



MENU

JULY, 2021

APPALACHIAN MOUNTAIN SPECIALTY FOODS CHARLESTON, WV

Wilted Lettuce 25oz	
Salad Dressing	12.79/ea.
Wilted Lettuce	10oz
Salad Dressing	6.79/ea.
Zest Marinade/Sauce 10oz	6.79/ea.
Zest Marinade/Sauce 25oz	12.79/ea.
Orange-berry Basil Salad Dressing	6.79/ea.
Mason-Dixon Marinade/Sauce 25oz	12.79/ea.
Mason-Dixon Marinade/Sauce 10oz	6.79/ea.
Mustard Marinade/Sauce 25oz	12.79/ea.
Mustard Marinade/Sauce 10oz	6.79/ea.
Bloody Mary Mix	12.79/ea.



AZURE MARKET SEASONINGS DUFUR, OR

Basil	4.89/ea.
Organic Basil	5.79/ea.
Organic Garlic Powder	5.49/ea.
Rubbed Sage	4.99/ea.
Mustard Seed Powder	4.99/ea.
Fiesta Mexican Seasoning	4.99/ea.
Thyme Powder	4.99/ea.
Organic Onion Powder	5.49/ea.
Lemon Pepper	4.99/ea.
Pizza Seasoning	4.99/ea.
Minced Onion	4.99/ea.
Organic Ginger Root Powder	5.99/ea.
Montreal Steak Seasoning	4.99/ea.
Italian Seasoning Mix	4.99/ea.
Parsley Flakes	6.79/ea.
Thyme Leaves Organic	
Fine Cut	5.49/ea.
Paprika	4.99/ea.
Organic Ground Cinnamon	6.49/ea.
Cumin	4.99/ea.
Organic Oregano	7.29/ea.
Turmeric	4.99/ea.
Taco Seasoning Mix	4.99/ea.
Chili Powder	4.99/ea.
Poultry Seasoning	4.99/ea.



BONE SUCKIN' SAUCE RALEIGH, NC

Regular Sauce	5.99/ea.
Chicken Rub	5.99/ea.
Garlic Honey	
Wing Sauce	5.99/ea.
Regular Rub	5.99/ea.
Mustard	5.99/ea.



BROWN CREEK CREAMERY WADESBORO, NC

Chipotle Curds	6.99/ea.
Cheese Curds	6.99/ea.
Ranch Curds	6.99/ea.
Italian Curds	6.99/ea.
Pimento Cheese	
Cheese Wedge	6.99/ea.
Pepper Cheddar	
Cheese Wedge	6.99/ea.
Mild Cheddar	6.99/ea.



Fudge	6.99/ea.
Butter	6.99/ea.

CANNIZZARO SAUCES CHARLOTTE, NC

Marinara 32oz	12.99/ea.
Vodka Sauce 32oz	12.99/ea.
Mushroom 32oz	12.99/ea.
Marinara 16oz	6.99/ea.
Vodka 16oz	6.99/ea.
Mushroom 16oz	6.99/ea.



ASHE COUNTY CHEESE WEST JEFFERSON, NC

Sharp Cheddar	7.00/ea.
Mild Cheddar	7.00/ea.
Pepper Jack	7.00/ea.
Buffalo Jack	7.00/ea.
Salsa Jack	7.00/ea.
Mountain Marble	7.00/ea.
Garden Vegetable	7.00/ea.



Carolina Bleu Marble	7.00/ea.
Garlic Parsley & Chive	7.00/ea.

COCONUT SECRET AMINO MILL VALLEY, CA

Coconut Secret 30 oz.	19.99/ea.
Coconut Secret 8 oz.	6.99/ea.



CODDLE CREEK FARMS MOOREVILLE NC

Dip Mixes	3.99/ea.
Popcorn	6.99/ea.
Creamy Peanut Butter	6.99/ea.
Crunchy Peanut Butter	6.99/ea.
White Chocolate	
Peanut Butter	6.99/ea.
Chocolate Peanut Butter	6.99/ea.
Honey Almond Butter	8.99/ea.



Sunflower Butter	8.99/ea.
Honey Cashew Butter	9.99/ea.

**BLACK POWDER COFFEE
MOORESVILLE, NC**

Peru	11.99/ea.
Bourbon Infused	11.99/ea.
Michigan Dark Cherry	11.99/ea.
Cinnamon Roll	11.99/ea.
Prospector's Gold	11.99/ea.
Colombia	11.99/ea.
One-Eyed Jack	11.99/ea.
Good Morning Blend.....	11.99/ea.
Irish Cream	11.99/ea.



Southern Pecan Pie	11.99/ea.
Ethiopia	11.99/ea.
Gunslinger Blend	11.99/ea.
Sumatra	11.99/ea.

DRIED BEANS/PEAS

Field Peas	2.59/lb.
Limas.....	2.29/lb.
Navy Beans.....	2.59/lb.
Lentils	2.29/lb.
Color Butter Beans	2.49/lb.
Baby Limas	1.99/lb.
Black Beans	1.99/lb.
Blackeye Peas	2.19/lb.
Pinto Beans	1.69/lb.
Red Kidney	2.59/lb.
Split Green Peas	1.69/lb.
13 Bean Soup	2.49/ea.



GEECHIE BOY/MARSH HEN MILL

Red Pepper Jelly	7.00/ea.
Strawberry Preserves	8.00/ea.
Hot Okra	8.00/ea.
Summer Tomato Dressing	8.00/ea.
Blue Cheese Balsamic Vinaigrette	8.00/ea.
Farro	11.99/ea.
Black Eyed Peas	8.99/ea.
Blue Cornmeal	8.99/ea.
White Cornmeal	5.99/ea.
Yellow Grits	7.99/ea.
Jimmy Red Grits	11.99/ea.
Carolina Gold Rice	9.99/ea.
Sean Brock's Corn Bread Mix.....	11.99/ea.
Blue Grits	11.99/ea.
Speckled Grits	8.99/ea.
Gentleman Jake Rice	11.99/ea.
Cucumber Dill Dressing	8.00/ea.
Unicorn Cornmeal	8.99/ea.



Red Peas	8.99/ea.
Jimmy Red Cornmeal	8.99/ea.
Yellow Cornmeal	5.99/ea.
White Grits	7.99/ea.
Guinea Flint Grits	11.99/ea.
Unicorn Grits	11.99/ea.
Guinea Flint Cornmeal	8.99/ea.
Indigo Popcorn	8.99/ea.
Johnny Cakes	8.99/ea.

**GOAT MILK SOAP
MIDLAND, NC**

Goat Milk Soap	5.99/ea.
Goat Milk Soap 4 for \$20	20.00/ea.



**LOCAL HONEY
ALBEMARLE, NC**

Two Pound	20.00/ea.
One Pound	12.00/ea.



**LINDLEY MILLS 100%
ORGANIC FLOUR
GRAHAM, NC**

Lindley Mills All Purpose 2 lbs.	3.00/ea.
Lindley Mills Bread Flour 2 lbs.	3.00/ea.
Lindley Mills Dark Rye 2 lbs.	3.00/ea.
Lindley Mills Lindley Mills Super Sprouted Wheat 2 lbs.	4.00/ea.
Lindley Mills Whole Wheat 2 lbs.	3.00/ea.
Lindley Mills One Pound	12.00/ea.
Lindley Mills Light Rye 2 lbs.	3.00/ea.
Lindley Mills Super Sprouted Spelt 2 lbs.	5.00/ea.
Lindley Mills Bulk All Purpose 25 lbs.	30.00/ea.



SIMPLY ORGANIC

Mild Chili	1.99/ea.
Ranch Dressing Mix	1.99/ea.
Spicy Chili	1.99/ea.
Vegetarian	1.99/ea.
Sloppy Joe	1.99/ea.
Southwest Taco	1.99/ea.
Guacamole Dip	1.99/ea.
Brown Gravy	1.99/ea.
Fajita	1.99/ea.



STAMEY'S CHERRYVILLE NC

Stamey's Pickles Bread & Butter	8.99/ea.
Stamey's Pickles No Pepper.....	8.99/ea.
Stamey's Pickles Jalapeno	8.99/ea.
Stamey's Chimi Changa Salsa	6.99/ea.
Stamey's Pickled Green Tomatoes	8.99/ea.



**THE DUTCH KETTLE
HAMPTONVILLE, NC**

- Huckleberry Jam 4.99/ea.
- Cherry Jam 4.99/ea.
- Mild Chow Chow 5.99/ea.
- Blackberry Jam 4.99/ea.
- Sweet Jalapenos 5.99/ea.
- Apple Butter 4.99/ea.
- Caramel Pecan
Apple Butter 4.99/ea.
- Sweet Potato Butter 4.99/ea.
- Spread 6.99/ea.
- Red Raspberry 4.99/ea.
- Elderberry 4.99/ea.
- Pepper Jelly Mild 4.99/ea.
- Pickled Dilly Beans 5.99/ea.
- Bread Butter Pickles 5.99/ea.
- Smokey Moon
BBQ Sauce 6.99/ea.
- Peach Salsa 5.99/ea.
- Sweet Pepper Relish 5.99/ea.
- Pumpkin Butter 4.99/ea.
- Hot Chow Chow 5.99/ea.
- Fig Jam 4.99/ea.
- Muscadine Jelly 4.99/ea.
- Mild Salsa 5.99/ea.
- Amish Peanut Butter
Peach Jam 4.99/ea.
- Apple Jam 4.99/ea.



- Strawberry Rhubarb 4.99/ea.
- Pickled Okra 5.99/ea.
- Pickled Beets 5.99/ea.
- Hot Salsa 5.99/ea.
- Black Bean &
Corn Salsa 5.99/ea.
- Vidalia Onion Relish 5.99/ea.
- Sweet Cucumber Relish 5.99/ea.
- Pickled Bologna 7.99/ea.
- Blueberry Jam 4.99/ea.
- Grape Jelly 4.99/ea.
- Peach Butter 4.99/ea.

**OLD SCHOOL MILLS
LOCUST NC**

- Cheese Straws
Regular 6.99/ea.
- Cheese Straws
Hot 6.99/ea.
- Chicken Breader 2 lb. 6.99/ea.
- Seafood Breader 2 lb. 6.99/ea.
- Hushpuppy Mix 5.99/ea.
- 3 Item Gift Set 24.99/set
- 6 Item Gift Set 45.99/set
- Stone Ground
White Grits 16 Oz 5.99/ea.
- Stone Ground
Yellow Grits 16 Oz 5.99/ea.
- Apple Butter 6.99/ea.
- White Gravy Mix 5.99/ea.
- Blackberry Jam 6.99/ea.
- Strawberry Jam 6.99/ea.
- Cobbler Mix 5.99/ea.
- Corn Meal Self-Rising 5.99/ea.
- Cornbread Mix 5.99/ea.
- Fruit Sauce Strawberry 6.99/ea.
- Molasses Cookie Mix 5.99/ea.
- Snickerdoodle Cookie Mix 5.99/ea.
- Pound Cake Mix 5.99/ea.
- Pure Sorghum 9.99/ea.
- Peppermint Sticks 6.99/pk.



- Stone Ground
White Grits 32 Oz 6.99/ea.
- Stone Ground
Yellow Grits 32 Oz 6.99/ea.
- Butter Milk
- Biscuit Mix 5.99/ea.
- Blueberry Jam 6.99/ea.
- Chocolate Pound
Cake Mix 5.99/ea.
- Cornbread Jalapeno 5.99/ea.
- Fruit Sauce
Blackberry 6.99/ea.
- Sugar Cookie Mix 5.99/ea.
- Pancake Mix 5.99/ea.
- Red Velvet
Cake Mix 5.99/ea.

**LOCAL MEATS
MOUNT PLEASANT, NC**

- Pastured Chicken Whole Any Size 20.00/lb.

THOMAS FARM PORK

- Pork Loin
Boneless 10.25/lb.
- Pork Chops
Bone In 10.25/lb.
- Ground Pork 6.99/lb.
- Sausage Hot 6.99/lb.
- Sausage Mild 6.99/lb.
- Sausage Chorizo 6.99/lb.



CABARRUS MEATS

- Ground Beef
Burger 6.99/lb.
- Beef Link Sausage
Any Flavor 6.99/lb.
- Stew Meat 7.29/lb.
- Sirloin Steak 12.49/lb.
- Ribeye Steak 17.29/lb.
- NY Strip Steak 16.29/lb.
- T Bone Steak 19.29/lb.
- Chuck Roast 7.99/lb.
- Cube Steak 7.29/lb.



**PASTA & PROVISIONS
CHARLOTTE NC**

- Ravioli 1lb (Cheese, Spinach,
Wild Mushroom,
& more) 10.00/lb.
- Pasta 1 lb. (Egg, Garlic &
Rosemary, Lemon Pepper,
& more) 6.00/lb.
- Sauces (Pomodoro,
Afredo, Mushroom, Marinara,
& more) 6.00/ea.
- Ready Bake Meals (2-3 People) -
Baked Ziti, Lasagna,
Egg Plant Parmesan,
& more 12.00/ea.
- Pizza 12" (Pepperoni, Cheese,
Margarita) 10.00/ea.
- Focaccia Bread 12" 6.00/ea.
- Soups (Tomato, Minestrone,
Pasta e Fagioli,
Italian Wedding) 9.00/ea.



- Tiramisu 10.00/ea.
- Cheese Spread 6.00/ea.
- Tortellini 9.00/ea.
- Gnocchi 8.00/ea.
- Dressings 6.00/ea.
- Pizza Kit 10.00/ea.

**LOCAL DAIRY
HAMPTONVILLE, NC**

Grass Fed Milk 1 gal.	9.00
Grass Fed Milk ½ gal.	6.00
Grass Fed Milk 1 qt.	4.00
Grass Fed Milk 1 pt.	3.00
Chocolate Milk ½ gal.	6.00
Chocolate Milk 1 qt.	4.00
Chocolate Milk 1 pt.	3.00
Butter Milk ½ gal.	6.00
Butter Milk 1 qt.	4.00
Butter Milk 1 pt.	3.00
Kefir 1 qt.	6.00
Kefir 1 pt.	4.00
Half-n-half 1 pt.	4.00
Heavy Cream 1 pt.	5.00
Butter 1 lb.	12.00



**SPRING LAKE FAMILY FARMS
OUR OWN AQUAPONICALLY
GROWN LETTUCE**

Red Bibb	2.50/ea.
Green Bibb	2.50/ea.
Spring Mix	3.00/ea.
Romaine	2.50/ea.
Spring Mix Pound	10.00/ea.



ICE CREAM 1 QT.

Peanut butter and Chocolate	8.00
Butter Pecan	8.00
Chocolate	8.00
Peach	8.00
Strawberry	8.00
Vanilla Bean	8.00
Mocha	8.00
Mint & Chip	8.00
Fresh Eggs Stanly County	4.00/dz.



LOCAL PRODUCE

Local Tomatoes	3.00/lb.
Cherry Tomatoes	6.00/lb.
Peaches	2.00/lb.
Sweet Corn	0.50/ea.
Turnips	1.50/lb.
Beets	1.50/lb.
Squash	2.00/lb.
Zucchini	2.00/lb.
Green Bell Peppers	1.00/ea.
Sweet Potatoes	1.29/lb.
Red Potatoes	1.29/lb.
Sweet Vidalia Onion	1.29/lb.
Yellow Onion	1.29/lb.
Red Onion	1.29/lb.
Pickling Cucumbers	2.00/lb.
Radish	2.00/lb.
Tri-Color Carrots	2.00/lb.

