



**2018/2019
PRODUCT
CATALOG**



Delivering fresh, sustainable, local food to chefs, institutions, retail and more!

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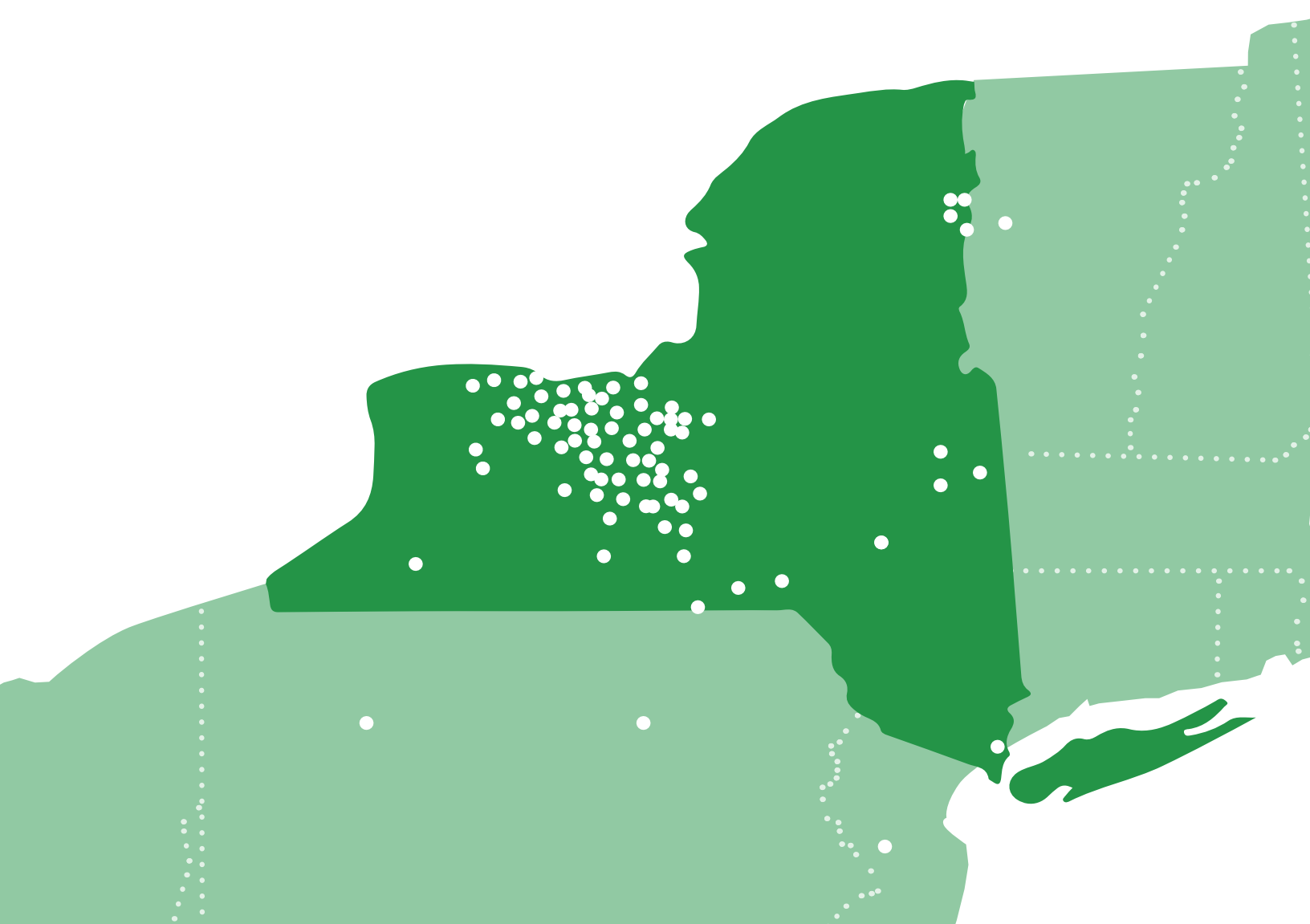
OUR TEAM



**A NETWORK OF SUSTAINABLE FARMERS & CUSTOMERS,
ONE TRUSTED PARTNER.**

HEADWATER FOOD HUB

Headwater Food Hub works collaboratively with a network of regional farmers and food producers to coordinate a Good Food System that delivers top-quality, sustainable foods year-round. For our Customer Partners, we provide a one-stop-shop for this area's best produce, meat, dairy, and value-added goods. For our Farmer and Food Producer Partners, we provide a consistent, large, and fair market for their products. Headwater Food Hub is connecting the dots of Farm to Table and brings transparency and integrity to the food supply chain. We are committed to a Good Food System that positively impacts our Community's Health and provides our customers with the best Good Food options possible.



REGIONAL COLLABORATION

Headwater Food Hub is developing strategic relationships with like-minded Food Hubs in other areas of the region. We seek to help build a Network of Food Hubs that can deliver the volume, continuity, and diversity our customers desire. As Headwater Food Hub works to establish a Good Food System, an alternative to the problematic industrial food system, we believe that Economies of Collaboration can and will compete with Economies of Scale.



OUR SUSTAINABLE FUTURE

Our vision is to make Good Food ubiquitous, affordable and integral to our total food system.

Certified as a Benefit Corporation (“B-Corp”) meeting rigorous standards of social and environmental performance, Headwater Food Hub has built relationships and trust within a values-based supply chain that can deliver Good Food in volume. We believe that on-going innovation and dedication are necessary to move our community’s food system towards a more sustainable future.

It starts on the farms... New York is home to thousands of small and medium scale farmers and producers working hard to grow fresh, sustainable food year-round. The richness of New York soil, the abundance of fresh water and the accumulated knowledge of these farmers is one of the greatest resources we have.

It finishes in the kitchen... Committing to Good Food and transparent supply chains helps to maintain and improve these farms along with the infrastructure and systems that process and deliver it. Working with a food hub allows restaurants and individuals alike to support many farms, building relationships from soil to table, and invest in our community’s capacity to create a sustainable Good Food System for our future.



GOOD FOOD CRITERIA

ONE.

Food is grown or raised using sustainable, if not regenerative, agricultural practices.

TWO.

Animals are pasture-raised, fed their natural diets, husbanded and slaughtered humanely.

THREE.

Food is responsibly and respectfully sourced from an identified producer, as local as practical.

FOUR.

Fair labor practices are used to grow, raise and process food.

FIVE.

There are a wide variety of desirable options that support a complete diet and agricultural diversification.

SIX.

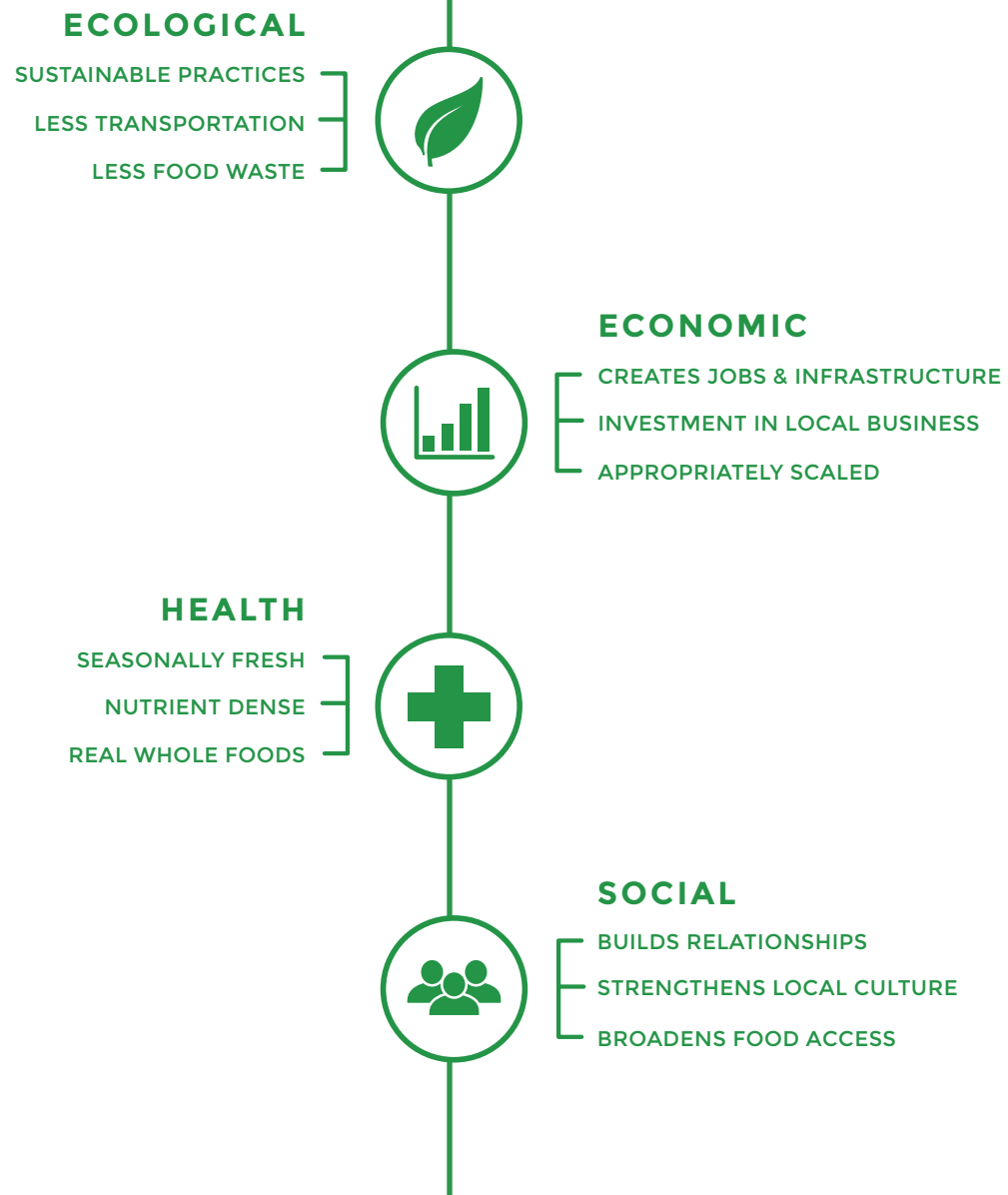
No (or minimal) use of synthetic chemicals and unhealthy ingredients, and no (or minimal) residues in the food.

SEVEN.

Food is fresh, flavorful, nutrient dense, and minimally processed for optimal nutrition.

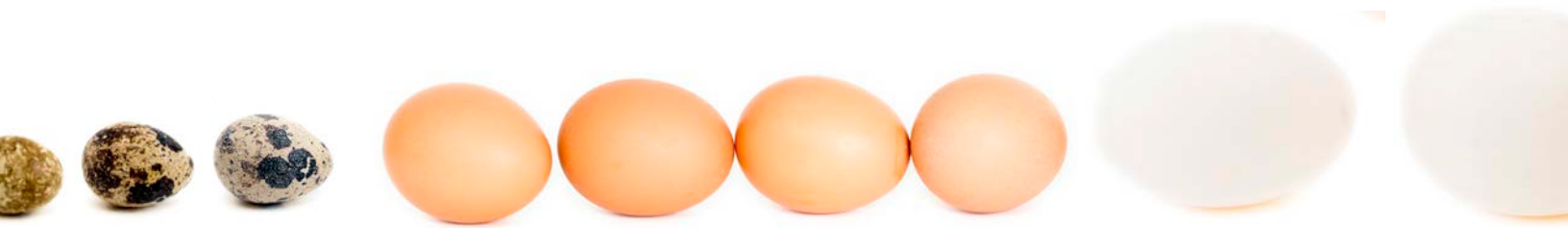
GOOD FOOD

A TOOL FOR POSITIVE CHANGE





EGGS



CHICKEN

VARIETY

Eggs, Large, Brown
Eggs, Large, Brown
Eggs, Large, Brown

DESCRIPTION

Animal Welfare Approved
Animal Welfare Approved
Non GMO, Free Range

PACK SIZE

30 dz. Flat
30 x 1 dz. Retail
30 dz. Flat

FARMER

Autumns Harvest Farm
Autumns Harvest Farm
Shady Meadows Farm

DUCK

VARIETY

Eggs, Large

DESCRIPTION

Non GMO, Free Range

PACK SIZE

1 dz.

FARMER

Fisher Hill Farm

QUAIL

VARIETY

Eggs, Speckled

DESCRIPTION

Free Range

PACK SIZE

2 dz.

FARMER

Jacobs Farm



ANIMAL WELFARE APPROVED (AWA)- Animals are born, raised and killed in a humane, safe, and environmentally conscious way, to the standards of AWA.

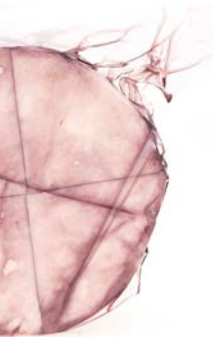
PASTURE RAISED - Animals have access to pasture and get to run around in fields and pastures. For chickens and ducks this means an opportunity to peck around for a variety of bugs and other great food. All of these birds also require feed, which can either be organic grain, non gmo grain, or vegetable scraps.

FREE RANGE- Animals were raised in open air and or are free to roam.

NON-GMO - Birds feed does not contain any Genetically Modified products including grains, vegetables, fruits, etc.



CHEESE



SEMI-SOFT

VARIETY

Feta
 Feta, In Brine
 Blue
 Blue, Blue Yonder
 Blue, Young, Bobby's Got The Blues
 Blue, Cayuga Blue
 Cheddar
 Cheddar, Garlic & Dill, Dilly Girl
 Cheddar, Roasted Garlic
 Cheddar, Scallion Onion
 Cheddar, Scallion Onion Bacon, S.o.b.
 Cheddar, Sundried Tomato/Black Pepper
 Cheddar, Taco Seasoning, Fiesta
 Curds, Cheddar
 Gouda
 Gouda, Gorge Trail
 Gouda, Wine Brined
 Monterrey Jack (4 Flavors)
 Mozzarella
 Pepperjack
 Swiss, Young, Goblin
 Toma W/ Red Pepper Razzle's Choice
 Toma, Old Grey Mare

DESCRIPTION

Cow's & Goat's Milk
 Goat's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Goat's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Goat's Milk
 Cow's Milk
 Goat's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk

PACK SIZE

6# Piece
 5# Pail
 2# Piece
 2# Half Wheel
 1.5# Piece
 2# Piece
 6# Wheel
 1.5# Piece
 1.5# Piece
 1.5# Piece
 1.5# Piece
 1.5# Piece
 1.5# Piece
 6# Bag
 6# Wheel
 2.5# Piece
 7# Wheel
 6# Wheel
 6# Wheel
 6# Wheel
 1.5# Piece
 1.25# Piece
 1.25# Piece

CREAMERY

First Light Creamery
 Lively Run Dairy
 Muranda Cheese Co.
 Lively Run Dairy
 Cooperstown Cheese Co.
 Lively Run Dairy
 First Light Creamery
 Muranda Cheese Co.
 Muranda Cheese Co.
 Muranda Cheese Co.
 Muranda Cheese Co.
 Muranda Cheese Co.
 Muranda Cheese Co.
 Muranda Cheese Co.
 First Light Creamery
 First Light Creamery
 Lively Run Dairy
 First Light Creamery
 First Light Creamery
 First Light Creamery
 First Light Creamery
 Crosswinds Creamery
 Tumino Cheese Co.
 Tumino Cheese Co.

SOFT

VARIETY

Brie, Triple Creme, Nimbus
 Camembert
 Chaource, Moonlight
 Cheddar, Shredded
 Chèvre, Blue, Seneca Blue Moon
 Chèvre, Plain
 Chèvre, Plain
 Chèvre, Chipotle Honey,
 Chèvre, Wild Chive & Onion,
 Chèvre, Garlic & Dill,
 Chèvre, Cucumber Cress
 Farmer's Cheese, Plain
 Farmer's Cheese, Basil/Garlic,
 Farmer's Cheese, Dill
 Farmer's Cheese, Horseradish
 Mozzarella, Shredded
 Cheddar, Beer Brined

DESCRIPTION

Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Goat's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk
 Cow's Milk

PACK SIZE

5.5 Oz Wheel
 5.5 Oz Wheel
 .4# Log
 4/5# Case
 1.5# Log
 7# Bag
 5#
 7# Bag
 7# Bag
 7# Bag
 7# Bag
 7# Bag
 50z Container
 50z Container
 50z Container
 50z Container
 4/5# Case
 6# Wheel

CREAMERY

Chaseholm Farm & Creamery
 Chaseholm Farm & Creamery
 Chaseholm Farm & Creamery
 Cuba Cheese Shoppe
 Lively Run Dairy
 First Light Creamery
 Lively Run Dairy
 First Light Creamery
 First Light Creamery
 First Light Creamery
 First Light Creamery
 First Light Creamery
 Chaseholm Farm & Creamery
 Chaseholm Farm & Creamery
 Chaseholm Farm & Creamery
 Chaseholm Farm & Creamery
 Cuba Cheese Shoppe
 First Light Creamery



YOGURT



CREAM ON TOP

VARIETY

Yogurt, Plain
 Yogurt, Plain
 Yogurt, Coffee
 Yogurt, Lemon
 Yogurt, Maple
 Yogurt, Vanilla

DESCRIPTION

Organic
 Organic
 Grassfed, Non-GMO, AWA
 Grassfed, Non-GMO, AWA
 Grassfed, Non-GMO, AWA
 Grassfed, Non-GMO, AWA

PACK SIZE

1 qt, 4 qt case
 1 qt, 4 qt case
 1 qt, 4 qt case
 1 qt, 4 qt case
 1 qt, 4 qt case

PRODUCER

First Light Creamery
 North Country Creamery
 North Country Creamery
 North Country Creamery
 North Country Creamery
 North Country Creamery



NORTH COUNTRY CREAMERY

Family owned & operated in Keeseville, NY

North Country Creamery is a 100% grassfed, Non-GMO, & Animal Welfare Approved dairy in Keeseville, NY. They produce and sell an array of farmstead cheeses, creamline yogurts, & raw milk! All of their products are made exclusively with the fresh milk from our Milking Shorthorn and Jersey cows, and other ingredients are limited to cultures, local herbs, maple syrup & organic extracts--no added colors or stabilizers.

GRASSFED

Grassfed is the most ecological way to raise cattle. True grass fed operations actually build up the land by rotating animals across different pastures, allowing them to have a diverse range of grasses while spreading natural fertilizer to regrow the pasture.



POULTRY



CHICKEN

VARIETY

Chicken, Whole, Roaster
 Chicken, Whole, Roaster
 Chicken, Feet
 Chicken, Gizzards
 Chicken, Hearts
 Chicken, Liver
 Chicken, Neck
 Chicken, Whole, Stew

DESCRIPTION

Pastured, AWA
 Pastured, AWA
 Pastured, AWA
 Pastured, AWA
 Pastured, AWA
 Pastured, AWA
 Pastured, AWA
 Pastured, AWA

PACK SIZE

4# each
 5 Bird case
 5# package
 5# package
 5# package
 5# package
 5# package
 4# each

PRODUCER

Autumns Harvest
 Autumns Harvest
 Autumns Harvest
 Autumns Harvest
 Autumns Harvest
 Autumns Harvest
 Autumns Harvest
 Autumns Harvest

TURKEY

VARIETY

Turkey, Whole
 Turkey, Breast, Skinless, B/O
 Turkey, Ground
 Turkey, Leg

DESCRIPTION

Pastured, AWA
 Pastured
 Pastured
 Pastured

PACK SIZE

15# each
 2 x 1#
 1# case
 1.5# each

PRODUCER

Autumns Harvest
 Black Diamond Farm
 Black Diamond Farm
 Black Diamond Farm

DUCK

VARIETY

Duck, Whole
 Duck, Hearts
 Duck Livers

DESCRIPTION

Pastured, Non-GMO
 Pastured, Non-GMO
 Pastured, Non-GMO

PACK SIZE

5 x 6# case
 1# case
 1# case

PRODUCER

Fisher Hill Farm
 Fisher Hill Farm
 Fisher Hill Farm



Autumns HARVEST FARM

First generation family run farm in Romulus, NY

Autumns Harvest Farm prides themselves on providing their animals with a healthy and enjoyable life free from growth hormones and steroids. Their practices, which go beyond organic, result in the highest quality all natural meats and eggs. All of the animals on their farm are rotated daily to fresh grazing areas. In addition to this they are fed high quality natural feed ensuring the healthiest possible outcome without jeopardizing the animals quality of life.



PORK



CUSTOM CUTS

VARIETY

- Pork, Back Fat
- Pork, Bacon, Jowl
- Pork, Bacon, Slab
- Pork, Bacon, Thick Cut
- Pork, Belly Retail
- Pork, Belly Whole
- Pork, Butt B/I
- Pork, Butt B/I Retail
- Pork, Butt, B/O
- Pork, Chops, Loin
- Pork, Chops, Rib
- Pork, Chops, Rib, Tomahawk
- Pork, Ground
- Pork, Ham Slices
- Pork, Ham, B/I
- Pork, Ham, Boneless
- Pork, Loin, Roast Boneless
- Pork, Loin, Roast, B/I
- Pork, Picnic B/I
- Pork, Porchetta
- Pork, Sausage Bulk
- Pork, Sausage Links
- Pork, Spare Ribs
- Pork, Whole
- Pork, Whole Primals
- Pork, Whole Custom

PACK SIZE

- 3#
- 1#
- 5#
- 1#, 5#
- 2-5#
- 14#
- 9-12#
- 2#
- 10#
- 10oz-16oz
- 10oz-16oz
- 14oz
- 1#, 5#
- 2#
- 12#
- 10#
- 6#
- 8.5#
- 6#
- 10#, 20#
- 1#, 5#
- 1# ,5#
- 2.5#, 1.5#
- 250#
- 110#/Side
- 110#/Side



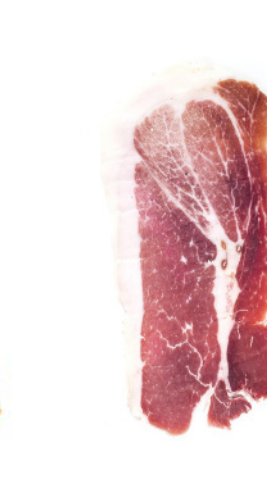
HERITAGE BREED HOGS

Hogs raised on
Autumns Harvest Farm

Autumns Harvest raises primarily Berkshire Hogs that eat forage and local Non GMO feed. Animals are allowed to wallow in pasture and traverse wooded acreage. This is much different from “free range or all natural”



SAUSAGES AND CHARCUTERIE



BRATWURST

VARIETY

Apple Cinnamon Bratwurst, 4/1
 Apple Cinnamon Bratwurst, 4/1
 Apricot & Cranberry Bratwurst
 Apricot & Cranberry Bratwurst
 Banger, 6/1
 Banger, 6/1
 Bockwurst, 6/1
 Bockwurst, 6/1
 Bosna Brand Sausage, 4/1
 Chicken Supremo Sausage, 6/1
 Chicken Supremo Sausage, 6/1
 Chicken Supremo Bites, 19/1
 Chicken Epicurean, 6/1
 Chicken Epicurean, 6/1
 Finger Lakes Wine Sausage, 6/1
 Finger Lakes Wine Sausage, 6/1
 German Bratwurst
 German Bratwurst
 Oktoberfest Bratwurst, 5/1
 Oktoberfest Bratwurst, 5/1
 Swiss Style Bratwurst, 5/1
 Swiss Style Bratwurst, 5/1
 Swiss Style Bratwurst, 3/1
 Swiss Style Bratwurst, 2/1
 Swissies, 19/1
 Swissies, 19/1
 Weisswurst, 4/1
 Weisswurst, 4/1

DESCRIPTION

LT
 LT
 LT
 LT, GL
 LT, GL
 LT
 D
 D
 LT, D
 LT, D
 LT, D
 LT
 LT
 LT, D, E
 LT, D, E
 D, E
 D, E
 D, E
 D, E
 D, E

PACK SIZE

3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case



JOSEF BRUNNER

Owner of Artisan Meats in Canandaigua, NY

Josef is a native of Austria, where sausage making is considered an art form. He chooses to carry that tradition on; creating each and every gourmet sausage with handmade care.

LT:14 Day Lead Time
 D:Contains Dairy
 GL:Contains Gluten
 E:Contains Eggs



SAUSAGES AND CHARCUTERIE



SMOKED SAUSAGES

VARIETY

Andouille Sausage, 4/1
 Andouille Sausage, 4/1
 Andouille Bites, 19/1
 Andouille Bites, 19/1
 Andouille Bites Chain, 19/1
 Bauernwurst, 4/1
 Bauernwurst, 4/1
 Bauernwurst Bites, 19/1
 Beef Cocktail Wiener, 19/1
 Beef Wieners, 6/1
 Beef Wieners, 6/1
 Debrecziner, 6/1
 Debrecziner, 6/1
 Frankfurter, 4/1
 Frankfurter, 4/1
 Käse Krainer, 4/1
 Käse Krainer, 4/1
 Käse Krainer Bites, 16/1
 Knackwurst, 4/1
 Knackwurst, 4/1
 Spiral Kielbasa
 Link Kielbasa, 4/1
 Link Kielbasa, 4/1
 Pepperette Bites Chain, 19/1
 Smoked Chorizo, 4/1
 Smoked Chorizo 4/1
 Smoked German Sausage, 4/1
 Smoked Hungarian Sausage, 3/1
 Smoked Hungarian Bite Chain, 19/1
 Wieners, 6/1
 Wieners, 6/1

DESCRIPTION

LT
 LT
 LT
 D
 D
 D

PACK SIZE

3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 5/Case
 16oz Pack, 12/Case
 3# Pack, 5/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 2 x .5# Link, 12/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 5/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case
 3# Pack, 4/Case
 3# Pack, 4/Case
 3# Pack, 5/Case
 3# Pack, 4/Case
 16oz Pack, 12/Case



ARTISAN MEATS

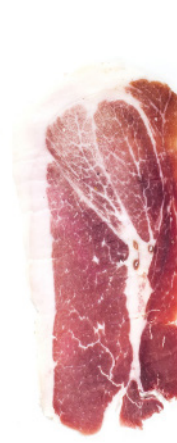
Old World Flavor,
New World Technique

Artisan Meats never uses artificial smoke; each sausage is naturally hardwood smoked. A variety of woods are used in this process, including apple, hickory, and an "alpine blend" created from several types of wood imported from the forests of Austria.

LT:14 Day Lead Time
 D:Contains Dairy
 GL:Contains Gluten
 E:Contains Eggs



Ssausages AND Charcuterie



SALAMI/DRY CURE LINE

VARIETY

- Alpenshinken
- Brickyard Salami
- Cervelat
- Jagerspeck
- Lachsschinken
- Landjaeger
- Landjaeger
- Mailander
- Red Wine Black Pepper Salami
- Hungarian Salami
- Thueringer

DESCRIPTION

PACK SIZE

- #5-7 Ea
- 2.5# Ea, 4/Case
- 2.5# Ea, 4/Case
- #3-5 Ea
- #10-13 Ea
- 8 ct. Pack, 12/case
- (60) 4oz. pack, 60/case
- #4.5 Ea, 2/case
- #2.5 Ea, 2/case
- #2.5 Ea, 2/case
- #2.5 Ea, 3/case

LIVERWURST

VARIETY

- Fine Smoked Liverwurst
- Fine Liverwurst

DESCRIPTION

PACK SIZE

- 8oz, 24/case
- 8oz, 24/case

MISC

VARIETY

- Double Hickory Smoked Bacon
- Beef Summer Sausage
- Black Forest Ham
- Canadian Bacon
- Leberkäse
- Westphalian Ham
- Buendnerfleisch
- Jaegerspeck

DESCRIPTION

LT

PACK SIZE

- 5# Slab, 3/case
- 7oz, 28/case
- 8-11# Ea
- 4# Loin, 4/case
- 7# Loaf, 2/case
- 5# Slab, 3/case
- Slabs/Slices
- 5# Slab, 3/case

COLD CUTS

VARIETY

- Leona
- Beef Bologna

DESCRIPTION

PACK SIZE

- 5#/2 case
- 5#/2 case

LT:14 Day Lead Time
 D:Contains Dairy
 GL:Contains Gluten
 E:Contains Eggs



BEEF



CUSTOM CUTS

VARIETY

- Beef, Bones, Marrow
- Beef, Bones, Marrow, Long Cut
- Beef, Bones, Stock
- Beef, Bottom Round
- Beef, Bottom Round, Retail
- Beef, Brisket
- Beef, Brisket, Retail
- Beef, Chuck Eye Roast
- Beef, Delmonico Steak
- Beef, Eye of Round
- Beef, Fat/Suet, Course Ground
- Beef, Flank
- Beef, Flat Iron
- Beef, Hanging Tender
- Beef, Heart
- Beef, Minute Steaks,
- Beef, Oxtail
- Beef, Oxtail, Split
- Beef, Porterhouse Steak
- Beef, Ribeye, Bone In
- Beef, Short Rib, B/I
- Beef, Short Rib, B/O
- Beef, Skirt
- Beef, Stew Meat
- Beef, Strip Loin, B/I
- Beef, Strip Loin, B/O
- Beef, Strip Steak
- Beef, T-Bone Steak
- Beef, Tenderloin
- Beef, Tongue
- Beef, Top Round
- Beef, Top Round, Retail
- Beef, Whole/Half, Primaled
- Beef, Whole/Half, Sub Primaled
- Beef, Whole/Half, Custom Cut

PACK SIZE

- 5# case
- 5# case
- 30# case
- 14#
- 2.75#
- 9#
- 3#
- 4#
- 16oz
- 4.5#
- 30#
- 2#
- 1#
- 2#
- 2.5#
- 30 x 1#
- 2.5#
- 2.5#
- 24oz#
- 16, 24, 32oz
- 6, 8, 10oz
- 6, 8, 10oz
- 2#
- 1, 5#
- 18#
- 11#
- 12, 14, 16oz
- 18, 24oz
- 4-5#
- 2#
- 14#
- 2.5#
- 365# / Side
- 365# / Side
- 365# / Side

BURGER & GROUND

VARIETY

- Beef, Burger, Patties
- Beef, Burger, Patties, Mushroom
- Beef, Ground, Retail
- Beef, Ground
- Beef, Ground, Mushroom

PACK SIZE

- 10# case
- 10# case
- 1#, 1# x 30 case
- 5, 10# case
- 10# case



100% GRASS-FED BEEF

Murray Grey Cattle raised on Autumns Harvest

Autumns Harvest specializes in Murray Grey cattle rationally grazed on pastures overlooking cayuga lake. They have been helping to pioneer a new wave of regenerative animal husbandry and routinely finish steers choice or better.



LAMB & RABBIT



LAMB

VARIETY

- Lamb, Whole
- Lamb, Whole
- Lamb, Leg, B/I
- Lamb, Shoulder
- Lamb, Belly
- Lamb, Loin, Roast
- Lamb, Rack
- Lamb, Neck, Crosscut
- Lamb, Ground
- Lamb, Head & Offal

PACK SIZE

- 50-60#
- 70-80#8#
- 8#
- 8#
- 3#
- 2.5#
- 2.5#
- 1.5#
- 5#
- 4#

RABBIT

VARIETY

- Rabbit, Whole, Fryer

PACK SIZE

- 3.5#, 3 per case



WHISKEY HILL BRIAR PATCH

Amish Farm in Clyde, NY

The Whiskey Hill Amish Families raise Lamb on Grass, Barley and Apples on pasture during the warm months and loafing barns during the winter. They produce some of the most succulent dorset lamb in the region. Rabbits, being a highly sustainable meat to produce, is also produced by the Schmuckers year-round.



FRESH CUT



NOODLED

VARIETY

Beet, Red
 Carrot, Orange
 Potato, Sweet
 Squash, Butternut
 Squash, Zucchini

DESCRIPTION

ORG/Con
 ORG/Con
 ORG/Con
 ORG/Con
 ORG/Con

PACK SIZE

2/5# Bags
 2/5# Bags
 2/5# Bags
 2/5# Bags
 2/5# Bags

SHREDDED

VARIETY

Beet, Red
 Carrots, Orange

DESCRIPTION

ORG/Con
 ORG/Con

PACK SIZE

2/5# Bags
 2/5# Bags

FLORET

VARIETY

Broccoli
 Cauliflower, White

DESCRIPTION

ORG/Con
 ORG/Con

PACK SIZE

2/5# Bags
 2/5# Bags

RICED

VARIETY

Broccoli
 Cauliflower, White

DESCRIPTION

ORG/Con
 ORG/Con

PACK SIZE

2/5# Bags
 2/5# Bags

HOME STYLE

VARIETY

Beet, Red, Chunk
 Mirepoix
 Stew Mix
 Squash, Butternut, Chunk
 Yams, Sweet, Chunk

DESCRIPTION

ORG/Con
 ORG/Con
 ORG/Con
 ORG/Con
 ORG/Con

PACK SIZE

2/5# Bags
 2/5# Bags
 2/5# Bags
 2/5# Bags
 2/5# Bags



MARTENS FARM

Potato grower in Port Byron, NY

Since 1914, Martens has been growing potatoes in the Finger Lakes region. The rich fertile muckland soil produces high quality premium red, yellow and white potatoes



FRESH CUT



FRIES

VARIETY

Potato, Sweet
Squash, Butternut

DESCRIPTION

ORG/Con
ORG/Con

PACK SIZE

2/5# Bags
2/5# Bags

DICED

VARIETY

Carrot, Orange
Celery
Celery & Onions
Onion, Red
Onion, Yellow
Potato, White

DESCRIPTION

ORG/Con
ORG/Con
ORG/Con
Con
Con
Con

PACK SIZE

2/5# Bags
2/5# Bags
2/5# Bags
2/5# Bags
2/5# Bags
2/5# Bags



STICKS

VARIETY

Carrot, Orange
Celery

DESCRIPTION

ORG/Con
ORG/Con

PACK SIZE

2/5# Bags
2/5# Bags

WHOLE PEELED

VARIETY

Onion, Red
Onion, White

DESCRIPTION

Con
Con

PACK SIZE

2/5# Bags
2/5# Bags

WEDGED

VARIETY

Potato, Red, 1/4"
Potato, Red, 4"

DESCRIPTION

Con
Con

PACK SIZE

2/5# Bags
2/5# Bags

MARTENS FRESH

Medium scale produce processor in Port Byron, NY

Fresh cut vegetables are a great fit for institutional kitchens and large food service companies looking to ease some of the labor without sacrificing any flavor.



IQF & SHELF STABLE



IQF FRUIT

VARIETY

Blueberries
Strawberries

DESCRIPTION

Whole
Whole

PACK SIZE

10# Case
10# Case

IQF VEGGIES

VARIETY

Beans, String, Green
Beans, String, Wax
Broccoli
Cauliflower
Peas
Peppers, Mixed
Spinach
Squash, Butternut
Squash, Butternut
Corn, Sweet

DESCRIPTION

Cut
Cut
Floret
Floret
Whole
Diced
Shredded
Cubed
Puree
Kernel

PACK SIZE

24# case
24# case
15# case
15# case
24# case
15# case
24# case
20# case
20# case
24# case

SHELF STABLE

VARIETY

Sauce, Apple
Sauce, Marinara
Sauce, Pizza
Tomatoes, Crushed

DESCRIPTION

PACK SIZE

40# case
40# case
40# case
40# case



THE FARM BRIDGE

Medium scale produce processor in Kingston, NY

Working with over 50 regional farms, Farm Bridge offers top quality farm-identified frozen, IQF and shelf-stable produce in bulk cases for institutions in the Northeast.



GRAINS & LEGUMES



GRAINS & FLOUR

VARIETY

Flour, All Purpose, White
 Flour, All Purpose, Whole Wheat
 Flour, Buckwheat
 Flour, Cornmeal
 Flour, Emmer
 Flour, Einkorn
 Flour, High Extraction Bread
 Flour, Pastry, White,
 Flour, Rye
 Flour, Whole Wheat, Pastry
 Flour, Whole Wheat, Bread
 Flour, Spelt
 Polenta
 Whole Einkorn
 Whole Red Wheat Berries

DESCRIPTION

Sifted
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain
 Sifted
 Sifted
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain
 Whole Grain

PACK SIZE

25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag
 25# Bag

PRODUCER

Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour
 Farmer Ground Flour

LEGUMES

VARIETY

Beans, Black
 Beans, Kidney
 Beans, Pinto

DESCRIPTION

Dried
 Dried
 Dried

PACK SIZE

50# Bag
 50# Bag
 50# Bag

PRODUCER

Genesee Valley Bean Co.
 Genesee Valley Bean Co.
 Genesee Valley Bean Co.



FARMER GROUND FLOUR

Medium scale mill in Trumansburg, NY

Farmer Ground crafts flour from the best grain that New York state can grow. They are a team of conscientious friends working together to provide the community with fresh, organic, local, stone-ground flour. They are committed to leading the growth of a sustainable grain economy.



PASTA



LONG CUT PASTA

VARIETY

- Fettuccine, Egg
- Fettuccine, Garlic Black Pepper
- Fettuccine, Spinach
- Linguine, Basil
- Linguine, Egg
- Linguine, Garlic Black Pepper
- Linguine, Spinach
- Spaghetti, Egg

DESCRIPTION

- Vegan
- Vegan

Vegan

PACK SIZE

- 12# Case
- 12# Case
- 12# Case
- 12# Case
- 12# Case
- 12# Case
- 12# Case
- 12# Case

RAVIOLI

VARIETY

- Square, Cheese, Small
- Round, Artichoke & Provolone
- Round, Butternut Squash
- Round, Cannellini Bean w/
Fresh Thyme (Spinach Dough)
- Round, Five Cheese
- Round, Ricotta & Spinach
- Round, Tofu w/ Spinach & Basil
- Round, Wild Mushroom

DESCRIPTION

Vegan

Vegan

PACK SIZE

- 10# Case
- 10# Case
- 10# Case
- 10# Case
- 10# Case
- 10# Case
- 10# Case
- 10# Case



TORTELLONI

VARIETY

- Egg, Five Cheese
- Artichoke & Provolone (Spinach Dough & Saffron Stripes)

DESCRIPTION

PACK SIZE

- 10# Case
- 10# Case

GNOCCHI

VARIETY

- Potato
- Potato & Ricotta
- Spinach & Ricotta
- Sweet Potato

DESCRIPTION

Vegan

Vegan

PACK SIZE

- 10# Case
- 10# Case
- 10# Case
- 10# Case

GLUTEN FREE

VARIETY

- Fettuccine
- Gnocchi
- Gnocchi, Roasted Garlic
- Gnocchi, Sweet Potato
- Linguine
- Linguine, Basil
- Penne
- Rigatoni
- Spaghetti

DESCRIPTION

Vegetarian

Vegetarian

Vegan

Vegan

Vegetarian

PACK SIZE

- 12# Case
- 10# Case
- 10# Case
- 10# Case
- 10# Case
- 12# Case
- 12# Case
- 10# Case
- 10# Case
- 12# Case

BOZZA'S PASTA

Family owned pasta company in Hilton, NY

After 3 generations, the Bozza family continues to use high quality, fresh and clean ingredients while utilizing local products from New York farmers.



FERMENT



KRAUT

VARIETY

Kraut, Apple
Kraut, Original
Kraut, Red

DESCRIPTION

Ferment
Ferment
Ferment

PACK SIZE

16 floz., 1 gal, 5 gal
24 oz., 1 gal, 5 gal
16 floz., 1 gal, 5 gal

KIMCHI

VARIETY

Kimchi, Dongchimi
Kimchi, Spicy, Muu

DESCRIPTION

Ferment
Ferment

PACK SIZE

16 floz., 1 gal, 5 gal
16 floz., 1 gal, 5 gal

SAUCE

VARIETY

Sauce, Apple
Sauce, Apple, Ginger/Cardamom
Sauce, Chili Garlic

DESCRIPTION

Cannery
Cannery
Ferment

PACK SIZE

16 fl oz.
16 fl oz.
4 floz., 1 gal

MISC

VARIETY

Curtido
Ginger, Minced

DESCRIPTION

Ferment
Ferment

PACK SIZE

16 floz., 1 gal, 5 gal
4 floz., 1 gal



CROOKED CARROT

Small scale fermentary
in Ithaca, NY

The Crooked Carrot
produces raw, live
culture ferments
made from fresh
ingredients from
small-scale organic
farmers within 50
miles of Ithaca, NY.



FUNGI



FRESH

VARIETY

Blue Oyster
Coral Maitake
King Trumpet
King Trumpet
Lion's Mane
Shiitake

DESCRIPTION

Organic
Organic
Organic
Organic
Organic
Organic

PACK SIZE

4# case
3# case
3# case
4# case
4# case
4# case

PRODUCER

Empire Medicinals
Empire Medicinals
Empire Medicinals
Bristol Mushrooms
Bristol Mushrooms
Bristol Mushrooms

DRIED

VARIETY

Dried, Forrest Medley
Dried, King Trumpet,
Dried, Shiitake
Dried, Wild Porcini
Powder, Shiitake
Powder, Wild, Mixed

DESCRIPTION

Organic
Organic

PACK SIZE

0.75oz
0.75oz
1oz
0.75oz
1oz
0.75oz

PRODUCER

Fruit of the Fungi
Fruit of the Fungi
Fruit of the Fungi
Fruit of the Fungi
Fruit of the Fungi
Fruit of the Fungi
Fruit of the Fungi

TOFU

TOFU

VARIETY

Tofu, Firm
Tofu, Firm
Tofu, Firm

DESCRIPTION

Organic
Organic
Organic

PACK SIZE

24# Bucket
12# Bucket
6 x 16oz

PRODUCER

Ithaca Soy
Ithaca Soy
Ithaca Soy

KAN

VARIETY

Kan
Kan
Kan
Kan

DESCRIPTION

Organic
Organic
Organic
Organic

PACK SIZE

30 x 6oz
18 x 6oz
9 x 6oz
6 x 6oz

PRODUCER

Ithaca Soy
Ithaca Soy
Ithaca Soy

ITHACA SOY

Soy Bean Farm & Tofu Producer in Ithaca, NY.

Ithaca Soy created Kan, a marinated and baked tofu product that is ready to eat, hot or cold



MICROGREENS



MILD INDIVIDUAL VARIETIES

VARIETY

Amaranth
 Basil
 Beets
 Cilantro
 Corn Shoots
 Pak Choi
 Pea Shoots
 Purple Cabbage
 Sunflower Shoots

COLOR

Red
 Green
 Red
 Green
 Yellow
 Light Green
 Dark Green
 Purple
 Green

PACK SIZE

4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.



SPICY INDIVIDUAL VARIETIES

VARIETY

Arugula
 Purple Mustard
 Purple Radish
 Green Radish
 Radish Mix
 Wasabi Mustard

COLOR

Green
 Dark Green/Purple Blush
 Purple + Green
 Green
 Purple + Green
 Green

PACK SIZE

4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.
 4 oz.

SPICY MIXES

VARIETY

Spicy Micro Mix
 Magenta Mix
 Hot Pink Mix

COLOR

Purple + Green + Red
 Purple + Green + Red
 Red + Green

PACK SIZE

4 oz.
 4 oz.
 4 oz.

WHEATGRASS

VARIETY

Fresh Cut Wheatgrass

COLOR

Green

PACK SIZE

1 #

THUNDER MOUNTAIN FOODS

A NOFA-NY Certified Organic farm in Bath, NY

Microgreens are tender, highly nutritious, and packed with flavor. They are a versatile garnish used to add a pop of color or burst of flavor on a modern pate or rustic pizza.



SPECIALTY GREENS



SALAD MIXES

VARIETY

Flower Power
Field Greens
Spicy Greens

DESCRIPTION

Mesclun, Herbs, Flowers
Baby Mesclun, Mustard Greens
Baby Mustard Greens

PACK SIZE

3# Box, 24/5oz Bag, 12/50z Bag
3# Box, 24/5oz Bag, 12/50z Bag
3# Box, 24/5oz Bag, 12/50z Bag

SALAD GREENS

VARIETY

Arugula, Baby
Kale, Baby
Tatsoi, Baby

DESCRIPTION

Italian Green
Red Russian
Hybrid of Spinach & Bok Choi

PACK SIZE

3# Box, 24/5oz Bag, 12/50z Bag
3# Box, 24/5oz Bag, 12/50z Bag
3# Box, 24/5oz Bag, 12/50z Bag



REMEMBRANCE FARM

Family owned & operated in Trumansburg, NY

Remembrance Farm is a 100-acre biodynamic vegetable farm in the heart of the beautiful Finger Lakes region. They specialize in growing salad greens and root vegetables.

BIODYNAMIC AGRICULTURE

Biodynamic agriculture is a holistic method of farming which emphasizes sensitivity to subtle processes in Nature, with the goal of producing food that truly nourishes the body and spirit. While the fundamental principles of present day organic farming (the exclusion of synthetic pesticides and fertilizers in crop production) are included in biodynamic agriculture, its breadth and depth exceed that of organic farming



SWEETENERS



BEE

VARIETY

- Honey
- Honey
- Honeycomb

DESCRIPTION

- Raw, Wildflower
- Raw, Wildflower
- Raw

PACK SIZE

- 1QT
- 16 oz
- 14 oz

PRODUCER

- Kettle Ridge Farm
- Kettle Ridge Farm
- CNY Honey Producer

MAPLE

VARIETY

- Maple, Syrup
- Maple, Syrup
- Maple, Syrup
- Maple, Syrup
- Maple, Syrup
- Maple, Cream
- Maple, Cream
- Maple, Sugar

DESCRIPTION

- Golden
- Amber
- Dark
- Very Dark
- Bourbon Barrel Aged
- Plain
- Cinnamon
- Granulated

PACK SIZE

- 1/2 Gal, 1 Gal
- 1/2 Gal, 1 Gal
- 1/2 Gal, 1 Gal
- 1/2 Gal, 1 Gal
- 375 ml
- 8oz, 16oz
- 8oz, 16oz
- 1#

PRODUCER

- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm
- Wohlschlegel's Maple Farm



WOHLSCHLEGEL'S MAPLE FARM

Certified Tree Farm in Naples, NY.

Wohlschlegel's are committed to sustaining forests, watershed and healthy habitats. They do not use herbicides or pesticides. They are now operating over 4200 taps on maple trees spanning approximately 43 of their 60 acres.



SPRING PRODUCE



APRIL

FRUIT

Apples, Various

VEGGIES

Beets, Various
Cabbage, Green
Carrots, Various
Celeriac
Fiddleheads
Garlic, Hardneck
Greens, Spring Mix

Greens, Spinach
Kohlrabi, Kossack
Mushrooms, Fresh
Onions, Various
Potatoes, Various
Radish, Black Spanish

Radish, Daikon
Ramps
Rutabaga
Shallots
Turnips

MAY

FRUIT

Apples, Various

VEGGIES

Asparagus, Green
Beets, Various
Cabbage, Green
Carrots, Various
Celeriac
Fiddleheads
Garlic, Green
Greens, Dandelion
Greens, Spinach

Greens, Spring Mix
Greens, Swiss Chard,
Green/Red
Herbs, Parsley
Kale, Green Leaf
Kohlrabi
Lettuce, Green/Red Leaf
Mushrooms, Fresh

Onions, Various
Potatoes, Various
Radishes, Various
Ramps
Rutabaga
Shallots
Turnips

JUNE

FRUIT

Apples, Various
Cherries, Sweet
Strawberries

VEGGIES

Asparagus, Green
Beets, w/ Greens
Celeriac
Garlic, Green
Garlic, Scapes
Greens, Baby Arugula
Greens, Baby Kale
Greens, Baby Tatsoi
Greens, Collard
Greens, Dandelion
Greens, Field Greens

Greens, Spicy Greens
Greens, Spinach
Greens, Spring Mix
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Basil
Herbs, Mint
Herbs, Cilantro
Herbs, Parsley
Kale, Various
Kohlrabi

Leeks
Lettuce, Leaf, G/R
Lettuce, Incise Red
Lettuce, Salanova Mix
Onions, Scallions
Onions, Spring Onion
Peas, Shelling Peas
Peas, Sugar Snap
Potatoes, Various
Radishes, Various
Rhubarb



SUMMER PRODUCE



JULY

FRUIT

Blueberries
Cherries, Various
Peaches, Various
Plums, Various

VEGGIES

Beans, String, G/Y
Beets, w/ Greens
Beets, Baby, Mixed
Blossoms, Squash
Broccoli, Heads
Cabbages, Various
Carrots, Baby, Mixed
Celeriac
Celery
Corn, Sweet
Cucumbers, Various
Eggplants, Various
Fennel

Garlic, Green/Heads
Garlic, Scapes
Greens, Baby Arugula
Greens, Baby Kale
Greens, Baby Tatsoi
Greens, Collard
Greens, Dandelion
Greens, Flower Power
Greens, Spicy Greens
Greens, Spinach
Greens, Spring Mix
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Fresh Cut, Various
Kale, Various

Kohlrabi
Lettuce, Heads, Various
Onions, Scallions
Onions, Shallots
Onions, Spring Onion
Peas, Various
Peppers, Hot
Potatoes, New
Radishes, Various
Squash, Summer, Various
Tomatoes, Beefsteak
Tomatoes, Cherry/Grape
Tomatoes, Heirloom
Turnips, Various

AUGUST

FRUIT

Apples, Various
Blackberries
Blueberries
Cherries, Various
Melons, Various
Nectarines
Peaches, Various
Pears, Various
Plums, Various

VEGGIES

Beans, Various
Beets, w/ Greens
Beets, Baby, Mixed
Blossoms, Squash
Broccoli, Heads
Brussels Sprouts, Off Stalk
Cabbages, Various
Carrots, Baby, Mixed
Cauliflower, Various
Celeriac
Celery
Corn, Sweet

Cucumbers, Various
Eggplants, Various
Fennel
Garlic, Green/Heads
Garlic, Scapes
Greens, Baby, Mixed (Listed Above)
Greens, Loose Leaf (Listed Above)
Greens, Blends (Listed Above)
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Various, Fresh Cut
Kale, Various
Lettuce, Heads, Various
Onions, Scallions

Onions, Spring
Onions, Cured, Various
Parsnips
Peppers, Bell, Mixed Colors
Peppers, Hot
Potatoes, Various
Radishes, Various
Squash, Summer, Various
Squash, Winter, Various
Tomatillos
Tomatoes, Beefsteak/Slicer
Tomatoes, Cherry/ Grape
Tomatoes, Heirloom
Turnips, Various

SEPTEMBER

FRUIT

Apples, Various
Grapes, Various
Melons, Various
Nectarines
Peaches, Various
Pears, Various
Plums, Various

VEGGIES

Beans, Various
Beets, Baby, Mixed
Beets, Gold/Red/Striped
Broccoli, Heads
Brussels Sprouts, Off Stalk
Cabbages, Various
Carrots, Baby, Mixed
Carrots, O/Y/R/P/W
Cauliflower, Various
Corn, Sweet
Cucumbers, Various
Eggplants, Various
Fennel

Garlic, Heads
Courds, Fall Decorative, Mixed
Greens, Baby, Mixed (Listed Above)
Greens, Loose Leaf (Listed Above)
Greens, Blends (Listed Above)
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Various, Fresh Cut
Kale, Various
Leeks
Lettuce, Heads, Various
Onions, w/ Tops
Onions, Cured, Various
Parsnips

Peppers, Bell, Mixed Colors
Peppers, Hot
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Various
Romanesco, Heads
Squash, Summer, Various
Squash, Winter, Various
Tomatillos
Tomatoes, Beefsteak/Slicer
Tomatoes, Cherry/ Grape
Tomatoes, Heirloom
Turnips, Various



FALL PRODUCE



OCTOBER

FRUIT

Apples, Various
Grapes, Various
Pears, Various
Plums, Various

VEGGIES

Beans, Various
Beets, Baby, Mixed
Beets, Gold/Red/Striped
Broccoli, Heads
Brussels Sprouts, Off Stalk
Cabbages, Various
Carrots, Baby, Mixed
Carrots, O/Y/R/P/W
Cauliflower, Various
Celeriac
Celery
Corn, Sweet

Cucumbers, Various
Eggplants, Various
Garlic, Heads
Gourds, Fall Decorative, Mixed
Greens, Baby, Mixed (Listed Above)
Greens, Loose Leaf (Listed Above)
Greens, Blends (Listed Above)
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Various, Fresh Cut
Kale, Various
Leeks
Lettuce, Romaine
Onions, w/ Tops

Onions, Cured, Various
Parsnips
Peppers, Bell, Mixed Colors
Peppers, Hot
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Various
Romanesco, Heads
Squash, Winter, Various
Tomatillos
Tomatoes, Beefsteak/Slicer
Tomatoes, Cherry/ Grape
Tomatoes, Heirloom
Turnips, Various

NOVEMBER

FRUIT

Apples, Various
Grapes, Various
Pears, Various

VEGGIES

Beets, Baby, Mixed
Beets, Gold/Red/Striped
Broccoli, Heads
Brussels Sprouts, Off Stalk
Cabbages, Various
Carrots, Baby, Mixed
Carrots, O/Y/R/P/W
Cauliflower, Various
Celeriac
Celery
Corn, Sweet
Corn, Fall Decorative

Eggplants, Various
Garlic, Heads
Gourds, Fall Decorative, Mixed
Greens, Baby, Mixed (Listed Above)
Greens, Loose Leaf (Listed Above)
Greens, Blends (Listed Above)
Greens, Swiss Chard, G/R
Greens, Pak Choi
Herbs, Various, Fresh Cut
Kale, Various
Leeks
Lettuce, Romaine
Onions, Cured, Various
Parsnips

Peppers, Bell, Mixed Colors
Peppers, Hot
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Various
Squash, Winter, Various
Tomatillos
Tomatoes, Beefsteak/Slicer
Tomatoes, Cherry/ Grape
Tomatoes, Heirloom
Turnips, Various

DECEMBER

FRUIT

Apples, Various
Pears, Various

VEGGIES

Beets, Baby, Mixed
Beets, Gold/Red/Striped
Brussels Sprouts, Off Stalk
Cabbages, Various
Carrots, Baby, Mixed
Carrots, O/Y/R/P/W
Celeriac
Garlic, Heads

Gourds, Fall Decorative, Mixed
Greens, Baby, Mixed
Greens, Loose Leaf
Greens, Blends (Listed Above)
Greens, Swiss Chard, G/R
Kale, Various
Kohlrabi
Leeks
Lettuce, Romaine
Onions, Cured, Various

Parsnips
Peppers, Bell, Mixed Colors
Peppers, Hot
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Various
Squash, Winter, Various
Turnips, Various



WINTER PRODUCE



JANUARY

FRUIT

Apples, Various
Pears, Various

VEGGIES

Beets, Gold/Red/Striped
Beets, Cylindra
Cabbage, Various
Carrots, O/Y/R/P/W
Celeriac
Kale, Various
Garlic, Heads
Greens, Spinach

Greens, Swiss Chard, G/R
Kohlrabi, Kossack
Onions, Cured, Various
Parsnips
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radish, Black Spanish

Radish, Watermelon
Radish, Daikon
Rutabaga
Shallots
Turnips

FEBRUARY

FRUIT

Apples, Various
Oranges, Valencia
Grapefruit, Ruby Red
Tangerines, Dancy

VEGGIES

Beets, Gold/Red/Striped
Beets, Cylindra
Cabbages, Various
Carrots, O/Y/R/P/W
Celeriac
Kale, Various
Kohlrabi
Onions, Cured, Various

Pea Shoots
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Black Spanish
Radish, Daikon
Radish, Mu
Radish, Watermelon

Rutabaga
Shallots
Squash, Winter, Various
Turnips, Various

MARCH

FRUIT

Apples, Various
Oranges, Valencia
Grapefruit, Ruby Red
Tangerines, Dancy

VEGGIES

Beets, Gold/Red/Striped
Beets, Cylindra
Cabbages, Various
Carrots, O/Y/R/P/W
Celeriac
Greens, Mizuna
Greens, Mix
Kale, Baby

Kohlrabi
Onions, Cured, Various
Pea Shoots
Potatoes, Fingerling
Potatoes, G/W/R/P
Potatoes, Sweet
Radishes, Black Spanish
Radish, Daikon

Radish, Mu
Radish, Watermelon
Rutabaga
Shallots
Spinach
Turnips, Various



WEEKLY SHARES

WHAT'S A SHARE?

A curated weekly selection of local, sustainable, farm fresh food from our network of small farmers and producers. Available as a one time purchase or an ongoing subscription.

Beef Share
Bread Share
Cheese Share
Chicken Share
Coffee Share

Egg Share
Fruit Share
Ground Beef Share
Mushroom Share
Pork Share

Small Fruit Share
Small Share
Standard Share
Veggie Burger Share
Yogurt Share

DIGITAL MARKET

Additional items that can be ordered a la carte and picked up at any of our drop off locations. All from small NY artisanal producers.



**WEEKLY DELIVERIES
THROUGHOUT ROCHESTER
TO YOUR COMMUNITY,
WORKPLACE, OR HOME**



GOOD FOOD COLLECTIVE

**A PROJECT OF
HEADWATER
FOOD HUB**

The Good Food Collective delivers fresh, sustainably grown food year round. We source all of this good food from our network of conscious partner farmers and producers across Upstate NY.

Order online and have access to the best local ingredients at your convenience. Receive weekly recipes and info about the farmers who grew your food. Anyone can try one week at a time, or subscribe with no commitment, hassle or upfront payment.

OUR TEAM



Headwater Food Hub grew out of the gap we saw between people who were looking for Good Food, but having trouble finding it, and farmers who were growing Good Food, but struggling to establish a stable base of customers. In 2009, we bridged that gap through a business called The Good Food Collective.

Our humble beginning started with one hundred families, ten farmers, and one season of Good Food “Shares”. Since then we have grown the Good Food Collective to be a year round program that connects over 2000 families to local farmers and producers through weekly deliveries of Good Food Shares, along with a digital market of additional items from our Farmer and Producer Partners.

But there was much more to be done. In 2014 we noticed a similar gap for restaurants and institutions, who often were working twice as hard to get food from local sources, if they did at all. Working with the same growing network of farmers and producers, we built out a wholesale program designed to make true Farm to Table not only possible, but successful and sustainable for farmers and chefs alike.

Today, Headwater Food Hub services individuals, families, restaurants, institutions, processors, meal kit programs, retail stores, and distributors across NY State.



FOLLOW OUR STORY

headwaterfoodhub.com

[instagram@headwater_food_hub](https://www.instagram.com/headwater_food_hub)

[facebook.com/headwaterfoodhub](https://www.facebook.com/headwaterfoodhub)

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