

Capital Roots Market Menu

Product Prices and Availability Subject to Change

(Updated 2/22/21)

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

Gift Certificates Available

Vegetables

Beets (Chioggia)	Lb	\$0.90	Schoharie Valley Farm, Schoharie, NY
Beets (Golden)	Lb	\$1.55	Juniper Hill Farm - Wadhams, NY
Beets (Red)	Lb	\$0.90	Schoharie Valley Farm, Schoharie, NY
Broccoli Crowns	Lb	\$1.35	
Brussels Sprouts	1 Lb	\$2.85	Burgers Farm - Niskayuna, NY
Cabbage (Green)	Lb	\$0.70	
Cabbage (Red)	Lb	\$0.60	
Carrots (Organic)	1.5 Lb	\$2.00	Produce Project Urban Farm - Troy, NY
Carrots (Bagged Rainbow, Organic)	Ea	\$1.50	Chicory Creek Farm - Mt. Vision, NY
Cauliflower	Ea	\$2.50	
Celeriac (Organic)	Lb	\$2.15	Juniper Hill Farm - Wadhams, NY
Celery	Bunch	\$1.45	

Cucumber	Ea	\$0.40	
Eggplant	Ea	\$1.40	
Garlic	Lb	\$5.50	Featherbed Lane Farm - Ballston Sps, NY
Garlic	Lb	\$4.90	
Greens (Collards, Organic)	Bag	\$2.00	Produce Project Urban Farm - Troy, NY
Greens (Collards)	Lb	\$1.15	
Greens (Kale)	Lb	\$1.25	
Lettuce (Butterhead)	Head	\$2.00	Sustainable Aqua Farms - Berlin, NY
Lettuce (Iceberg)	Ea	\$1.25	
Mushroom (White)	8 oz	\$1.70	
Onion (Bag)	2 lb bag	\$1.15	
Onion (Red, Organic)	Lb	\$1.50	Juniper Hill Farm - Wadhams, NY
Onion (Shallots)	Lb	\$2.00	
Onion (Yellow)	Lb	\$0.75	Schoharie Valley Farm - Schoharie, NY
Parsnips (Organic)	Lb	\$2.50	Juniper Hill Farm - Wadhams, NY
Peanuts	Lb	\$1.75	
Pepper (Dried Cayenne)	Ea	\$2.00	Produce Project Farm - Troy, NY
Pepper (Green Bell)	Lb	\$0.90	
Pepper (Jalapeno)	Lb	\$1.85	
Pepper (Red Bell)	Lb	\$2.10	
Potato (Adirondack Blue, Organic)	Lb	\$2.15	Juniper Hill Farm - Wadhams, NY
Potato (Amarosa Fingerling, Organic)	Lb	\$2.15	Juniper Hill Farm - Wadhams, NY
Potato (Red)	Lb	\$0.65	Schoharie Valley Farm - Schoharie, NY
Potato (Sweet)	Lb	\$1.25	Samascott's Orchard - Kinderhook, NY

Potato (White)	Lb	\$0.65	Schoharie Valley Farm - Schoharie, NY
Radish (Black, Organic)	Lb	\$1.35	Juniper Hill Farm - Wadhams, NY
Radish (Green Daikon, Organic)	Lb	\$1.50	Mx Morningstar Farm - Hudson, NY
Radish (Purple Daikon, Organic)	Lb	\$0.95	Chicory Creek Farm - Mt. Vision, NY
Radish (Watermelon, Organic)	Lb	\$1.35	Juniper Hill Farm - Wadhams, NY
Scallions	Bunch	\$0.75	
Spinach (Organic)	¼ Lb	\$2.00	Produce Project Urban Farm - Troy, NY
Spinach (Baby)	½ Lb	\$1.25	
Squash (Acorn)	Lb	\$2.15	Featherbed Lane Farm - Ballston Spa, NY
Squash (Butternut)	Lb	\$1.55	Juniper Hill Farm - Wadhams, NY
Squash (Spaghetti)	Lb	\$0.90	Black Horse Farm - Coxsackie, NY
Squash (Zucchini)	Lb	\$1.00	
Tomato (Red Slicing)	Lb	\$1.10	
Turnips (Purple Top, Organic)	Lb	\$1.50	Mx Morningstar Farm - Hudson, NY
Fruits			
Apple (Empire)	Lb	\$1.00	Samascott's Orchard - Kinderhook, NY
Apple (Gala)	Lb	\$1.00	Samascott's Orchard - Kinderhook, NY
Apple (McIntosh)	Lb	\$1.00	Samascott's Orchard - Kinderhook, NY
Apple (Mutsu)	Lb	\$1.00	Samascott's Orchard - Kinderhook, NY
Avocado	Ea	\$1.20	
Banana	Lb	\$0.80	
Clementines	Ea	\$0.45	
Ginger	Lb	\$2.80	
Grapefruit	Ea	\$1.00	

Grapes (Green)	1 lb bag	\$2.30	
Grapes (Red)	1 lb bag	\$2.50	
Kiwi	Ea	\$0.45	
Lemon	Ea	\$0.40	
Lime	Ea	\$0.30	
Mango	Ea	\$2.00	
Blood Orange	Ea	\$1.25	
Navel Orange	Ea	\$0.50	
Pear (Anjou)	Lb	\$1.50	
Pineapple	Ea	\$3.50	
Plantain	Ea	\$0.50	
Pomegranates	Ea	\$1.65	
Dairy			
Eggs (Local, Free Range)	1 Dozen	\$4.60	Juniper Hill Farm - Wadhams, NY
Eggs (Local)	1 Dozen	\$2.00	Sycaway Creamery - Troy, NY
Chevre	4oz	\$3.10	R & G Cheesemaker - Troy, NY
Garlic Herb Goat Cheese	4oz	\$3.10	R & G Cheesemaker - Troy, NY
Goat Milk Feta	4oz	\$3.10	R & G Cheesemaker - Troy, NY
Mozzarella	8oz	\$3.10	R & G Cheesemaker - Troy, NY
Ricotta Cheese	16oz	\$3.70	R & G Cheesemaker - Troy, NY
Maple Yogurt	32oz	\$5.75	Hawthorne Valley Ferments - Hudson, NY
Plain Yogurt	32oz	\$4.95	Hawthorne Valley Ferments - Hudson, NY
Meats			

Cajun Chicken Sausage	12oz	\$4.20	Blinski's Sausage Co - Cohoes, NY
Classic Sage Breakfast Chicken Sausage	12oz	\$5.75	Blinski's Sausage Co - Cohoes, NY
Italian Chicken Sausage	12 oz	\$4.20	Blinski's Sausage Co - Cohoes, NY
Sundried Tomato with Basil and Garlic Chicken Sausage	12 oz	\$4.20	Blinski's Sausage Co - Cohoes, NY
Hot Italian Sausage	4 Links	\$10.75	Bornt Family Farms - Troy, NY
Sweet Italian Sausage	4 Links	\$10.75	Bornt Family Farms - Troy, NY
Chicken Wings	Lb	\$7.35	Grazin' Acres Farm - Salem, NY
Half Chicken	Lb	\$8.60	Grazin' Acres Farm - Salem, NY
Pork Kielbasa	Lb	\$15.99	Grazin' Acres Farm - Salem, NY
Plant Based Sausage (Italian Style)	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	\$4.45	Bread Alone - Lake Katrine, NY
Bagels (Plain)	4 Bagels	\$4.45	Bread Alone - Lake Katrine, NY
Ciabatta	Loaf	\$4.05	Bread Alone - Lake Katrine, NY
Pound Cake (Almond Cardamom)	Loaf	\$4.10	Bread Alone - Lake Katrine, NY
Pound Cake (Lemon Poppy)	Loaf	\$4.10	Bread Alone - Lake Katrine, NY
Pound Cake (Vegan Chocolate Spelt)	Loaf	\$4.10	Bread Alone - Lake Katrine, NY
Catskill Whole Wheat Sliced Pullman Bread	Loaf	\$4.40	Bread Alone - Lake Katrine, NY
Nine Mixed Grain Sliced Pullman Bread	Loaf	\$4.40	Bread Alone - Lake Katrine, NY
Whole Grain Sliced Pullman Bread	Loaf	\$4.40	Bread Alone - Lake Katrine, NY
San Francisco Sourdough Sliced Bread	Loaf	\$4.40	Bread Alone - Lake Katrine, NY
Cookies (Chocolate Chip)	3 Count	\$2.80	Our Daily Bread - Chatham, NY
Cookies (Chocolate Chip) (GF)	3 Count	\$3.95	Our Daily Bread - Chatham, NY

Cookies (Ginger)	3 Count	\$2.80	Our Daily Bread - Chatham, NY
Cookies (Ginger) (GF)	3 Count	\$3.95	Our Daily Bread - Chatham, NY
Cookies (Oatmeal Raisin)	3 Count	\$2.80	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Cinnamon Raisin) (GF)	Loaf	\$4.95	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Flax) (GF)	Loaf	\$4.95	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Original) (GF)	Loaf	\$4.95	Our Daily Bread - Chatham, NY
Sliced Gluten Free Bread (Seedy) (GF)	Loaf	\$4.95	Our Daily Bread - Chatham, NY
Whole Grain Radiatore Pasta	16 oz	\$4.90	Sfoglioni Pasta Shop - Coxsackie, NY
Rigatoni	16 oz	\$4.90	Sfoglioni Pasta Shop - Coxsackie, NY
Assorted Local Goods			
Cinnamon Creamed Honey	1 lb	\$8.65	Bee Hollow Farm - Schodack Landing, NY
Creamed Raw Honey	1 lb	\$8.65	Bee Hollow Farm - Schodack Landing, NY
Dark Wildflower Honey	1 lb	\$6.15	Bee Hollow Farm - Schodack Landing, NY
Lemon Creamed Honey	1 lb	\$8.65	Bee Hollow Farm - Schodack Landing, NY
Light Wildflower Honey	1lb	\$6.15	Bee Hollow Farm - Schodack Landing, NY
Wild Elderberry Syrup	1 lb	\$14.80	Bee Hollow Farm - Schodack Landing, NY
Beef Jerky (BBQ)	1.6 oz	\$2.55	Damn Good Foods - Stillwater, NY
Beef Jerky (Hawaiian Style)	1.6 oz	\$2.55	Damn Good Foods - Stillwater, NY
Beef Jerky (Maple)	1.6 oz	\$2.55	Damn Good Foods - Stillwater, NY
Beef Jerky (Sweet and Spicy)	1.6 oz	\$2.55	Damn Good Foods - Stillwater, NY
Beef Jerky (Teriyaki)	1.6 oz	\$2.55	Damn Good Foods - Stillwater, NY

Dried Mushroom (Forest Medley)	.75 oz	\$6.10	Fruit of the Fungi- Lebanon, NY
Dried Mushroom (Organic Shiitake)	.75 oz	\$6.10	Fruit of the Fungi- Lebanon, NY
Granola (Fox's Fancy)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Granola (Chipmunk's Choice)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Granola (Squirrel Bait)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Granola (Bee's Knees) (GF)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Granola (Badger's Best) (GF)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Granola (Turtle Tracks) (GF)	9 oz	\$4.20	Gatherer's Granola - Schenectady, NY
Pickles (Bread and Butter)	24 Fl oz	\$7.20	Greenfields Forever - Greenfield, NY
Pickles (Garlic Dill)	24 Fl oz	\$7.20	Greenfields Forever - Greenfield, NY
Pickles (Hot & Spicy)	24 Fl oz	\$7.20	Greenfields Forever - Greenfield, NY
Ginger Carrots	16oz	\$7.40	Hawthorne Valley Ferments - Hudson, NY
Kimchi	16oz	\$9.00	Sunhee's - Troy, NY
Sauerkraut	16 oz	\$5.75	Hawthorne Valley Ferments - Hudson, NY
Coffee	3/4 Lb	\$8.65	Liquid Assets - Averill Park, NY
Apple Sauce	24 oz	\$5.15	Mead Orchards - Tivoli, NY
Maple BBQ Sauce	15 oz	\$11.70	Mountain Winds Farm - Berne, NY
Maple Lime Vinegar	250ml	\$11.10	Mountain Winds Farm - Berne, NY
Maple Balsamic Vinegar	250ml	\$11.10	Mountain Winds Farm - Berne, NY
Maple Hot Sauce	8 oz	\$11.70	Mountain Winds Farm - Berne, NY
Maple Syrup	3.4 oz	\$4.30	Mountain Winds Farm - Berne, NY
Maple Syrup	1/2 Pint	\$7.40	Mountain Winds Farm - Berne, NY
Maple Syrup	1 pint	\$13.55	Mountain Winds Farm - Berne, NY
Blackberry Jam	1 Jar	\$3.70	Pixies Preserves - Waterford, NY
Concord Grape Jelly	1 Jar	\$3.70	Pixies Preserves - Waterford, NY

Hot Pepper Jelly	1 Jar	\$3.70	Pixies Preserves - Waterford, NY
Lemon Blueberry Jam	1 Jar	\$3.70	Pixies Preserves - Waterford, NY
Peach Jam	1 Jar	\$3.70	Pixies Preserves - Waterford, NY
Apple Cider	12 oz	\$1.00	Samascotts Orchard - Kinderhook, NY
Apple Cider	1/2 Gal	\$3.10	Samascotts Orchard - Kinderhook, NY
Peanut Butter (Plain Jane Creamy)	16oz	\$6.10	Saratoga Peanut Butter - Saratoga, NY
Peanut Butter (Plain Jane Crunchy)	16oz	\$6.10	Saratoga Peanut Butter - Saratoga, 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	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Dill Weed	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Jamaican Jerk Seasoning	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Lemongrass	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Oregano	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Parsley	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Rosemary	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Sage	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Stevia	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY

Organic Dried Tarragon	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Thyme	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Dried Turmeric	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Organic Salt Free Herbal Seasoning	Jar	\$4.95	Wellington's Herbs and Spices - Schoharie, NY
Tea (Earl Grey)	1 oz	\$3.70	Wellington's Herbs and Spices - Schoharie, NY
Tea (Vanilla Chai)	1 oz	\$3.70	Wellington's Herbs and Spices - Schoharie, NY