

# Urban Grow Center Market

Product Prices and Availability Subject to Change (Updated 10/21/20)

## NYS Produce Available from Capital Roots

Produce Market Open 9:00 AM - 5:30 PM Monday-Friday

To order call ahead at 518-274-8685 or Visit us at 594 River Street, Troy, NY

### Vegetables

Basil (Plants)	Ea	\$2.00	Produce Project Farm - Troy, NY
Beets (Golden)	Lb	\$2.25	Mx Morningstar Farm - Hudson, NY
Beets (Red, Organic)	Lb	\$1.25	Chicory Creek Farm - Mt. Vision, NY
Beets (Mixed, Organic)	Bunch	\$2.00	Produce Project Farm - Troy, NY
Broccoli	Stalk	\$2.00	Burgers Farm - Niskayuna, NY
Brussels Sprouts	1 Lb	\$2.85	Burgers Farm - Niskayuna, NY
Cabbage (Green)	Lb	\$0.50	Burgers Farm - Niskayuna, NY
Cabbage (Red)	Lb	\$0.65	Burgers Farm - Niskayuna, NY
Carrots (Bunched Orange)	Bunch	\$2.00	Produce Project Farm - Troy, NY
Carrots (Bagged Large Orange, Organic)	Ea	\$1.50	Chicory Creek Farm - Mt. Vision, NY
Carrots (Bagged Large Rainbow, Organic)	Ea	\$1.50	Chicory Creek Farm - Mt. Vision, NY
Cauliflower	Ea	\$2.50	Burgers Farm - Niskayuna, NY
Cauliflower (Purple)	Ea	\$2.50	Burgers Farm - Niskayuna, NY
Celery	Bunch	\$1.30	
Cucumber	Ea	\$0.50	
Eggplant	Ea	\$1.00	Produce Project Farm - Troy, NY
Flowers (Market Bouquet)	Ea	\$7.00	Produce Project Farm - Troy, NY

Garlic	Lb	\$5.00	
Green Beans	Lb	\$1.50	Stanton's Feura Farm - Feura Bush, NY
Greens (Collards)	Lb	\$1.50	Esposito's Farm - Schaghticoke, NY
Greens (Kale)	Lb	\$1.85	Esposito's Farm - Schaghticoke, NY
Greens (Toscana Kale)	Ea	\$2.00	Produce Project Farm - Troy, NY
Herbs (Assorted)	Ea	\$1.00	Produce Project Farm - Troy, NY
Lettuce (Mix)	1/2 Lb	\$2.50	Produce Project Farm - Troy, NY
Lettuce (Romaine, Organic)	Ea	\$1.85	Row By Row Farm - Hurley, NY
Lettuce (Salad Mix, Organic)	1/2 Lb	\$2.75	Juniper Hill - Wadhams, NY
Mushroom (White)	8 oz	\$1.70	
Onion (Bag)	2 lb bag	\$1.25	
Onion (Red, Organic)	Lb	\$1.25	Chicory Creek Farm - Mt. Vision, NY
Onion (Shallots)	Lb	\$2.00	
Onion (Yellow)	Lb	\$0.75	Schoharie Valley Farm - Schoharie, NY
Peanuts	Lb	\$1.75	
Pepper (Dried Cayenne)	Ea	\$2.00	Produce Project Farm - Troy, NY
Pepper (Green Bell)	Lb	\$1.25	Burgers Farm - Niskayuna, NY
Pepper (Jalapeno)	Lb	\$1.10	Esposito's Farm - Schaghticoke, NY
Pepper (Red Bell)	Lb	\$1.75	Burgers Farm - Niskayuna, NY
Potato (Red)	Lb	\$0.65	Schoharie Valley Farm - Schoharie, NY
Potato (Baby Sweet, Organic)	2Lb	\$2.50	Row By Row Farm - Hurley, NY
Potato (Sweet)	Lb	\$1.25	Schoharie Valley Farm - Schoharie, NY
Potato (White)	Lb	\$0.60	Schoharie Valley Farm - Schoharie, NY
Potatoes (Purple, Organic)	Lb	\$2.50	Chicory Creek Farm - Mt. Vision, NY
Pumpkins (Pie)	Ea	\$1.75	Black Horse Farm - Coxsackie, NY
Radish (Watermelon, Organic)	Lb	\$1.60	Katchkie Farm - Kinderhook, NY
Scallions	Ea	\$1.50	Produce Project Farm - Troy, NY
Spinach (Organic)	1/2 lb	\$2.75	Juniper Hill Farm - Wadhams, NY
Squash (Acorn)	Lb	\$0.85	Burgers Farm - Niskayuna, NY

Squash (Butternut)	Lb	\$0.85	Burgers Farm - Niskayuna, NY
Squash (Carnival)	Lb	\$0.85	Bard Farm - Schenectady, NY
Squash (Honeynut Butternut)	Lb	\$1.10	Bard Farm - Schenectady, NY
Squash (Spaghetti)	Lb	\$0.65	Kleinke Farm - Glenmont, NY
Tomato (Cherry)	Pint	\$3.00	Produce Project Farm - Troy, NY
Tomato (Red Slicing)	Lb	\$1.50	Burgers Farm - Niskayuna, NY
Turnips (Scarlett, Organic)	Bunch	\$3.00	Mx Morningstar Farm - Hudson, NY
Turnips (Hakurei, Organic)	Bunch	\$1.85	Row by Row Farm - Hurley, NY
Yellow Beans	Lb	\$1.50	Black Horse Farm - Coxsackie, NY
<b>Fruits</b>			
Apple (Fuji)	Lb	\$1.00	Scrodin Farm - Germantown, NY
Apple (Gala)	Lb	\$1.00	Scrodin Farm - Germantown, NY
Apple (Golden Supreme)	Lb	\$1.00	Scrodin Farm - Germantown, NY
Apple (Honeycrisp)	Lb	\$1.40	Scrodin Farm - Germantown, NY
Apple (Ruby McIntosh)	Lb	\$1.00	Scrodin Farm - Germantown, NY
Avocado	Ea	\$1.00	
Banana	Lb	\$0.70	
Cut Melon Blend	8 oz	\$1.75	
Cut Pineapple	8 oz	\$1.75	
Cut Watermelon	8 oz	\$1.75	
Ginger	Lb	\$1.50	
Grapefruit	Ea	\$1.25	
Grapes (Green)	1 lb bag	\$2.30	
Grapes (Red)	1 lb bag	\$2.30	
Kiwi	Ea	\$0.50	
Lemon	Ea	\$0.35	
Lime	Ea	\$0.30	
Mango	Ea	\$2.00	

Navel Orange	Ea	\$0.75	
Pear (Organic)	Lb	\$1.00	Juniper Hill Farm - Wadhams, NY
Pineapple	Ea	\$3.25	
Plantain	Ea	\$0.50	
Pomegranates	Ea	\$0.85	

## Dairy

Eggs	1 Dozen	\$3.50	Our Farm - Greenwich
Chevre	4oz	\$3.00	R & G Cheesemaker - Troy, NY
Garlic Herb Goat Cheese	4oz	\$3.00	R & G Cheesemaker - Troy, NY
Goat Milk Feta	4oz	\$3.00	R & G Cheesemaker - Troy, NY
Mozzarella	8oz	\$3.00	R & G Cheesemaker - Troy, NY
Ricotta Cheese	1Lb	\$3.25	R & G Cheesemaker - Troy, NY
Maple Yogurt	6oz	\$1.50	Hawthorne Valley Ferments - Hudson, NY
Maple Yogurt	32oz	\$4.50	Hawthorne Valley Ferments - Hudson, NY
Plain Yogurt	6oz	\$1.50	Hawthorne Valley Ferments - Hudson, NY
Plain Yogurt	32oz	\$4.50	Hawthorne Valley Ferments - Hudson, NY

## Meats

Cajun Chicken Sausage	12 oz	\$3.75	Blinski's Sausage Co - Cohoes, NY
Classic Sage Breakfast Chicken Sausage	12oz	\$4.75	Blinski's Sausage Co - Cohoes, NY
Italian Chicken Sausage	12 oz	\$3.75	Blinski's Sausage Co - Cohoes, NY
Sundried Tomato with Basil and Garlic Chicken Sausage	12oz	\$3.75	Blinski's Sausage Co - Cohoes, NY
Bacon	~1lb	\$10.50	Bornt Family Farms - Troy, NY
Hot Italian Sausage	4 Links	\$9.00	Bornt Family Farms - Troy, NY
Sweet Italian Sausage	4 Links	\$9.00	Bornt Family Farms - Troy, NY
Chicken Wings	4 Wings	\$5.00	Grazin' Acres Farm - Salem, NY

Half Chicken	~1.5-2lb	\$11.00	Grazin' Acres Farm - Salem, NY
Pork Kielbasa	~1lb	\$15.00	Grazin' Acres Farm - Salem, NY
Plant Based Sausage (Italian Style )	12 oz	\$3.75	High Peaks Sausage - Cohoes, NY
Plant Based Sausage (Sunrise Trail Mix)	12 oz	\$3.75	High Peaks Sausage - Cohoes, NY
Plant Based Sausage (Wild Mushroom)	12 oz	\$3.75	High Peaks Sausage - Cohoes, NY

## Grains

Bagels (Everything)	4 Bagels	\$4.25	Bread Alone - Lake Katrine, NY
Bagels (Plain)	4 Bagels	\$4.25	Bread Alone - Lake Katrine, NY
Ciabatta	Loaf	\$4.25	Bread Alone - Lake Katrine, NY
Focaccia	Loaf	\$4.25	Bread Alone - Lake Katrine, NY
Pound Cake (Almond Cardamom)	Loaf	\$4.00	Bread Alone - Lake Katrine, NY
Pound Cake (Lemon Poppy)	Loaf	\$4.00	Bread Alone - Lake Katrine, NY
Pound Cake (Vegan Chocolate Spelt)	Loaf	\$4.00	Bread Alone - Lake Katrine, NY
Cookies (Chocolate Chip)	8 oz	\$2.75	Our Daily Bread - Chatham, NY
Cookies (Chocolate Chip) (GF)	6.2 oz	\$3.50	Our Daily Bread - Chatham, NY
Cookies (Ginger)	8 oz	\$2.75	Our Daily Bread - Chatham, NY
Cookies (Ginger) (GF)	6.2 oz	\$3.50	Our Daily Bread - Chatham, NY
Cookies (Oatmeal Raisin)	8 oz	\$2.75	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Cinnamon Raisin) (GF)	Loaf	\$4.50	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Flax) (GF)	18 oz	\$4.50	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Original) (GF)	18 oz	\$4.50	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Seedy) (GF)	18 oz	\$4.50	Our Daily Bread - Chatham, NY
Penne Pasta	16 oz	\$4.00	Sfoglioni Pasta Shop - Coxsackie, NY
Fusilli Pasta	16 oz	\$4.00	Sfoglioni Pasta Shop - Coxsackie, NY

## Assorted Local Goods

Cinnamon Creamed Honey	1 lb	\$8.50	Bee Hollow Farm- Schodack Landing, NY
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Creamed Raw Honey	1 lb	\$8.50	Bee Hollow Farm- Schodack Landing, NY
Lemon Creamed Honey	1 lb	\$8.50	Bee Hollow Farm- Schodack Landing, NY
Beef Jerky (BBQ)	1.6 oz	\$2.25	Damn Good Foods - Stillwater, NY
Beef Jerky (Hawaiian Style)	1.6 oz	\$2.25	Damn Good Foods - Stillwater, NY
Beef Jerky (Maple)	1.6 oz	\$2.25	Damn Good Foods - Stillwater, NY
Beef Jerky (Sweet and Spicy)	1.6 oz	\$2.25	Damn Good Foods - Stillwater, NY
Beef Jerky (Teriyaki)	1.6 oz	\$2.25	Damn Good Foods - Stillwater, NY
Dried Mushroom (Forest Medley)	.75 oz	\$5.00	Fruit of the Fungi- Lebanon, NY
Dried Mushroom (Organic Shiitake)	.75 oz	\$5.00	Fruit of the Fungi- Lebanon, NY
Granola (Fox's Fancy)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Granola (Chipmunk's Choice)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Granola (Squirrel Bait)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Granola (Bee's Knees) (GF)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Granola (Badger's Best) (GF)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Granola (Turtle Tracks) (GF)	9 oz	\$4.00	Gatherer's Granola - Schenectady, NY
Pickles (Bread and Butter)	24 Fl oz	\$6.50	Greenfields Forever - Greenfield, NY
Pickles (Garlic Dill)	24 Fl oz	\$6.50	Greenfields Forever - Greenfield, NY
Pickles (Hot & Spicy)	24 Fl oz	\$6.50	Greenfields Forever - Greenfield, NY
Ginger Carrots	16oz	\$6.00	Hawthorne Valley Ferments - Hudson, NY
Kimchi	16oz	\$6.50	Hawthorne Valley Ferments - Hudson, NY
Sauerkraut	16 oz	\$5.00	Hawthorne Valley Ferments - Hudson, NY
Coffee	3/4 Lb	\$7.50	Liquid Assets - Averill Park, NY
Apple Sauce	24 oz	\$4.50	Mead Orchards - Tivoli, NY
Tomato Basil Sauce	16 oz	\$3.50	Mead Orchards - Tivoli, NY
Maple BBQ Sauce	15 oz	\$9.50	Mountain Winds Farm- Berne, NY
Maple Lime Vinegar	250ml	\$9.50	Mountain Winds Farm- Berne, NY
Maple Balsamic Vinegar	250ml	\$9.50	Mountain Winds Farm- Berne, NY

Maple Hot Sauce	8 oz	\$9.50	Mountain Winds Farm- Berne, NY
Maple Syrup	3.4 oz	\$4.00	Mountain Winds Farm- Berne, NY
Maple Syrup	1/2 Pint	\$6.50	Mountain Winds Farm- Berne, NY
Maple Syrup	1 pint	\$11.00	Mountain Winds Farm- Berne, NY
Apple Cider	12 oz	\$1.00	Samascotts Orchard - Kinderhook, NY
Apple Cider	1/2 Gal	\$2.75	Samascotts Orchard - Kinderhook, NY
House Kimchi	16 oz	\$7.75	Sunhee's Farm - Troy, NY
Dried Apricots	1 Bag	\$2.75	Tierra Farms- Valatie, NY
Dried Mango	1 Bag	\$2.75	Tierra Farms- Valatie, NY
Dried Pineapple	1 Bag	\$2.75	Tierra Farms- Valatie, NY
Mixed Nuts	1 Bag	\$2.50	Tierra Farms- Valatie, NY
Sun Dried Tomatoes	1 Bag	\$2.75	Tierra Farms- Valatie, NY
Organic Dried Chinese 5 Spice	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Dill Weed	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Lemon Grass	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Parsley	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Rosemary	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Sage	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Stevia	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Tarragon	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Thyme	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Turmeric	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Jamaican Jerk Seasoning	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY
Organic Salt Free Herbal Seasoning	Jar	\$5.00	Wellington's Herbs and Spices - Schoharie, NY

Tea (Earl Grey)	1 oz	\$4.50	Wellington's Herbs and Spices - Schoharie, NY
Tea (Vanilla Chai)	1 oz	\$4.50	Wellington's Herbs and Spices - Schoharie, NY