPECIAL!! \$30 / "uberhalf" bushel</p>

Featuring..... Favorite Fruit Fantasies

FAP-71UH	Apples, Red Delicious <i>conventional</i>	<p>If you think you know Red Delicious, think again! OUR Red Dels are fresh off the tree from Berrier Farm, crispy-not mealy, and one of the striped varieties that boasts better flavor in the image of its truly Delicious lineage. Fresh Delicious will ring your bell as loudly as other favored fresh-eaters! Try them topped with gobs of crunchy peanut butter in your lunch box! Store for 1-2 weeks in cool, dry conditions at 50 degrees. Refrigerate for longer storage, up to 2 months.</p>	Berrier Orchards, Cana, VA	<p>\$19 / "uberhalf" bushel box (25-28 lb. box) SPECIAL!! \$12 / box</p>
FAP-72UH	Apples, Rome Beauty <i>conventional</i>	<p>The Cinderella apple! Ruby red skin surrounds snow white flesh of this mild flavored apple. Famed as the best apple to bake, Rome is also versatile enough to co-star in apple pies, fried apples, Waldorf salad, and other places where pretty apples shine. Store for 1-2 weeks in cool, dry conditions at 50 degrees. Refrigerate for longer storage, up to 2 months.</p>	Berrier Orchards, Cana, VA	<p>\$19 / "uberhalf" bushel box (25-28 lb. box) SPECIAL!! \$15 / box</p>
FAP-81UH	Apples, York <i>conventional</i>	<p>A.K.A. Johnson's Winter, Yorks are one of THE most flavorful apples ever developed. Their texture speaks the crunch of fall and their flavor hints at fresh cider in a whisper known only to Honeycrisp. Famed for their keeping qualities, this lopsided heirloom apple will win the hearts of "sweet apple" and "tart apple" fans alike. Store for 1-2 weeks in cool, dry conditions at 50 degrees. Refrigerate for longer storage, up to 1 month.</p>	King Brothers Orchard, Bent Mountain, VA	<p>\$19 / "uberhalf" bushel box (25-28 lb. box) SPECIAL!! \$12 / box</p>
FAP-GRBX	Apples, #2 Quality "Grab Box" <i>conventional</i>	<p>This mystery box could contain any of the varieties we have for sale, in random proportions (sorry, flavors and mix is our choice, no special requests). All apples will be completely solid and useable but have been culled from our retail stream for minor blemishes, specking, or other shape irregularities. This is a great deal for processing of all kinds or a voracious family who is tolerant of a few scars on their otherwise delectable apples. The cost of these apples is slightly over \$0.50 / lb.</p>	Various growers listed above	<p>\$10 / "uberhalf" bushel box</p>

Buy any beef roast this week and get a FREE bottle of Hooper's Bar-Be-Que Sauce!! Your choice of flavor.
Slather on and slurp your way to satisfaction!

	Bar-B-Que Sauce, Bob's Hick'ry	For those of you who love the classic barbeque sauce taste with real hickory smoke and molasses, this is your sauce! A gluten-free, handmade treat!	Hooper Foods Martinsville, VA	\$4.50 / 16 oz jar
CNH-0716	Bar-B-Que Sauce, Bob's Hell Raisin'	If you like to spice it up a bit, try this chipotle heat and raisin sweet variety. Described as having mild-ish heat, this sauce will add a sweet kick to your plate. A gluten-free, handmade treat!		SPECIAL!! \$4.00/jar
CNH-0816	Bar-B-Que Sauce, Bob's Tippy Pig	Lovingly laced with red wine. The chef, too. Pair with pork ribs or shoulder for a well-matched duo! Gluten-free.		\$48/case 12 jars of a single flavor
CNH-0916	Bar-B-Que Sauce, Bob's Cuppa Joe	For those who like to add a little kick to their food, try this tasty concoction with cocoa and coffee. A gluten-free, handmade treat!		\$50/case 12 mixed jars (your choice)

Pastured Beef Specials

BOM-45	Beef Steak, Shoulder Steak <i>pastured with minimal grain</i>	Sometimes labeled as London broil or chuck steak, this boneless steak is a great value for cost-conscious cooks. Although cut from the shoulder, it is relatively lean, with a moderately beefy flavor. Since this steak can be a bit tough, it should be sliced thinly on the bias after cooking. Grill or pan-roast. Approx 1 lb.	Old Millstone Farm, Floyd, VA	\$11.00 / lb. SPECIAL!! \$9.50 / lb
BOM-46	Beef Steak, Mock Tender <i>pastured with minimal grain</i>	This small steak comes from the point of the chuck primal next to the Top Blade, and is, despite its name, not especially tender. While generally a flavorful little steak this cut definitely needs a good marinade if you intend to grill it. This steak is best braised. Approx 1 lb.	Old Millstone Farm, Floyd, VA	\$9.00 / lb SPECIAL!! \$7.75 / lb
BOM-47	Beef Steak, Round Steak <i>pastured with minimal grain</i>	A round steak is a beef steak from the "round", the rear leg of the cow. This lean cut is commonly prepared with slow moist-heat methods, including braising, to tenderize the meat and maintain moisture. This cut is also recommended sliced thin, then dried or smoked at low temperature to make jerky. Random weight packages, approx .4-.5 lbs	Old Millstone Farm, Floyd, VA	\$9.00 / lb SPECIAL!! \$7.75 / lb
BOM-32	Beef Steak, Sirloin Steak <i>pastured with minimal grain</i>	This steak will wow your household and your guests with succulent juices and delicious flavors. Try marinating in soy sauce, sugar, and ginger! Packages average .75-1.5 pounds.	Old Millstone Farm, Floyd, VA	\$11.50 / lb SPECIAL!! \$10.00 / lb
BLR-37	Beef Steak, T-bone Steaks <i>pastured with minimal grain</i>	T-bones are famous for the part you don't eat, but actually feature a Filet Mignon on one side of the bone and a NY Strip Sirloin of the other. Like two steaks in one-- a feast for the serious steak lover. Cuts average 1.5-2 lbs.	Little River Beef, Floyd VA	\$17.00/lb SPECIAL!! \$15.00 / lb
BBF-43	Beef Steak, Porterhouse <i>grass pastured</i>	This steak looks like an oversized T-Bone and generally contains more tenderloin than a usual steak. Random weight packages, approx 1 lb.	Bright's Farm Floyd, VA	\$17.75 / lb. SPECIAL!! \$16.50 / lb
BOM-57	Beef Roast, London Broil <i>pastured with minimal grain</i>	The term "London broil" refers to a type of cooking method in which a firm cut of beef is marinated and cooked in a manner that keeps it moist. For best results, you should marinate the meat first before broiling or baking it. Check out a few different ways you can prepare London broil steak in the oven at http://www.wikihow.com/Cook-London-Broil-in-the-Oven	Old Millstone Farm, Floyd, VA	\$10.00 / lb SPECIAL!! \$9.00/lb
BBF-56	Beef Roast, Sirloin Tip Roast <i>Grass Pastured</i>	Roast slow, rub with olive oil, salt, pepper, rosemary. Random weight packages. Cuts average 3 - 3.5 lbs each.	Bright's Farm Floyd, VA	\$10.25 / lb SPECIAL!! \$9.50 / lb
BOM-91	Beef Cuts, Short Ribs <i>pastured with minimal grain</i>	Enjoy warm weather with some sticky, sweet beef short ribs. Invite your friends over and enjoy! 3-4 lbs packs.	Old Millstone Farm, Floyd, VA	\$7.00 /lb SPECIAL!! \$6 / lb

BLR-91	Beef Cuts, Short Ribs <i>pastured with minimal grain</i>	Enjoy warm weather with some sticky, sweet beef short ribs. Invite your friends over and enjoy! 3-4 lbs packs.	Little River Beef, Floyd VA	\$7.00 /lb SPECIAL!! \$6 / lb
BLR-71	Beef, Kabob Chunks <i>pastured with minimal grain</i>	Cubes of flavorful beef are perfect for sliding on a kabob stick over the grill. Also perfect flash-woked before addition to a stir fry, used like stew cubes in a hearty stew. Pre-broil and use instead of meat balls in a unique spaghetti presentation! Average weight 1-1.5 lbs.	Little River Beef, Floyd, VA	\$9.00 / lb. SPECIAL!! \$8.00 / lb
BOM-71	Beef, Kabob Chunks <i>pastured with minimal grain</i>	Cubes of flavorful beef are perfect for sliding on a kabob stick over the grill. Also perfect flash-woked before addition to a stir fry, used like stew cubes in a hearty stew. Pre-broil and use instead of meat balls in a unique spaghetti presentation! Average weight 1-1.5 lbs.	Old Millstone Farm, Floyd, VA	\$9.00 / lb. SPECIAL!! \$8.00 / lb
BBF-72	Beef, Sirloin Kabob Chunks <i>Grass Pastured</i>	1-inch cubes of sirloin ready for a marinade and the grill! Don't overcook this delicious grass fed beef. Great substitute for stew cubes. Packages average 1.5 lbs.	Bright's Farm Floyd, VA	\$12.75 / lb SPECIAL!! \$11.25 / lb
BLR-94	Beef, Bones, Soup/Stock <i>Grass Pastured with minimal grain inputs</i>	Meat-free bones with marrow for flavor and thickening. Random weight packages over 2 pounds . Good for humans and canines alike! Expect your order to be within a few pounds of your ordered weight.	Little River Beef, Floyd VA	\$3.75 / lb SPECIAL!! \$3.00 / lb
BLR-83	Beef, Liver <i>pastured with minimal grain</i>	Lightly sauté with onions and a hint of garlic. Random weight packages average 1 lb.	Little River Beef, Floyd VA	\$4.00 / lb SPECIAL!! \$3.50 / lb
BOM-83	Beef, Liver <i>pastured with minimal grain</i>	Lightly sauté with onions and a hint of garlic. Random weight packages average 1 lb.	Old Millstone Farm Floyd, VA	\$4.00 / lb SPECIAL!! \$3.50 / lb
BOM-80	Beef, Tongue <i>pastured with minimal grain</i>	Why eat beef tongue? Like other organ meats, it is very nutrient dense. It is an excellent source of vitamin B12. It's a very fatty cut, with about 70% of the calories coming from fat. This makes it a deeply satisfying, satiating, hearty meal.	Old Millstone Farm Floyd, VA	\$3.50 / lb. SPECIAL!! \$2.95 / lb.
<i>Pastured Pork is Prime for Special Discounts!!</i>				
PBF-72	Pork Cuts, Sliced Pork Belly / Side Meat <i>pastured with minimal grain</i>	Two names for the same thing, according to our own Debby Bright! Unseasoned, uncured THICK strips which lend themselves to any bacon-like application you desire. Beautiful marbling in hearty cuts. Packages average 1-1.5 lbs.	Bright's Farm Floyd, Va	\$8.50 / lb. SPECIAL!! \$7.75 / lb
PBF-90	Pork Cuts, Spare Ribs <i>pastured with minimal grain</i>	These succulent ribs are chock full of tender meat. Next weekend make a plate of spicy ribs! Cover in Hooper's BBQ sauce and roast. Advise eaters to rollup sleeves and lick fingers! Cuts average 2-3 lbs per package.	Bright's Farm Floyd, VA	\$6.00 / lb SPECIAL!! \$5.25 / lb
PBF-91	Pork Bones, Back Bone <i>pastured with minimal grain</i>	An uncommon favorite, but a healthy staple to many diets, pork backbone is great cooked like ribs, or used for stews and soups. Experiment in your own way and you're sure to love it! Random weight packages between 2-3lbs.	Bright's Farm Floyd, VA	\$2.75 / lb. SPECIAL!! \$2.00 / pound for 2 or more packages
PBF-74	Pork, Fat Back <i>pastured with minimal grain</i>	Cooks throughout Southern and Eastern Europe treat fatback as a prized cut, often curing or seasoning it for use in delicatessens and on charcuterie (meat) platters. The tender texture and rich flavor make it popular either on its own or paired with a variety of cheeses and hard breads. Italian chefs have long been known for using the drippings as a cooking oil for frying other foods, particularly meats and vegetables. .75 - 1 pound per package.	Bright's Farm Floyd, VA	Regular Price \$1.50 / lb. SPECIAL!! \$1.25/lb 5 or more packs at \$1.00 / lb.
POM-84	Pork, Kidney <i>pastured with minimal grain</i>	Also good fried with onions, pork kidney is famous for its use on toast in the United Kingdom, and for its delicious taste addition to scalloped potatoes and steak in the United States. Enjoy for yourself and your family, may they be humans or pets.	Old Millstone Farm, Floyd, VA	\$3 / lb. SPECIAL!! \$1.50 / lb

Preferred Poultry Picks !

CWT-31	Chicken Cuts, Breasts, Skinless/Boneless <i>grass pastured</i>	La crème de la crème here folks!! Skinless and boneless, as well as hormone-less and antibioticless!! What they are VERY full of is juicy flavor, ala whole chickens you have come to know and love from the green pastures as Weathertop Farm. Packages average .6-1.25 lbs.	Weathertop Farm Check, VA	\$12.75 / lb. SPECIAL!! \$11.50 / lb
CWT-34	Chicken Cuts, Soup Pack (backs & necks) <i>grass pastured</i>	Backbones and neckbones left from chicken cuts make THE best stock. Simmer up a pack for background broth that makes any soup ingredients explode with flavor. Nothing beats chicken soup, and now you'll know why!! Packages average 2.5-3 lbs.	Weathertop Farm, Check, VA	\$2.75 / lb SPECIAL!! \$2.00 / lb
CWT-82R1#	Chicken Hearts, Frozen <i>grass-pastured</i>	Homemade Pate! Anyone? We know you love it, and now you can make your own with farm fresh chicken hearts!	Weathertop Farm, Check, VA	\$4.50 / lb. SPECIAL!! \$3.75 / lb.
CBW-71T	Chicken, Whole Frozen, Tiny <i>grass-pastured</i>	Weathertop Farm in Check and Bright's Farm in Floyd are THE standard for humanely-raised pastured poultry in our region. Truly free-range and grass pastured birds with no hormones or antibiotics ever used. These juicy, tender whole birds draw raves wherever they go. They have necks but no gizzards. Tiny ranges 2.75-3.5 lbs.	Weathertop Farm Check, VA or Bright Farm Floyd, VA	\$4.50 / lb. Bulk Special!! 5+ chix for \$4.25 / lb.
CBW-71S	Chicken, Whole Frozen, Small <i>grass-pastured</i>	Weathertop Farm in Check and Bright's Farm in Floyd are THE standard for humanely-raised pastured poultry in our region. Truly free-range and grass pastured birds with no hormones or antibiotics ever used. These juicy, tender whole birds draw raves wherever they go. They have necks but no gizzards. Small size ranges from 3.5-4.5 lbs.	Weathertop Farm Check, VA or Bright Farm Floyd, VA	

Cheese Louise, don't miss these sales!



CBM-01QT	Butter, salted, bulk Quart container <i>BGH-free, GMO-free</i>	If you've fallen head over heels for the Mountain View cheeses, like many of us, just wait until you taste their butter. Rich and creamy is just the beginning. Use this farm-fresh spread to highlight ANYthing and EVERYthing because "butter is better!!" Butter in both size containers is sold fresh-frozen for an extended shelf-life. Simply thaw and refrigerate when ready to use. Quarts of this superior product can be divided into portions and refrozen without compromising taste or texture.	Mountain View Farm Products Fairfield, VA	\$15.00 / quart SPECIAL!! \$14.00 / quart or 2 qts/ \$26
CCL-051#	<i>Cheese, Cow,</i> Extra, Extra, Extra, Extra, Extra Sharp (5X) Cheddar <i>BGH-free</i>	5X sharp is the way to go if you want zing, zip and bang in your cheese. A favorite by local chefs who serve it on cheese and meat platters and grated in salads and soups, we find a little bit goes a long way when cheese has such great flavor! Whole milk cultures, rennet, salt, no colorings, slow cured at 40 degrees. Aged 60 months. Blocks of approximately 1 lb.	LeRaysville Cheese Factory LeRaysville, PA	\$13.50/lb. SPECIAL!! \$12.50

High quality oils promote delicious holiday foods--the whole is a sum of its parts. Might as well make 'em *sum* good!

OIS-01375ML	Oil, Canola <i>expeller-pressed</i>	Regionally-produced oil! How cool is that!?! Canola is a versatile culinary oil with a unique flavor. It's low in saturated fats and tolerant of moderately high heat. This oil is pressed daily in SE Pennsylvania, near the fields that produce the seeds for oil. It is refined gently through natural mediums, and comes to you fresh from regional farms and manufacturers.	Susquehanna Mills Co., Montoursville PA	\$8.50 / 375 ml SPECIAL!! \$7.75 / 375 ml
OIS-02375ML	Oil, Sunflower <i>expeller-pressed</i>	Regionally-produced oil! How cool is that!?! Sunflower is a very delicate and flavorful oil, with a light body and minimal earthy taste. Great for general purpose use, including salad dressings, frying, baking, all cooking applications. This oil is pressed daily in SE Pennsylvania, near the fields that produce the seeds. It is refined gently through natural mediums, and comes to you fresh from regional farms and manufacturers.	Susquehanna Mills Co., Montoursville PA	\$11.50 / 375 ml SPECIAL!! \$10.50 / 375 ml
OIS-12750ML	Oil, Sunflower <i>expeller-pressed</i>			\$16.95 / 750 ml SPECIAL!! \$15 / 750 ml

**Sufferin' Succotash...
Getcha some of this Sorghum on 10% off Sale!!**

SWR-021#	Sorghum Molasses, 1 pint jar	Our original sorghum molasses from the hills of Tennessee. This golden syrup is thick and tasty, yet not overwhelmingly heavy, making it the perfect molasses for those who prefer a mild amber grade with plenty of subtle flavor notes. So tasty your children may be caught eating it straight from the jar (or <i>YOU??</i>), it also excells in baking of every sort and sweetening light-flavored beverages.	Russell Creek Sorghum Mill, Lobelville, TN	Reg \$6 / 1 pint jar SPECIAL!! \$5.40
SWR-022#	Sorghum Molasses, 2 lb jar			Reg \$9 / 2 lb jar SPECIAL!! \$8.10
SWR-02QT	Sorghum Molasses, quart			Reg \$9 / quart SPECIAL!! \$8.10
SWM-02QT	Sorghum Molasses, quart	Pesticide-free sorghum molassas is a first for GFGP. This molasses is very dark, deep-flavored and hearty. Pure sorghum molassas is an old timey treat in baked goods (especially gingerbread!), beverages, sauces, tea and coffee. Traditional country flavor from the plain community at its best! <i>Pesticide Free and Sulfur Free!</i>	Muddy Pond Farm, Monterey, TN	Reg \$12 / quart SPECIAL!! \$10.80

Honey of a deal....!

SWH-01x4QT	Honey, Raw Wildflower, CLASSIC 4 x quart jar special	Our fave mixed wildflower honey, and BIG SAVINGS, too! Whereas we are temporarily out-of-stock on gallon jugs, we have plenty of quarts until we see our honey man again. Elementary math suggests 4 quarts = 1 gallon! So here's a sale on 4 quarts of same honey in glass quart jars for the same price as our regular gallons. This bulk sale will last only 1 month.	SPECIAL!! \$54 / 4 quarts = 1 gallon
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JAMS, PICKLES & FRUITS BY TROYERS, MADE WITH LOCAL FRUITS AND VEGGIES!!

FST-01PT	Jam, Cherry <i>naturally sweetened</i>	America's Favorite jam, with a healthy and extra-delicious twist -- Locally raised cherries, jammed in a local kitchen, sweetened with grape juice concentrate. Simply addictive!	Troyer Farm, Pearisburg, VA	\$5.00 / pt SPECIAL!! \$4.00 / pint
FST-08pt	Jam, Damson Plum <i>naturally sweetened</i>	Beloved in the good old days, but rare in our fast-paced modern world, Troyer's Damson Plum Jam harkens back to bubbling pots on the woodstove. Damsons pack a pucker, but grape juice concentrate sweetens them to a delicious marriage of sweet and sour. Custom made for GFGP from Dawsons' Damsons!		
FST-10HP	Jam, Raspberry Rhubarb <i>sweetened with sugar</i>	Delicious raspberry jam naturally sweetened with fruit juice and the perfect acid-balance provided by rhubarb. Bring the sweet taste of spring home all winter! Super tasty, artistic label and packaged beautifully for gifting! Half-pint jars.	Troyer Farm, Pearisburg, VA	\$5.00 / Half Pint SPECIAL!! \$4.50 each \$48.00 / cs
PFT-03QT	Plums, canned <i>(var. Stanley Prune) maple syrup sweetened</i>	Little Jack Horner would have loved these plums, in a pie or straight from the jar! Stanley Prune plums from two local orchards have been preserved for your winter pleasure, canned whole (including the pit!) in maple syrup sweetened broth. Super yummy, versatile for baking, topping yogurt and granola or ice cream, and of course plum pies eaten with the thumbs!	Country Cottage, Pearisburg, VA	\$6.95 / quart SPECIAL!! \$5.50/quart
PCT-09QT	Dilly Beans, Green & Yellow beans with garlic	A new twist on everyone's favorite dilly beans--these lovely babies are made with green and yellow beans mixed together, with a few purple garlics sprinkled in. Replace dull old potato chips and carrot sticks with these snappy, yummy treats.	Troyer Farm, Pearisburg, VA	\$7.95 / quart SPECIAL!! \$6.95 / quart
PRT-10QT	Pickled Carrots, babies with jalapeno	Baby Carrots glow with color, nutrition and flavor, preserved in a spiced vinegar brine with the addition of a jalapeno pepper to lively up the scene. These are great lunch box addition, or top off any crudite plater with a colorful flourish!	Troyer Farm, Pearisburg, VA	\$6.95 / quart SPECIAL!! \$4.50 / quart

FFG-01	Brownies, Peanut Butter	These decadent desserts are just what you need to satisfy your sweet tooth. Each item is frozen and individually wrapped. Sizes vary slightly but are approx. 2.5" x 2.5" x 3/4".	Combine any three (3) Gypsy Girl Sweet Treats in a 3-unit bundle. \$8.70 / bundle of any sweet treats Gypsy Girl, Floyd, VA SPECIAL!! \$7.50 / bundle of three
FFG-02	Brownies, Mint	A layer of chewy sweet brownie, topped with a layer of mint icing, and then an hard chocolate layer with small peppermint chips, gives these brownies the delicate flavor, texture and taste that many other brownies and cookies miss by miles. Sizes vary slightly but are approx. 2.5" x 2.5" x 3/4".	
FFG-03	Brownies, Toffee	Layers of chewy brownie, toffee and icing make these treat spectacular. A great variation on the magnificent brownies made by Gypsy girl, they are addictive, truly a flavor to savor! Sizes vary slightly but are approx. 2.5" x 2.5" x 3/4".	
FFG-21	Blondies	The "unchocolate Brownie!" Blondies are every bit as chewy and satisfying, with vanilla-infused background batter, full of nuts and choco-chips. NO icing, for those who prefer their treats naked and a little less sweet. 2.5" x 2.5" x 3/4".	
FFG-04	Cupcakes, Carrot Cake	These carrot cake muffins will go nicely with your coffee or tea in the morning. Moist, hearty, perfectly spiced with cinnamon and pecans-- decadent cream cheese icing to boot!	Combine any three (3) Gypsy Girl Sweet Treats in a 3-unit bundle. \$8.70 / bundle of any sweet treats Gypsy Girl, Floyd, VA SPECIAL!! \$7.50 / bundle of three
FFG-20	Cupcakes, German Chocolate Cake	What could trump Gypsy Girl's Carrot Cake Cupcakes--well, just maybe these decadently devourable German Chocolate Cupcakes! Slathered with creamy icing and plenty of coconut shreds, we think we hve a new rage on our hands! Discover them yourself-- quick, before WE eat them all!!	
FFG-08 =gar/parsl FFG-09 =shiitake FFG-10 =red pepper FFG-11 = feta dill	Hummus	Calling all hummus lovers! This is your chance to indulge in the tantalizing flavors Gypsy Girl has concocted in her home kitchen. Freezes beautifully. Please order first and second flavor choices: Garlic & Parsley, Shiitake, Red Pepper, Feta Dill. 1/2 pint containers.	Combine any Hummus flavors in a 2-unit bundle. \$8.95 / bundle of any 2 Gypsy Girl, Floyd, VA SPECIAL!! \$7.50 / bundle of two

Katch the Wind and SALE with the ~~Kraut~~ of the Month!!

FKG-02pt	Allium Kraut <i>Raw, Live Cultured</i>	You can't eSCAPE the Allium--but then, who'd want to!? Allium lovers will embrace this popular and potent blend of springtime's faves. 1 pint jars. Keep refrigerated. Ingredients: garlic scape ribbons, spring onions, cabbage, coriander and Pink Hawaiian Salt.	Gnomestead Hollow, Dugspur, VA	\$10.50 / pint SPECIAL!! \$9.00/pint
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COFFEE SPECIALS

CFR-01W	Old Crow Cuppa Joe, Whole Bean <i>Organic / Fair Trade</i>	A medium to full city blend with a full body and rich acidity. Named after one of our favorite bands, this rockin' blend makes a great full bodied cup of coffee no matter how you brew it, but it really comes to life when you pull it through an espresso machine.Full bodied and smooth. Chocolate and nutty with mellow ripe cherry. Bags weigh 12 oz.	Red Rooster Coffee, Floyd, VA	\$12.75 / bag SPECIAL!! \$12 / bag
CFR-01G	Old Crow Cuppa Joe, Ground <i>Organic / Fair Trade</i>			2 bags/\$22
CFR-04G	4 & 20 Blend, Ground <i>Organic / Fair Trade</i>	It took us over two years to offer our first French Roast, but this dark and intense cup is well worth the wait. A 2-bean blend at 2 roast profiles to add sweetness and complexity, this French Roast blend is not your typical burned bean. Intense and bold, yet sweet and robust with notes of chocolate and toasted caramel. Bags weigh 12 oz.	Red Rooster Coffee, Floyd, VA	\$12.75 / bag SPECIAL!! \$12 / bag 2 bags/\$22