



FOOD CONNECTS

Local Food, Brought to you!

SPECIALTY PRODUCT GUIDE



2021 | Vol 1

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To see more of our producers and farmers, visit:

[SHOP.FOODCONNECTS.ORG/](https://shop.foodconnects.org/) [CHEESE.FOODCONNECTS.ORG](https://cheese.foodconnects.org/)

At **FOOD CONNECTS** we build partnerships between local and regional food producers and wholesale buyers. We deliver the highest possible margin to our farmers and producers, while supporting our retail accounts with fair prices, incredible goods and marketing support.

Our ordering system makes it easy for you to obtain products from dozens of local producers. Products are source-identified on our website, so that you can tailor your purchasing to your values.

We are fortunate to live in a region of New England where we have access to a variety of high quality foods. From our trusted producers, to our valued customers, we strive to build a vibrant, local food and farming economy!

Order with us!

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atlantic SEA FARMS™

ATLANTIC SEA FARMS

Saco, ME

ATLANTIC SEA FARMS offers a delicious, domestic alternative to imported seaweed products. Made with rope-grown, farm-raised kelp, Atlantic Sea Farms' products are versatile, easy to use and grown in the clean, cold waters of Maine. Because the kelp is frozen rather than dried, it is mild in flavor, retains its vibrant green color, and has just the right texture.

SEAWEED

- — — — — FERMENTED SEAWEED SALAD (6) 15 oz
- — — — — SEA-BEET KRAUT, FERMENTED SEAWEED SAUERKRAUT (6) 15 oz
- — — — — SEA-CHI, KIMCHI-STYLE FERMENTED SEAWEED SALAD (6) 15 oz
- — — — — KELP CUBES (12) 4.8 oz FROZEN
- — — — — READY-CUT KELP SLAW, RETAIL (12) 12 oz FROZEN
- — — — — READY-CUT KELP SLAW, FOOD SERVICE (10) 1 lb FROZEN





No preservatives, no shortcuts, just natural, honest ingredients.

BERKSHIRE BARK

Sheffield, MA

BERKSHIRE BARK is handmade in the pristine Berkshire Mountains. Top-quality Belgian chocolate is the luscious foundation for lots of whole roasted nuts, fresh citrus zest, and dried fruits.

ASK ABOUT SEASONAL FLAVORS!



CHOCOLATE

FOR THE BIRDS | Dark chocolate with a crunchy seed blend, puffed quinoa, and dried berries.

— — — — — **FOR THE BIRDS** (12) 4.5oz

WHITE LIGHTNING | white chocolate with roasted cashews, ginger, sea salt, and fresh lemon zest.

— — — — — **WHITE LIGHTNING** (12) 4.5oz

JUMPIN JAVA | Dark chocolate with almonds, espresso toffee, caramelized cocoa nibs, and crushed coffee beans.

— — — — — **JUMPIN JAVA** (12) 4.5oz

MIDNIGHT HARVEST | Dark chocolate, roasted almonds & hazelnuts, Cape Cod cranberries, and fresh orange zest.

— — — — — **MIDNIGHT HARVEST** (12) 4.5oz

PRETZELOGICAL | Dark & milk chocolate, pretzels, sea salt caramel, and natural peanut butter.

— — — — — **PRETZELOGICAL** (12) 4.5oz





FREE VERSE FARM

Chelsea, VT

FREE VERSE FARM is a small herb farm and apothecary specializing in naturally grown tisanes (herbal teas), culinary herbs, medicinals and herbal remedies. All herbs are harvested by hand and freshly dried right on the farm, taking the utmost care to preserve the essential constituents that give each herb its flavor, potency, and magic.

HERBAL TEAS

ARISE DIVINE | Black tea with flowering herbs. Contains caffeine.

— — — — — **ARISE DIVINE** (6) 2 oz

FIRESTARTER | A spicy, warming, ginger-based blend boosted with echinacea and astragalus.

— — — — — **FIRESTARTER** (6) 3 oz

LADY'S BREW | Raspberry leaf, nettle, oat, mint, dandelion, tulsi, lavender, lemon balm.

— — — — — **LADY'S BREW** (6) 1 oz

LEMON LAZE | A delicate evening blend of lemony herbs and chamomile, this tisane makes for a perfect after-dinner palate-cleanser.

— — — — — **LEMON LAZE** (6) 1 oz

MINT & LEMONS | A unique blend of mint and lemony herbs.

— — — — — **MINT & LEMONS** (6) 1 oz

ODE TO VERMONT | Hints of wild fruit and flowers, mint, and spice.

— — — — — **ODE TO VERMONT** (6) 1 oz

TAKE IT EASY TEA | A floral and earthy blend, perfect for bedtime.

— — — — — **TAKE IT EASY** (6) 1 oz



Ask us about
BODY CARE
products!

CULINARY HERBS

*available seasonally

- — — — — **BASIL** (6) 0.8 oz
- — — — — **CILANTRO** (6) 0.5 oz
- — — — — **DILL** (6) 0.7 oz
- — — — — **OREGANO** (6) 0.3 oz
- — — — — **PARSLEY** (6) 0.5 oz
- — — — — **ROSEMARY** (6) 0.8 oz
- — — — — **SAGE** (6) 0.6 oz
- — — — — **THYME** (6) 0.4 oz

HERB BLENDS

- — — — — **DRESS IT UP** (6) 0.4 oz
- — — — — **HERBES DE VERMONT** (6) 0.4 oz
- — — — — **MEAT MAESTRO** (6) 0.4 oz
- — — — — **SAGE SALT** (6) 1.5 oz

BODY CARE

COMFORT CREAM | Gently nourishing and moisturizing skin cream; cooling refreshment and healing touch for dry skin and irritations.

- — — — — **COMFORT CREAM** (6) 2 oz

FARMHOUSE BALM | A soothing remedy for dry, chapped, or cracked skin.

- — — — — **FARMHOUSE BALM** (6) 2 oz

LIP LOVE | Infused with healing and soothing herbs.

- — — — — **LIP LOVE** (6) 0.5 oz

MUSCLE RUB | Rich balm is scented with warming and stimulating essential oils. Topical use on bumps, bruises, sore muscles, and stiff joints.

- — — — — **MUSCLE RUB** (6) 2 oz



FULL MOON

Greenfield, MA

FULL MOON GHEE clarified butter is a lactose-free, shelf-stable, cooking oil with origins in ancient India. Full Moon Ghee begins with butter that comes from healthy, happy, grass-fed Jersey cows in Western Massachusetts. Slowly simmering the butter removes the moisture, the milk solids, and the impurities. What remains is a pure premium cooking oil: the clarified essence of butter. This ghee has a rich, sweet, slightly nutty flavor.

GHEE

— — — — — FULL MOON GHEE (12) 9 oz jar

— — — — — FULL MOON GHEE (6) 16 oz jar





GARUKA BARS

Burlington, VT

GARUKA BARS are all natural and made with only 8 main energy packed, natural ingredients.

Raw honey, primal energy.

BONUS: packaging is 100% recyclable and they donate 1% of all profits to mountain gorilla conservation.

BARS

— — — — — **GARUKA ENERGY BARS** (15) 2.2 oz bar

INGREDIENTS: Vermont raw honey, peanut butter, whole-grain flakes, dried cranberries, brown rice puffs, light brown sugar, whole peanuts, and a teeny tiny bit of Vermont's own Cabot butter.





GROUND UP

Hadley, MA

GROUND UP hopes to look back in another ten years and see more acres of grain, more thriving farms, more fresh and nutritious flour—all important signs of a sustainable and resilient food system. 100% of their grains are grown by farmers in the Northeast and stone-milled to allow for a slower, cooler breakdown of the grain starches. The flours are sifted in a way that allows bran and other nutrient-dense parts of the whole grain to be kept in the flour, while still getting white flour. All flour is milled fresh to order, so you can be sure you are getting the freshest flour possible.

FLOUR

- — — — — ALL PURPOSE FLOUR (5) 5 lb retail
- — — — — ALL PURPOSE FLOUR (1) 25 lb bulk
- — — — — ALL PURPOSE FLOUR (1) 50 lb bulk

- — — — — BOLTED BREAD FLOUR (5) 5 lb retail
- — — — — BOLTED BREAD FLOUR (1) 25 lb bulk
- — — — — BOLTED BREAD FLOUR (1) 50 lb bulk

- — — — — BOLTED RYE FLOUR (5) 5 lb retail
- — — — — BOLTED RYE FLOUR (1) 25 lb bulk
- — — — — BOLTED RYE FLOUR (1) 50 lb bulk

- — — — — MALTED BARLEY FLOUR (1) 25 lb bulk
- — — — — MALTED BARLEY FLOUR (1) 50 lb bulk

- — — — — RYE BERRIES, OG (5) 5 lb retail
- — — — — RYE BERRIES, OG (1) 25 lb bulk
- — — — — RYE BERRIES, OG (1) 50 lb bulk

- — — — — PASTRY FLOUR (5) 5 lb retail
- — — — — PASTRY FLOUR (1) 25 lb bulk
- — — — — PASTRY FLOUR (1) 50 lb bulk

- — — — — PIZZA DOUGH FLOUR (5) 5 lb retail
- — — — — PIZZA DOUGH FLOUR (1) 25 lb bulk
- — — — — PIZZA DOUGH FLOUR (1) 50 lb bulk

- — — — — WHEAT BERRIES (5) 5 lb retail
- — — — — WHEAT BERRIES (1) 25 lb bulk
- — — — — WHEAT BERRIES (1) 50 lb bulk

- — — — — WHEAT BRAN (1) 25 lb bulk

- — — — — WHEAT MIDDLINGS (1) 25 lb bulk

- — — — — WHOLE RYE FLOUR (5) 5 lb retail
- — — — — WHOLE RYE FLOUR (1) 25 lb bulk
- — — — — WHOLE RYE FLOUR (1) 50 lb bulk

- — — — — WHOLE WHEAT FLOUR (5) 5 lb retail
- — — — — WHOLE WHEAT FLOUR (1) 25 lb bulk
- — — — — WHOLE WHEAT FLOUR (1) 50 lb bulk

PRE-ORDER

- — — — _PRE-ORDER: All Purpose Flour 50#
- — — — _PRE-ORDER: Bolted Bread Flour 50#
- — — — _PRE-ORDER: Bolted Rye Flour 25#
- — — — _PRE-ORDER: Bolted Rye Flour 5 x 5# retail bags
- — — — _PRE-ORDER: Bolted Rye Flour 50#
- — — — _PRE-ORDER: Malted Barley Flour 25#
- — — — _PRE-ORDER: Malted Barley Flour 50#
- — — — _PRE-ORDER: Organic Rye Berries 5 x 5# retail bags
- — — — _PRE-ORDER: Organic Rye Berries 50#
- — — — _PRE-ORDER: Pastry Flour 25#
- — — — _PRE-ORDER: Pastry Flour 5 x 5# retail bags
- — — — _PRE-ORDER: Pastry Flour 50#
- — — — _PRE-ORDER: Pizza Dough Flour 25#
- — — — _PRE-ORDER: Pizza Dough Flour 50#
- — — — _PRE-ORDER: Wheat Berries 50#
- — — — _PRE-ORDER: Wheat Bran 25#
- — — — _PRE-ORDER: Wheat Middlings 25#
- — — — _PRE-ORDER: Whole Rye Flour 25#
- — — — _PRE-ORDER: Whole Rye Flour 50#
- — — — _PRE-ORDER: Whole Wheat Flour 50#

Hall Apiaries

HALL APIARIES

Plainfield, NH

HALL APIARIES produces raw honey without the use of fungicides, pesticides, or any other treatments. Every bottle of honey is harvested from their hives around the Upper Valley of Vermont and New Hampshire. The major nectar sources in this area are basswood (linden), white clover, dutch clover, honeysuckle, locust, sumac, goldenrod, japanese knotweed, and asters. All honey is unheated (raw) and filtered by letting gravity settle out any large wax particles and particulates.

** Crystallization naturally takes place in raw honey. To bring the honey back to a liquid state, simply place the container in a water bath at 80–90 degrees until liquid.*



HONEY

LIGHT AMBER | Nectar profile is primarily derived from basswood (linden) white clover, dutch clover, honeysuckle, locust, sumac, goldenrod, japanese knotweed, and asters.

- — — — — **RAW HONEY** (12) 8 oz jars
- — — — — **RAW HONEY** (12) 16 oz jars
- — — — — **RAW HONEY** (12) 2 lb jars
- — — — — **RAW HONEY** (6) 5 lb jars
- — — — — **RAW HONEY** (1) 5 lb jar



HIDDEN SPRINGS MAPLE



HIDDEN SPRINGS MAPLE

Putney, VT

The Cooper-Ellis family has been in the maple syrup business for over fifty years. Peter Cooper-Ellis owns and operates **HIDDEN SPRINGS MAPLE**, which offers 100% natural and Certified Organic maple syrup tapped on family farms in Vermont.

HIDDEN SPRINGS MAPLE

MAPLE

MAPLE CANDY FANCIES (8) 12 pack/2.75oz

MAPLE CANDY LEAF (16) 1.5oz

MAPLE CREAM, OG (12) 3oz jar

MAPLE CREAM, OG (12) 8oz jar

MAPLE SUGAR, OG (12) 1 lb bag

MAPLE SUGAR, OG (12) 1 lb tin

MAPLE SUGAR, OG (12) 2.8oz shaker

MAPLE SYRUP, GRADE A, AMBER, OG (1) quart

MAPLE SYRUP, GRADE A, AMBER, OG (1) half gallon

MAPLE SYRUP, GRADE A, AMBER, OG (1) gallon

MAPLE SYRUP, GRADE A, AMBER, OG (1) 5 gallon

MAPLE SYRUP, GRADE A, GOLDEN, OG (1) quart

MAPLE SYRUP, GRADE A, GOLDEN, OG (1) half gallon

MAPLE SYRUP, GRADE A, GOLDEN, OG (1) gallon

MAPLE SYRUP, GRADE A, GOLDEN, OG (1) 5 gallon

MAPLE SYRUP, GRADE A, DARK, OG (1) quart

MAPLE SYRUP, GRADE A, DARK, OG (1) half gallon

MAPLE SYRUP, GRADE A, DARK, OG (1) gallon

MAPLE SYRUP, GRADE A, DARK, OG (1) 5 gallon

MAPLE SYRUP, GRADE A, VERY DARK, OG (1) gallon

MAPLE SYRUP, GRADE A, VERY DARK, OG (1) 5 gallon





HURRICANE FLATS

South Royalton, VT

HURRICANE FLATS is a diversified Organic produce farm located on 37 beautiful acres nestled along the banks of the White River. Their corn pops as white as snow, has a wonderfully nutty flavor and harkens back to a day when popcorn wasn't made in a microwave.



POPCORN

RUBY RED POPCORN | Organically grown Ruby Red Popcorn pops as white as snow, and has a wonderfully nutty flavor.

— — — — — **RUBY RED POPCORN, OG** (12) 1.5 lb bags

— — — — — **RUBY RED POPCORN, OG** (24) 1.5 lb bags

SHAMAN'S BLUE POPCORN | This delicious popcorn has a bigger pop size and is fluffier in texture. It has lighter and better flavor than other popcorns. Enjoy this sweet popcorn without butter!

— — — — — **SHAMAN'S BLUE POPCORN, OG** (12) 1.5 lb bags

— — — — — **SHAMAN'S BLUE POPCORN, OG** (24) 1.5 lb bags



JACK'S CRACKERS

Keene, NH

JACK'S CRACKERS makes uniquely flavored crackers are made with fresh, local ingredients from the Monadnock Region. There is really nothing like them, as you can find out for yourself with just a taste.

Pair Jack's Crackers Tomato Basil cracker with some fresh mozzarella and it's like eating a tiny pizza!

CRACKERS

- — — — — CRACKER, DILL (6) 4.5oz
- — — — — CRACKER, GARLIC (6) 4.5oz
- — — — — CRACKER, RED WINE (6) 4.5oz
- — — — — CRACKER, TOMATO BASIL (6) 4.5oz
- — — — — CRACKER, WHITE WINE (6) 4.5oz



KITCHEN GARDEN FARM

Sunderland, MA

Kitchen Garden Farm

SUNDERLAND, MA



KITCHEN GARDEN FARM is a 50-acre, Certified Organic vegetable farm in the Pioneer Valley of Western Massachusetts. Their sriracha is a naturally fermented Asian-style chili sauce made from their own organic peppers. It has a bright, fruity taste with sharp chili heat and a pronounced garlic flavor. They fire-roast the ingredients for their salsas in small batches to add a subtle smokiness and spicy heat. Their giardiniera consists of spicy pickled cauliflower, celery, carrots, and peppers.

SALSA

- — — — — GIARDINIERA, OG (12) 19.6oz
- — — — — SALSA, ROASTED CHILI, OG (12) 11oz
- — — — — SALSA, ROASTED CHILI, OG (1) Gallon
- — — — — SALSA, TOMATILLO, OG (12) 11oz
- — — — — SALSA, TOMATILLO, OG (1) Gallon

SPICES

- — — — — CALABRIAN CHILI FLAKES, OG (12) 1oz
- — — — — SWEET PAPRIKA CHILI POWDER, OG (12) 1oz
- — — — — CHIPOTLE CHILI POWDER, OG (12) 1oz
- — — — — HOT PAPRIKA CHILI POWDER, OG (12) 1oz

SRIRACHA

- — — — — SRIRACHA, ORIGINAL, OG (12) 8oz
- — — — — SRIRACHA, ORIGINAL, OG (1) Gallon
- — — — — SRIRACHA, GHOST PEPPER, OG (6) 8oz
- — — — — SRIRACHA, GHOST PEPPER, OG (12) 8oz
- — — — — SRIRACHA, GHOST PEPPER, OG (1) Gallon
- — — — — SRIRACHA, HABANERO, OG (12) 8 oz
- — — — — SRIRACHA, HABANERO, OG (1) Gallon



MAINE GRAINS.



MAINE GRAINS

Skowhegan, ME

MAINE GRAINS manufactures locally grown stone-milled grains. The traditional stone milling process preserves the exceptional flavor and nutrition inherent in the grain. Slow turning millstones keep the flour cool which improves performance in natural fermentation baking and enhances the flavor. Maine Grains works directly with each of its farmers to create transparent, sustainable, and economically feasible trade relationships. Farmers supplying Maine Grains pledge never to use chemical fertilizers or pesticides on their grain crops. The Maine Grains milling facility is Certified Organic through the Maine Organic Farmers and Gardeners Association.

Looking for another
MAINE GRAINS
product? Ask Us!

GRAINS AND FLOUR

- — — — — CORNMEAL, OG (6) 2.4 lbs
- — — — — ROLLED OATS, OG (6) 1.75 lb
- — — — — ROLLED OATS, OG (6) 2.4 lbs
- — — — — POLENTA, OG (6) 2.4 lbs
- — — — — WHOLE WHEAT FLOUR, OG (6) 2.4 lbs



MAINE SEA SALT COMPANY

MAINE SEA SALT

Marshfield, ME

MAINE SEA SALT begins with seawater from Buck's Harbor, Maine. The water is filtered and transferred to shallow solar evaporation pools in ten 15 by 200-foot greenhouses. The salt is then sifted, but never heated, washed, or mixed with any additives.



SALT

— — — — — ATLANTIC SEA SALT, COARSE (6) 8oz

— — — — — ATLANTIC SEA SALT, FULL CRYSTALS (6) 8oz



samara

SAMARA ORGANIC SPARKLING BEVERAGES

Wendall, MA



SAMARA ORGANIC SPARKLING BEVERAGES was born when a couple of backyard maple syrup makers decided to make a soda pop alternative for their children. They blended sparkling water, natural flavors and a few drops of maple syrup and created a delicious, refreshing beverage that's rich in antioxidants and nutrients. All flavors are Certified Organic.



BEVERAGES

- — — — — MAPLE SPRITZER, BLUEBERRY POMEGRANATE, OG (12) 11.5oz can
- — — — — MAPLE SPRITZER, GINGER LEMON, OG (12) 11.5oz can
- — — — — MAPLE SPRITZER, RASPBERRY LIME, OG (12) 11.5oz can
- — — — — MAPLE SPRITZER, STRAWBERRY KIWI, OG (12) 11.5oz can

SINCE 2011



MAYFAIR FARM

MAYFAIR FARM

Harrisville, NH

MAYFAIR FARM is a small scale, diversified family farm, where pigs and lambs are raised, and amazing gluten-free cakes are baked.



BAKED GOODS

- — — — — CHOCOLATE CAKE, FLOURLESS, GF (6) 8 inch cake
- — — — — ALMOND CAKE, GF (6) 8 inch cake
- — — — — ALMOND CAKE, GF (12) 3oz mini cake



OLD FRIENDS FARM

Amherst, MA

OLD FRIENDS FARM is widely known for pioneering Northeast-grown ginger and turmeric. They grow what they love, and love what they grow. Committed to a healthy workplace, environment, and community, their products are infused with that attention. They are Certified Certified Organic by Baystate Organic Certifiers, have an on-farm Certified Kitchen facility for processing, and are certified by the Commonwealth Quality Program.



BEVERAGES

- — — — — GINGER SYRUP, OG (6) 11oz bottle
- — — — — GINGER SYRUP, OG (12) 11oz bottle
- — — — — GINGER HONEY (6) 17oz bottle
- — — — — GINGER HONEY (12) 17oz bottle
- — — — — TURMERIC HONEY (6) 17oz bottle
- — — — — TURMERIC HONEY (12) 17oz bottle
- — — — — ELDERBERRY TURMERIC HONEY (6) 17oz bottle
- — — — — ELDERBERRY TURMERIC HONEY (12) 17oz bottle
- — — — — TEA, CHAI MASALA, OG (12) 17oz bottle
- — — — — TEA, TURMERIC-ELDERBERRY-GINGER, OG (12) 17oz bottle
- — — — — TEA, ZINGIBER CHAI, OG (12) 17oz bottle

SPICES

- — — — — POWDERED GINGER, OG (12) 1oz bottle
- — — — — POWDERED TURMERIC, OG (12) 1oz bottle
- — — — — TURMERIC SPICE BLEND, OG (12) 1.8oz bottle
- — — — — ZINGER BBQ BLEND, OG (12) 2.6oz bottle

SIDE HILL CIDER MILL

Vershire, VT

SIDE HILL CIDER MILL makes all-natural, small-batch cider vinegars made from Organic apples.

VINEGAR

- — — — — VINEGAR, APPLE CIDER (12) 32oz bottle
- — — — — VINEGAR, APPLE CIDER (1) 5 gallon pail
- — — — — VINEGAR, BALSAMIC-STYLE APPLE CIDER (12) 8.4oz bottle
- — — — — VINEGAR, BALSAMIC-STYLE APPLE CIDER (1) 1 gallon



Stuart & John's



STUART & JOHN'S SUGAR HOUSE

Westmoreland, NH

STUART & JOHN'S SUGAR HOUSE was originally built in the fall of 1974 when Stuart Adams and John Matthews decided to buy their own oil-fired evaporator. At the time, Stuart was in the eighth grade, John was in the tenth grade, and they had been best friends for years. Now, they manage approximately 12,000 taps and produce 2,500 gallons of maple syrup each year.

MAPLE SYRUP

- — — — — GRADE A, AMBER (12) 1 pint jug
- — — — — GRADE A, AMBER (12) 1 quart jug
- — — — — GRADE A, AMBER (6) 1/2 gallon jug
- — — — — GRADE A, AMBER (4) 1 gallon jug
- — — — — GRADE A, DARK (12) 1 pint jug
- — — — — GRADE A, DARK (12) 1 quart jug
- — — — — GRADE A, DARK (6) 1/2 gallon jug
- — — — — GRADE A, DARK (4) 1 gallons
- — — — — GRADE A, GOLDEN (12) 1 pint jug
- — — — — GRADE A, GOLDEN (12) 1 quart jug
- — — — — GRADE A, GOLDEN (6) 1/2 gallon
- — — — — GRADE A, GOLDEN (4) 1 gallon
- — — — — GRADE A, VERY DARK (12) 1 pint jug
- — — — — GRADE A, VERY DARK (12) 1 quart jug
- — — — — GRADE A, VERY DARK (6) 1/2 gallon jug
- — — — — GRADE A, VERY DARK (4) 1 gallon



SUGAR BOB'S FINEST KIND

Rutland, VT

The folks at **SUGAR BOB'S** gently infuse the richest and darkest pure maple syrup with hardwood smoke to create a magical and all-natural addition to American cuisine. Smoked maple syrup adds a subtly sweet and smoky flavor to cocktails, hot sauces, and all kinds of savory dishes.



MAPLE PRODUCTS

SMOKED MAPLE SYRUP | Real maple syrup. Real wood smoke. Nothing else added. Great in glazes, sauces, marinades, dressings, or cocktails, and on your barbecue, meat, fish, poultry, or cheese board.

— — — — — **SMOKED MAPLE SYRUP** (24) 2oz jar

— — — — — **SMOKED MAPLE SYRUP** (12) 250ml bottle

SMOKED MAPLE BBQ SAUCE | Rich tomato and vinegar based marinade and grilling sauce. Made with a kiss of Smoked Maple Syrup and Vermont Maple Sriracha. Made with love and dedication to old school barbecue principles.

— — — — — **SMOKED MAPLE SYRUP BBQ SAUCE** (12) 14oz

SMOKED MAPLE SAMPLER GIFT SET | TSA Compliant Travel Size set of all of Sugar Bob's amazing products! Six two ounce bottles - Smoked Maple Syrup, Smoked Maple Barbeque, and the 4 Srirachas - Smoked, Original, Verde and Very Hot.

— — — — — **SMOKED MAPLE SAMPLER GIFT SET** (6) 2 oz bottles



TERRA NOVA
ORGANIC COFFEE ROASTERS



TERRA NOVA

Keene, NH

From day one **TERRA NOVA COFFEE** has been dedicated to offering the highest quality coffee experience to customers while never compromising on our commitment to be 100% organic, ethically oriented, and kind and collaborative with our producers, customers, crew, and community.



COFFEE

- — — — — **BIG DIPPER BLEND, GROUND, OG** (1) 12oz bag
- — — — — **BIG DIPPER BLEND. GROUND, OG** (1) 16oz bag
- — — — — **BIG DIPPER BLEND, GROUND, OG** (1) 5 lb bag
- — — — — **BIG DIPPER BLEND, WHOLE BEAN, OG** (1) 12oz bag
- — — — — **BIG DIPPER BLEND. WHOLE BEAN, OG** (1) 16oz bag
- — — — — **BIG DIPPER BLEND, WHOLE BEAN, OG** (1) 5 lb bag
- — — — — **COLOMBIAN, GROUND, OG** (1) 12oz bag
- — — — — **COLOMBIAN. GROUND, OG** (1) 16oz bag
- — — — — **COLOMBIAN, GROUND, OG** (1) 5 lb bag
- — — — — **COLOMBIAN, WHOLE BEAN, OG** (1) 12oz bag
- — — — — **COLOMBIAN. WHOLE BEAN, OG** (1) 16oz bag
- — — — — **COLOMBIAN, WHOLE BEAN, OG** (1) 5 lb bag
- — — — — **CONGOLESE, GROUND, OG** (1) 12oz bag
- — — — — **CONGOLESE. GROUND, OG** (1) 16oz bag
- — — — — **CONGOLESE, GROUND, OG** (1) 5 lb bag
- — — — — **CONGOLESE, WHOLE BEAN, OG** (1) 12oz bag
- — — — — **CONGOLESE. WHOLE BEAN, OG** (1) 16oz bag
- — — — — **CONGOLESE, WHOLE BEAN, OG** (1) 5 lb bag



COFFEE

- — — — — DECAF ESPRESSO, GROUND, OG (1) 12oz bag
- — — — — DECAF ESPRESSO, GROUND, OG (1) 16oz bag
- — — — — DECAF ESPRESSO, GROUND, OG (1) 5 lb bag

- — — — — DECAF ESPRESSO, WHOLE BEAN, OG (1) 12oz bag
- — — — — DECAF ESPRESSO, WHOLE BEAN, OG (1) 16oz bag
- — — — — DECAF ESPRESSO, WHOLE BEAN, OG (1) 5 lb bag

- — — — — DECAF FRENCH ROAST, GROUND, OG (1) 12oz bag
- — — — — DECAF FRENCH ROAST, GROUND, OG (1) 16oz bag
- — — — — DECAF FRENCH ROAST, GROUND, OG (1) 5 lb bag

- — — — — DECAF FRENCH ROAST, WHOLE BEAN, OG (1) 12oz bag
- — — — — DECAF FRENCH ROAST, WHOLE BEAN, OG (1) 16oz bag
- — — — — DECAF FRENCH ROAST, WHOLE BEAN, OG (1) 5 lb bag

- — — — — DECAF MAGICAL MOCHA BLEND, GROUND, OG (1) 12oz bag
- — — — — DECAF MAGICAL MOCHA BLEND, GROUND, OG (1) 16oz bag
- — — — — DECAF MAGICAL MOCHA BLEND, GROUND, OG (1) 5 lb bag

- — — — — DECAF MAGICAL MOCHA BLEND, WHOLE BEAN, OG (1) 12oz bag
- — — — — DECAF MAGICAL MOCHA BLEND, WHOLE BEAN, OG (1) 16oz bag
- — — — — DECAF MAGICAL MOCHA BLEND, WHOLE BEAN, OG (1) 5 lb bag

- — — — — EQUATORIAL BOLD BLEND, GROUND, OG (1) 12oz bag
- — — — — EQUATORIAL BOLD BLEND, GROUND, OG (1) 16oz bag
- — — — — EQUATORIAL BOLD BLEND, GROUND, OG (1) 5 lb bag

- — — — — EQUATORIAL BOLD BLEND, WHOLE BEAN, OG (1) 12oz bag
- — — — — EQUATORIAL BOLD BLEND, WHOLE BEAN, OG (1) 16oz bag
- — — — — EQUATORIAL BOLD BLEND, WHOLE BEAN, OG (1) 5 lb bag

- — — — — ESPRESSO, GROUND, OG (1) 12oz bag
- — — — — ESPRESSO, GROUND, OG (1) 16oz bag
- — — — — ESPRESSO, GROUND, OG (1) 5 lb bag

- — — — — ESPRESSO, WHOLE BEAN, OG (1) 12oz bag
- — — — — ESPRESSO, WHOLE BEAN, OG (1) 16oz bag
- — — — — ESPRESSO, WHOLE BEAN, OG (1) 5 lb bag

- — — — — ETHIOPIAN, GROUND, OG (1) 12oz bag
- — — — — ETHIOPIAN, GROUND, OG (1) 16oz bag
- — — — — ETHIOPIAN, GROUND, OG (1) 5 lb bag

- — — — — ETHIOPIAN, WHOLE BEAN, OG (1) 12oz bag
- — — — — ETHIOPIAN, WHOLE BEAN, OG (1) 16oz bag
- — — — — ETHIOPIAN, WHOLE BEAN, OG (1) 5 lb bag



COFFEE

CERTIFIED ORGANIC

- — — — — FRENCH ROAST, GROUND, OG (1) 12oz bag
- — — — — FRENCH ROAST, GROUND, OG (1) 16oz bag
- — — — — FRENCH ROAST, GROUND, OG (1) 5 lb bag
- — — — — FRENCH ROAST, WHOLE BEAN, OG (1) 12oz bag
- — — — — FRENCH ROAST, WHOLE BEAN, OG (1) 16oz bag
- — — — — FRENCH ROAST, WHOLE BEAN, OG (1) 5 lb bag
- — — — — GUATEMALAN, GROUND, OG (1) 12oz bag
- — — — — GUATEMALAN, GROUND, OG (1) 16oz bag
- — — — — GUATEMALAN, GROUND, OG (1) 5 lb bag
- — — — — GUATEMALAN, WHOLE BEAN, OG (1) 12oz bag
- — — — — GUATEMALAN, WHOLE BEAN, OG (1) 16oz bag
- — — — — GUATEMALAN, WHOLE BEAN, OG (1) 5 lb bag
- — — — — MEXICAN, GROUND, OG (1) 12oz bag
- — — — — MEXICAN, GROUND, OG (1) 16oz bag
- — — — — MEXICAN, GROUND, OG (1) 5 lb bag
- — — — — MEXICAN, WHOLE BEAN, OG (1) 12oz bag
- — — — — MEXICAN, WHOLE BEAN, OG (1) 16oz bag
- — — — — MEXICAN, WHOLE BEAN, OG (1) 5 lb bag
- — — — — PAPUA NEW GUINEA, GROUND, OG (1) 12oz bag
- — — — — PAPUA NEW GUINEA, GROUND, OG (1) 16oz bag
- — — — — PAPUA NEW GUINEA, GROUND, OG (1) 5 lb bag
- — — — — PAPUA NEW GUINEA, WHOLE BEAN, OG (1) 12oz bag
- — — — — PAPUA NEW GUINEA, WHOLE BEAN, OG (1) 16oz bag
- — — — — PAPUA NEW GUINEA, WHOLE BEAN, OG (1) 5 lb bag
- — — — — RED HOUSE BLEND, GROUND, OG (1) 12oz bag
- — — — — RED HOUSE BLEND, GROUND, OG (1) 16oz bag
- — — — — RED HOUSE BLEND, GROUND, OG (1) 5 lb bag
- — — — — RED HOUSE BLEND, WHOLE BEAN, OG (1) 12oz bag
- — — — — RED HOUSE BLEND, WHOLE BEAN, OG (1) 16oz bag
- — — — — RED HOUSE BLEND, WHOLE BEAN, OG (1) 5 lb bag
- — — — — SUMATRA, GROUND, OG (1) 12oz bag
- — — — — SUMATRA, GROUND, OG (1) 16oz bag
- — — — — SUMATRA, GROUND, OG (1) 5 lb bag
- — — — — SUMATRA, WHOLE BEAN, OG (1) 12oz bag
- — — — — SUMATRA, WHOLE BEAN, OG (1) 16oz bag
- — — — — SUMATRA, WHOLE BEAN, OG (1) 5 lb bag





TRUE NORTH GRANOLA

Brattleboro, VT

Every bag of **TRUE NORTH GRANOLA**, muesli, and Nutty No Grainer Trail Mix is chock-full of carefully-selected Organic or natural unprocessed ingredients. The granola is slow-baked and sweetened with Vermont maple syrup.



GRANOLA

- — — — — **GO NUTS GRANOLA** (6) 2oz bag
- — — — — **GO NUTS GRANOLA** (1) 12oz bag
- — — — — **GO NUTS GRANOLA** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **MAPLE VANILLA GRANOLA, OG** (6) 2oz bag
- — — — — **MAPLE VANILLA GRANOLA, OG** (1) 12oz bag
- — — — — **MAPLE VANILLA GRANOLA, OG** (1) 5lbs, 10lbs, and 20lbs bag



GRANOLA

GLUTEN FREE GRANOLA | Certified gluten-free by the FDA and regularly tested. Enjoyed by those w/gluten sensitivity and celiac disease.

- — — — — **FIRST DATE GRANOLA, GF** (6) 2oz bag
- — — — — **FIRST DATE GRANOLA, GF** (1) 12oz bag
- — — — — **FIRST DATE GRANOLA, GF** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **GINGER PINEAPPLE GRANOLA, GF** (6) 2oz bag
- — — — — **GINGER PINEAPPLE GRANOLA, GF** (1) 12oz bag
- — — — — **GINGER PINEAPPLE GRANOLA, GF** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **MAPLE VANILLA, GF, OG** (6) 2oz bag
- — — — — **MAPLE VANILLA, GF, OG** (1) 12oz bag
- — — — — **MAPLE VANILLA, GF, OG** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **COCONUT GRANOLA W/CHOCOLATE CHUNKS, GF, OG** (6) 2oz bag
- — — — — **COCONUT GRANOLA W/CHOCOLATE CHUNKS, GF, OG** (1) 12oz bag
- — — — — **COCONUT GRANOLA W/CHOCOLATE CHUNKS, GF, OG** (1) 5lbs, 10lbs, and 20lbs bag

MUESLI | Five whole grains, seeds, nuts apples, and cranberries.

- — — — — **OATS SO GOOD, W/FRUIT & NUTS** (1) 1lb, 5lbs, 10lbs, and 20lbs bag
- — — — — **OATS SO GOOD, NO FRUIT/NUTS** (1) 1lb, 5lbs, 10lbs, and 20lbs bag

TRAIL MIX | Special blend of maple-baked nuts and seeds, coconut oil & spices. Sweet and savory, crunchy and healthy snack.

- — — — — **NUTTY NO GRAINER, CRANBERRY** (6) 2oz bag
- — — — — **NUTTY NO GRAINER, CRANBERRY** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **NUTTY NO GRAINER, ORIGINAL** (6) 2oz bag
- — — — — **NUTTY NO GRAINER, ORIGINAL** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **NUTTY NO GRAINER, SAVORY MEDITERRANEAN** (6) 2 oz bag
- — — — — **NUTTY NO GRAINER, SAVORY MEDITERRANEAN** (1) 5lbs, 10lbs, and 20lbs bag
- — — — — **SNACK PACK VARIETY DISPLAY CASE** (20) 2 oz bag



VERMONT MAPLE SRIRACHA

Rutland, VT

VERMONT MAPLE SRIRACHA is made with just five powerhouse ingredients: fresh Fresno peppers, apple cider vinegar, Vermont pure maple sugar and syrup, garlic, and kosher salt. Vermont Maple roasted nuts share the same natural flavors and handmade production process.

SRIRACHAS

- — — — — **SRIRACHA, ORIGINAL MAPLE** (12) 8oz jar
- — — — — **SRIRACHA, SMOKED MAPLE** (12) 8oz jar
- — — — — **SRIRACHA, VERDE MAPLE** (12) 8oz jar
- — — — — **SRIRACHA, VERY HOT MAPLE** (12) 8oz jar

NUTS

- — — — — **APPLE PIE ALMONDS** (12) 2.5oz bag
- — — — — **VERMONT MAPLE SRIRACHA CASHEWS** (12) 2.5oz bag
- — — — — **VERMONT MAPLE SRIRACHA PEANUTS** (12) 2.5oz bag





VERMONT QUINCE

Newfane, VT

VERMONT QUINCE was formed with the mission to reintroduce the common quince throughout New England, and to ensure that the quince grown locally is enjoyed by people in the region. The majority of Vermont Quince ingredients are grown at Alyson's Orchard in Walpole, NH.



CONDIMENTS AND PRESERVES

QUINCE MARMELADA | Pair with cheese, enjoy on toast, or enliven dressings and sauces with the unique flavor of quince.

- — — — — **QUINCE MARMELADA** (1) 16oz jar
- — — — — **QUINCE MARMELADA** (12) 9oz jar

QUINCE PASTE — DULCE DE MEMBRILLO | Fresh quince paste sliced or skewered with your favorite hard cheese or mashed into chevre for a delectable spread. Enhance stir fries, stews, salads, sauces, oatmeal, yogurt, and baked goods.

- — — — — **QUINCE PASTE** (1) 16oz jar
- — — — — **QUINCE PASTE** (6) 7.5oz jar

QUINCE MUSTARD | Bring zest to the most ordinary sandwich, hot dog, or snack. Add to glazes, sauces, and vinaigrettes.

- — — — — **QUINCE MUSTARD** (12) 9oz jar
- — — — — **QUINCE MUSTARD** (1) 30oz jar

Producer Feature: Our Process At Champlain Valley

Cheesemaking is equal parts art and science. We source the best ingredients and work with them as gently as possible. Yes, cheesemaking is hard work but we strive to let the milk, cream, culture, salt and mold shine through with their amazing flavors.

We use traditional techniques and small batch pasteurization to produce our cheese entirely by hand in a net-zero solar-powered building



1. Milk haul

We haul milk from the farm in a small tanker and a refrigerated bulk tank at the creamery. This allows us to produce cheese for 2 days from one batch of milk. Our milk comes from Severy Farm in neighboring Cornwall, VT, where about 40 Jersey cows produce our 100% grass-fed organic milk.

2. Cream separation

Circa 1950 DeLaval 618 cream separator turns a portion of the raw milk into cream and skim milk. The cream is added back to the whole milk in the vat to produce our cream cheese and triple cream. The skim portion is saved along with the more whole milk to be used in the Queso Fresco production the following day.

3. Vat pasteurization

Most of our cheeses are fresh and short-aged, so they need to be pasteurized by FDA rules. We use the old “low and slow” method of batch or vat pasteurization.

4. Culturing / Coagulation

The cream cheese and triple cream are lactic curd cheeses which means they are coagulated, or “set,” by the action of the culture acidifying the milk. Queso Fresco is set by the action of microbial (“vegetarian”) rennet, an enzyme that sets the cheese in 60 to 75 minutes.

5. Whey separation

The triple cream is hand-ladled into forms after setting. The cream cheese drains in cloth bags. Queso Fresco is cut in the vat and all the whey portions are all sent outside to a tank for pig feed!

6. Draining / Salting / Aging

Cream cheese is drained overnight, salted, packed and ready for sale the next day. Triple creams are drained over several days and aged in our cave for up to 10 days to develop the bloomy rind.

7. Packaging for sale

Cream cheese is hand-packed into 8-oz, 5 and 10-lb tubs. Triple creams are hand-wrapped in breathable paper after full rind development. Queso Fresco is packed in vacuum sealed bags the day after it is made, with Smoked Queso sealed a day after smoking.



CHAMPLAIN VALLEY CREAMERY

Middlebury, VT

CHAMPLAIN VALLEY CREAMERY makes certified Organic, fresh, and sometimes Hispanic-inspired cheeses for culinary use and fine cheese plates. All made from 100% grass-fed Jersey cow milk.

CHEESE

OLD FASHIONED ORGANIC CREAM CHEESE | Made without stabilizers or preservatives from cultured fresh milk and cream, with a perfect balance of creaminess and tanginess.

— — — — — **CREAM CHEESE, OG** (6) 8oz tub

— — — — — **CREAM CHEESE, OG** (1) 5 lb

— — — — — **CREAM CHEESE, OG** (1) 30 lb

ORGANIC QUESO FRESCO | A soft Mexican-style cheese that shreds and melts nicely for tacos, pizza, burritos, salads, and anywhere you use mozzarella and other fresh cheeses.

— — — — — **QUESO FRESCO, OG** (6) 8 oz wheel

— — — — — **QUESO FRESCO, OG** (1) 4 lb wheel

PEPPER QUESO | Features the addition of sweet Peppadew and spicy jalapeno peppers to the curd.

— — — — — **PEPPER QUESO** (6) 8 oz wheel

— — — — — **PEPPER QUESO** (1) 4 lb wheel

SMOKED QUESO | Lightly smoked over hickory wood.

— — — — — **SMOKED QUESO** (1) 4 lb wheel

— — — — — **SMOKED QUESO** (6) 8 oz wedges

ORGANIC CHAMPLAIN TRIPLE | A soft-ripened triple creme with a bloomy white rind and a rich, creamy interior flavor offset by a delicious earthy rind with hints of mushroom.

— — — — — **CHAMPLAIN TRIPLE, OG** (6) 4 oz wheel

PYRAMID SCHEME | A pyramid-shaped triple cream with a layer of vegetable ash between the paste and rind, maximizing the creamy, grassy flavors of the milk.

— — — — — **PYRAMID SCHEME** (6) 8 oz pyramid



GRAFTON VILLAGE CHEESE COMPANY

Grafton, VT

GRAFTON VILLAGE CHEESE is a mission driven business of the nonprofit Windham Foundation of Grafton, Vermont. We make handmade, raw milk cheeses made with premium, hormone-free milk from small family farms. As a part of the Windham Foundation, they work to support Vermont's rural communities; you directly support that mission when you purchase Grafton Village Cheese. The award-winning, naturally aged and naturally flavored cheeses are still handmade, true to the Grafton Village tradition.

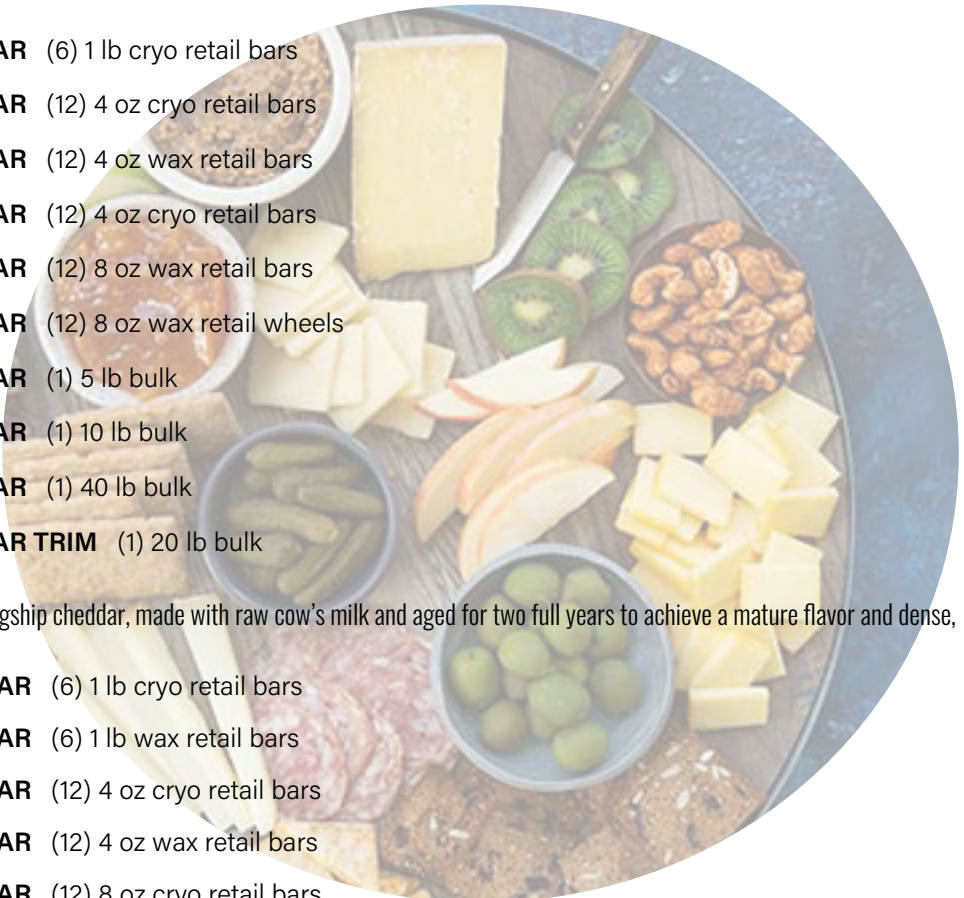
CHEESE

1 - YEAR AGED CHEDDAR | A younger version of our flagship cheddar, aged for one full year to achieve the classic New England cheddar profile: comforting, lightly tangy, and rich.

- — — — — **CHEDDAR, AGED 1 YEAR** (6) 1 lb cryo retail bars
- — — — — **CHEDDAR, AGED 1 YEAR** (12) 4 oz cryo retail bars
- — — — — **CHEDDAR, AGED 1 YEAR** (12) 4 oz wax retail bars
- — — — — **CHEDDAR, AGED 1 YEAR** (12) 4 oz cryo retail bars
- — — — — **CHEDDAR, AGED 1 YEAR** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, AGED 1 YEAR** (12) 8 oz wax retail wheels
- — — — — **CHEDDAR, AGED 1 YEAR** (1) 5 lb bulk
- — — — — **CHEDDAR, AGED 1 YEAR** (1) 10 lb bulk
- — — — — **CHEDDAR, AGED 1 YEAR** (1) 40 lb bulk
- — — — — **CHEDDAR, AGED 1 YEAR TRIM** (1) 20 lb bulk

2 - YEAR AGED CHEDDAR | Grafton's flagship cheddar, made with raw cow's milk and aged for two full years to achieve a mature flavor and dense, firm-yet-creamy texture.

- — — — — **CHEDDAR, AGED 2 YEAR** (6) 1 lb cryo retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (6) 1 lb wax retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (12) 4 oz cryo retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (12) 4 oz wax retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (12) 8 oz cryo retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, AGED 2 YEAR** (12) 8 oz wax retail wheels
- — — — — **CHEDDAR, AGED 2 YEAR** (1) 5 lb bulk
- — — — — **CHEDDAR, AGED 2 YEAR** (1) 10 lb bulk
- — — — — **CHEDDAR, AGED 2 YEAR** (1) 40 lb bulk
- — — — — **CHEDDAR, AGED 2 YEAR TRIM** (1) 20 lb bulk





CHEESE

MAPLE SMOKED CHEDDAR | A New England classic, this young cheddar is cold-smoked over maple and hardwood for up to four hours, imparting the signature aroma and satisfying flavor of this classic cheese.

- — — — — **CHEDDAR, MAPLE SMOKED** (6) 1 lb cryo retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (6) 1 lb wax retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 4 oz cryo retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 4 oz retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 4 oz wax retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 8 oz cryo retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, MAPLE SMOKED** (12) 8 oz wax retail wheels
- — — — — **CHEDDAR, MAPLE SMOKED** (1) 5 lb bulk
- — — — — **CHEDDAR, MAPLE SMOKED TRIM** (1) 20 lb bulk

SAGE CHEDDAR | A deeply herbaceous flavored cheddar, seasoned with hand-rubbed Dalmatian sage and sage oil.

- — — — — **CHEDDAR, SAGE** (12) 8 oz cryo retail bars
- — — — — **CHEDDAR, SAGE** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, SAGE** (1) 5 lb bulk

SMOKED CHILI CHEDDAR | A rich cheese with no shortage of flavor. We infuse this cheddar with habañero, jalapeño and pasilla peppers for the right balance of chili flavor and spice.

- — — — — **CHEDDAR, SMOKED CHILI** (12) 8 oz cryo retail bars
- — — — — **CHEDDAR, SMOKED CHILI** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, SMOKED CHILI** (1) 5 lb bulk

TRUFFLE CHEDDAR | Lovers of truffles will recognize the heady, earthy aromas of the rare and delectable fungi in this exceptional flavored cheddar.

- — — — — **CHEDDAR, TRUFFLE** (12) 8 oz cryo retail bars
- — — — — **CHEDDAR, TRUFFLE** (12) 8 oz wax retail bars
- — — — — **CHEDDAR, TRUFFLE** (1) 5 lb bulk

JASPER HILL FARM

JASPER HILL FARM

Greensboro Bend, VT

JASPER HILL produces world-famous specialty cheeses from the Northeast Kingdom of Vermont. Jasper Hill's underground aging facility maximizes the potential of cheeses made by the creamery, as well as those made by other local producers in Greensboro and the surrounding area.



CHEESE

ALPHA TOLMAN | Alpine cheeses like Appenzeller inspire the recipe for this Jasper Hill Creamery original. Alpha Tolman has a buttery, fruit and nut flavor when young, developing bold meaty, caramelized onion flavors as it matures. The texture is dense and pliant, easily portioned, and ideal for melting.

— — — — — **CHEESE, ALPHA TOLMAN** (1) 22 lb wheel

— — — — — **CHEESE, ALPHA TOLMAN** (12) 6 oz wedges



CHEESE

BAYLEY HAZEN BLUE | Bayley has developed a loyal following because of its fudge-like texture, toasted-nut sweetness, and anise spice character. The paste is dense and creamy, with well-distributed blue veins. The usual peppery character of blue cheese is subdued, giving way to the grassy, nutty flavors in the milk.

- — — — — **CHEESE, BAYLEY HAZEN BLUE** (1) 7 lb wheel
- — — — — **CHEESE, BAYLEY HAZEN BLUE** (12) 8 lb wedges

BRIDGMAN BLUE | Bridgman Blue is made from raw cow milk from Jasper Hill's own cows, blended with raw goat milk from Bridgman Hill Farm's goats. The resulting flavors are complex with notable aromas of goat milk, white pepper, buckwheat honey, and caves. A dense but giving texture is creamy on the palate.

- — — — — **CHEESE, BRIDGEMAN BLUE** (1) 5 lb wheel

CABOT CLOTHBOUND CHEDDAR | Clothbound is an approachable but complex natural-rind, bandaged cheddar with a crumbly texture and nutty aroma. The flavor is deeply savory and slightly tangy with caramel sweetness to the finish.

- — — — — **CHEESE, CABOT CLOTHBOUND CHEDDAR** (1) 32 lb wheel
- — — — — **CHEESE, CABOT CLOTHBOUND CHEDDAR** (12) 6 oz wedges

CAVE—AGED CHEDDAR | Jasper Hill works with Cabot graders to hand-select vats of young cheese that are suited to graceful cave-ripening. Blocks are coated with lard, brushed, and turned in order to cultivate a living natural rind. These traditional methods impart unique complexity to the developing cheese. Batches are released for shipping when the perfect balance of texture and flavor is achieved; bright and deeply brothy with a salt-caramel finish and supple, crystalline texture.

— — — — — **CHEESE, CAVE-AGED** (12) 6.5 oz bars

CHEF SHRED | This melting blend uses a variety of Jasper Hill's hard cheeses to add brightness and depth of flavor. The result is a perfect melt every time, whether it's in grilled cheese sandwiches, mac and cheese, or a vegetable gratin.

— — — — — **CHEESE, CHEF SHRED** (12) 12 oz

— — — — — **CHEESE, CHEF SHRED** (1) 4 lb

ELIGO | Made from a combination of cow and goat milk, Eligo's flavors bring out the best in both milk types: buttery richness from the cow milk carries a soft, white pepper spice note and goat aromas. A densely creamy texture is a bit softer beneath the rosy, orange washed rind, where the flavors are more pronounced.

— — — — — **CHEESE, ELIGO** (1) 2 lb loaf

— — — — — **CHEESE, ELIGO** (16) 8 oz pre-cut pieces

HARBISON | Harbison is a soft-ripened cheese with a rustic, bloomy rind. Young cheeses are wrapped in strips of spruce cambium, the tree's inner bark layer, harvested from the woodlands of Jasper Hill. With a luscious, spoonable texture, Harbison is woody and sweet, balanced with lemon, mustard, and vegetal flavors.

— — — — — **CHEESE, HARBISON MINI** (10) 5 oz

— — — — — **CHEESE, HARBISON** (9) 9 oz

HIGHLANDER | Made with a blend of raw cow and goat milk, Highlander's recipe is inspired by traditional French and Swiss Raclette. Its semi-firm, elastic texture makes for a pleasing table cheese and amazing melting properties. The classic way to enjoy the style is melted over potatoes with pickles and cured meat alongside. On its own, the cheese has notes of speck, macadamia nuts, and butter with lingering washed-rind aromas.

— — — — — **CHEESE, HIGHLANDER** (1) 15 lb

HIGHLANDER | Made with a blend of raw cow and goat milk, Highlander's recipe is inspired by traditional French and Swiss Raclette. Its semi-firm, elastic texture makes for a pleasing table cheese and amazing melting properties. The classic way to enjoy the style is melted over potatoes with pickles and cured meat alongside. On its own, the cheese has notes of speck, macadamia nuts, and butter with lingering washed-rind aromas.

— — — — — **CHEESE, HIGHLANDER** (1) 15 lb

— — — — — **CHEESE, KINSMAN RIDGE** (1) 5 lb

LITTLE HOSMER | Little Hosmer is a miniature version of Moses Sleeper.

— — — — — **CHEESE, LITTLE HOSMER** (12) 4 oz wheels

MOSES SLEEPER | Moses Sleeper is an approachable and nuanced brie-style cheese. Beneath its thin, bloomy rind lies a gooey, milky core showing a complex array of flavors at peak ripeness: cauliflower, creme fraiche, and toasted nuts. A bright, clean finish with a hint of white mushroom aroma follows the rich flavors of the paste.

— — — — — **CHEESE, MOSES SLEEPER** (4) 1.2 lb wheels

OMA | Oma balances pungent and sweet flavors with aromas of roasted nuts, cured meat, and cultured butter. The paste is soft, almost pudding-like, but never runny. The thin, orange rind, often overlaid with white flora, is an earthy foil to the richness of the paste.

— — — — — **CHEESE, OMA** (1) 2 lb wheels

WEYBRIDGE | An organic, lactic-set cheese with a delicate bloomy rind. The lightly aged style is meant to showcase the Scholtens' rich and complex Dutch Belt cow milk. The thin rind surrounds a delicate cream-line, showing a toasty, mushroomy flavor in contrast to the bright acidity of the dense, milky core.

— — — — — **CHEESE, WEYBRIDGE** (10) 4 oz wheels

WILLOUGHBY | This succulent and buttery washed-rind cheese has aromas of peat, roasted beef, and onions—a strong and complex front for the subtle milky, herbal, ripe-peach flavors within. Willoughby has a thin, tender, rosy-orange rind, which adds an earthy dimension to the texture and flavors of the gooey interior.

— — — — — **CHEESE, WILLOUGHBY** (8) 8 oz wheels

WINNIMERE | Young cheeses are wrapped in strips of spruce cambium, the tree's flexible inner bark layer, harvested from Jasper Hill Farm's woodlands. During aging, the cheese is washed in a cultured salt brine to help even rind development. At 60 days, this cheese is spoonably soft and tastes of bacon, sweet cream, and spruce. Available only in winter-spring.

— — — — — **CHEESE, WINNIMERE** (5) 13 oz wheels



BLUE LEDGE FARM

Salisbury, VT

BLUE LEDGE FARM is a first generation, family owned and run goat dairy and cheese-making operation. Farmstead goat and cow milk cheeses from a sustainable, Animal Welfare Approved family farm.



CHEESE

FRESH CHEVRE | With a creamy, fresh and pillowy texture, this chevre has converted many-a-skeptic over to goat cheese!

- — — — — **FRESH CHEVRE, PLAIN** (1) 1 lb tub
- — — — — **FRESH CHEVRE, PLAIN** (6) 4.5 oz tubs
- — — — — **FRESH CHEVRE, HERB** (6) 4.5 oz tubs
- — — — — **FRESH CHEVRE, HONEY & ORANGE** (6) 4.5 oz tubs
- — — — — **FRESH CHEVRE, MAPLE** (6) 4.5 oz tubs
- — — — — **FRESH CHEVRE, PEPPER** (6) 4.5 oz tubs
- — — — — **MARINATED CHEVRE** (6) 6 oz tubs

CAMEMBRIE | Made with Fresh Ayrshire cow's milk, this is a smooth, mold-ripened Camembert/Brie hybrid.

- — — — — **CAMEMBRIE** (6) 8 oz wheels



CROTTINA | Crottina has won-over loyal goaty fans for its classic simplicity. Aged for three weeks, the texture of this cheese is velvety and smooth, with a white mold exterior.

— — — — — **CROTTINA** (6) 8 oz wheels

— — — — — **CROTTINA** (6) 4.58 oz buttons

LA LUNA | A raw goat's milk original, comparable to a gouda or a havarti.

— — — — — **LA LUNA** (1) 7 lb wheel

— — — — — **LA LUNA** (6) 7 oz wedges

LAKE'S EDGE | Dramatic ash-veined goat cheese aged for three weeks and named after the stones found along Lake Champlain.

— — — — — **LAKE'S EDGE** (1) 1.75 lb wheel

— — — — — **LAKE'S EDGE MINI** (6) 10 oz wheels

MIDDLEBURY BLUE | A raw cow's milk blue, creamy and crumbly, with a buttermilk flavor spiked with spicy blue.

— — — — — **MIDDLEBURY BLUE** (1) 6 lb wheel

— — — — — **MIDDLEBURY BLUE** (6) 6 oz wedges

RICHVILLE | Cider washed-rind cow's milk cheese. Pungent, gooey and delicious with a cidery-sweet afterbite.

— — — — — **RICHVILLE** (1) 12 oz square

RILEY'S | A creative mixed milk (cow & goat) cheese, cave-aged for 3 months, with a natural rind.

— — — — — **RILEY'S 2X4** (1) 6 lb wheel

— — — — — **RILEY'S 2X4** (6) 7 oz wedges

RILEY'S COAT | 100% goat's milk, natural rind, cave-aged for three months, similar to a Manchego.

— — — — — **RILEY'S COAT** (1) 6 lb wheel

— — — — — **RILEY'S COAT** (6) 7 oz wedges



PARISH HILL CREAMERY

Westminster West, VT

PARISH HILL CREAMERY crafts seasonal, handmade, raw milk cheeses, created with a special reverence for traditional and natural approaches to cheesemaking.

CHEESE

CORNERSTONE | Three cheesemakers made the same cheese, or did they? What happens when they all follow one recipe, each uses their own native cultures, use the same forms, and encourage wild rinds? By limiting the input variables, we allow the elements of the raw milk to determine the nuances of texture and flavor unique to each of our Cornerstones.

— — — — — **CORNERSTONE** (1) 9 lb wheel

— — — — — **CORNERSTONE** (6) 8 oz wedges

HERMIT | Hermit is a larger format, beer-washed Tomme. The beer is Rowdy Monk, a limited release, Belgian quadruple ale made by the folks at Hermit Thrush Brewery in Brattleboro, Vermont.

— — — — — **HERMIT** (1) 9 lb wheel

— — — — — **HERMIT** (6) 8 oz wedges

HUMBLE | Whole milk Tomme, aged at least 3 months. When young, Humble has a mild, nutty flavor and a golden-hued, edible rind formed by washing with hard cider. Humble gains earthy, vegetal notes as it ripens.

— — — — — **HUMBLE** (1) 3.5 lb wheel

— — — — — **HUMBLE** (6) 8 oz wedges

IDYLL | Part-skim, long-aged mountain cheese with a scattering of small eyes throughout the solid, toothsome paste. Tropical and piquant notes mingle in this sharp yet sweet cheese. Idyll slices nicely and melts beautifully.

— — — — — **IDYLL** (1) 34 lb wheel

— — — — — **IDYLL** (6) 8 oz wedges

JACK'S BLUE | Jack's Blue has an edible, natural rind and dense paste with streaks of blue mold, a creamy texture, and a spicy, earthy flavor.

— — — — — **JACK'S BLUE** (1) 4 lb wheel

— — — — — **JACK'S BLUE** (6) 8 oz wedges



KASHAR | Balkan-style style pasta filata cheese, aged for at least 2 months, then rubbed with olive oil. The flavor is buttery, tangy, and somewhat peppery, particularly when aged over 6 months.

— — — — — **KASHAR** (1) 4.5 lb wheel

— — — — — **KASHAR** (6) 8 oz wedges

KASHAR, SMOKED | Instead of going to the cave, Smoked Kashar is taken down the road to Grafton Village Cheese where Vermont applewood provides a mild smokiness to this smooth and supple cheese.

— — — — — **KASHAR, SMOKED** (1) 4.5 lb wheel

— — — — — **KASHAR, SMOKED** (6) 8 oz wedges

REVERIE | A traditional, semi-hard Toma, Reverie has a bright milky flavor and slight tang when young, becoming sharper and more robust with allium notes. Wild molds are encouraged and the rind resembles gray stone.

— — — — — **REVERIE** (1) 13 lb wheel

— — — — — **REVERIE** (6) 8 oz

SUFFOLK PUNCH | Gourd-shaped, whole milk Caciocavallo-style cheese is a classic pasta filata. Hand stretched to form the traditional shape: “cheese on horseback” refers to the way two cheeses are tied at the ends of a long rope and then hung over a rod to age, like saddlebags thrown over the back of a horse. The interior is firm and smooth when young and becomes flaky and drier with age. The flavor is buttery, tangy, and even peppery, particularly when aged over 6 months.

— — — — — **SUFFOLK PUNCH** (1) 3 lb piece

— — — — — **SUFFOLK PUNCH** (6) 8 oz wedges

VT HERDSMAN | Whole milk, long-aged Vermont Herdsman is made when the cows are grazing on hillside pastures and aged at least 12 months to develop a full, slightly sharp flavor with hints of pineapple and hazelnuts. The supple interior becomes granular as the cheese ages beyond a year. The straw-colored edible rind is scrubbed weekly when young.

— — — — — **VT HERDSMAN** (1) 23 lb wheel

— — — — — **VT HERDSMAN** (6) 8 oz

SMITH'S COUNTRY CHEESE

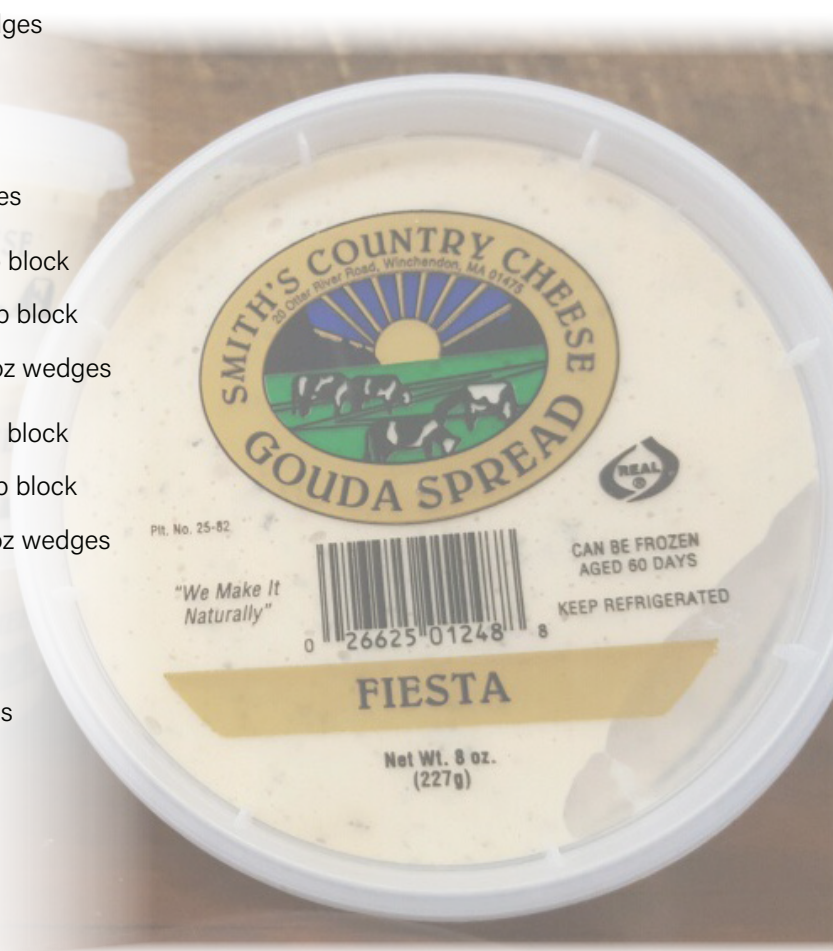
Winchendon, MA

The farmstead cheeses at **SMITH'S COUNTRY CHEESE** are made from fresh, raw cows' milk on a small family farm.



CHEESE

- — — — — **BABY SWISS** (1) 11 lb wheel
- — — — — **BABY SWISS** (12) 8 oz wedges
- — — — — **CHEDDAR, MEDIUM** (1) 11 lb block
- — — — — **CHEDDAR, MEDIUM** (1) 22 lb block
- — — — — **CHEDDAR, MEDIUM** (12) 8 oz wedges
- — — — — **CHEDDAR, SHARP** (1) 11 lb block
- — — — — **CHEDDAR, SHARP** (1) 22 lb block
- — — — — **CHEDDAR, SHARP** (12) 8 oz wedges
- — — — — **CHEDDAR, EXTRA SHARP** (1) 11 lb block
- — — — — **CHEDDAR, EXTRA SHARP** (1) 22 lb block
- — — — — **CHEDDAR, EXTRA SHARP** (12) 8 oz wedges
- — — — — **CHEDDAR, CHILI PEPPER** (1) 11 lb block
- — — — — **CHEDDAR, CHILI PEPPER** (1) 22 lb block
- — — — — **CHEDDAR, CHILI PEPPER** (12) 8 oz wedges
- — — — — **CHEDDAR, CHIVE** (1) 11 lb block
- — — — — **CHEDDAR, CHIVE** (1) 22 lb block
- — — — — **CHEDDAR, CHIVE** (12) 8 oz wedges
- — — — — **CHEDDAR, SAGE** (1) 11 lb block
- — — — — **CHEDDAR, SAGE** (1) 22 lb block
- — — — — **CHEDDAR, SAGE** (12) 8 oz wedges
- — — — — **CHEDDAR, SMOKED** (1) 11 lb block
- — — — — **CHEDDAR, SMOKED** (1) 22 lb block
- — — — — **CHEDDAR, SMOKED** (12) 8 oz wedges
- — — — — **CHEDDAR, MIXED** (12) 8 oz wedges



All cheese stick packages come in:

(1) box of (12) 1 oz sticks

or

(1) case of (6) boxes, each (12) 1 oz sticks

— — — — — **CHEDDAR CHEESE STICKS, PLAIN**

— — — — — **CHEDDAR CHEESE STICKS, CHILI PEPPER**

— — — — — **CHEDDAR CHEESE STICKS, CHIVE**

— — — — — **CHEDDAR CHEESE STICKS, SMOKED**

— — — — — **CHEDDAR CHEESE STICKS, MIXED**

— — — — — **FRESH FARMER'S CHEESE, TRADITIONAL** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, BLUEBERRY** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, CHOCOLATE** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, CRANBERRY ORANGE** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, HERB & GARLIC** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, JALAPENO** (12) 6 oz

— — — — — **FRESH FARMER'S CHEESE, MIXED** (12) 6 oz

— — — — — **GOUDA, PLAIN** (12) 6 oz

— — — — — **GOUDA, PLAIN** (12) 8 oz wedges

— — — — — **GOUDA, AGED** (1) 11 lb wheel

— — — — — **GOUDA, AGED** (12) 8oz wedges

— — — — — **GOUDA, CHIPOTLE-RUBBED** (12) 8 oz wedges

— — — — — **GOUDA, EVERYTHING BAGEL-RUBBED** (12) 8oz wedges

— — — — — **GOUDA, CARAWAY** (1) 11 lb wheel

— — — — — **GOUDA, CARAWAY** (12) 8oz wedges

— — — — — **GOUDA, CUMIN** (1) 11 lb wheel

— — — — — **GOUDA, CUMIN** (12) 8oz wedges

— — — — — **GOUDA, FENUGREEK** (1) 11 lb wheel

— — — — — **GOUDA, FENUGREEK** (12) 8oz wedges

— — — — — **GOUDA, GARLIC** (1) 11 lb wheel

— — — — — **GOUDA, GARLIC** (12) 8 oz wedges

— — — — — **GOUDA, ONION & CHIVE** (1) 11 lb wheel

— — — — — **GOUDA, ONION & CHIVE** (12) 8 oz wedges



- — — — — **GOUDA, GHOST PEPPER** (1) 11 lb wheel
- — — — — **GOUDA, GHOST PEPPER** (12) 8 oz wedges
- — — — — **GOUDA, SALSA-RUBBED** (12) 8 oz wedges
- — — — — **GOUDA, SMOKED** (1) 11 lb wheel
- — — — — **GOUDA, SMOKED** (12) 8 oz wedges
- — — — — **GOUDA, SUN-DRIED TOMATO & BASIL** (1) 11 lb wheel
- — — — — **GOUDA, SUN-DRIED TOMATO & BASIL** (12) 8 oz wedges
- — — — — **GOUDA, MIXED** (12) 8 oz wedges
- — — — — **GOUDA SPREAD, CREAMY GOUDA** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, CREAMY GOUDA** (1) gallon tub
- — — — — **GOUDA SPREAD, FIESTA GOUDA** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, FIESTA GOUDA** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/BACON** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/BACON** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/GARLIC** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/GARLIC** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/HERBS** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/HERBS** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/HORSERADISH** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/HORSERADISH** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/ONIONS & CHIVES** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/ONIONS & CHIVES** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/SUN-DRIED TOMATO & CHIVES** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/SUN-DRIED TOMATO & CHIVES** (1) gallon tub
- — — — — **GOUDA SPREAD, GOUDA W/WINE** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, GOUDA W/WINE** (1) gallon tub
- — — — — **GOUDA SPREAD, HOT PEPPER** (12) 8 oz tubs
- — — — — **GOUDA SPREAD, HOT PEPPER** (1) gallon tub
- — — — — **GOUDA SPREAD, MIXED** (12) 8 oz tubs
- — — — — **HAVARTI, CREAMY** (1) 11 lb block
- — — — — **HAVARTI, CREAMY** (1) 22 lb block
- — — — — **HAVARTI, CREAMY** (12) 8 oz wedges
- — — — — **HAVARTI, DILL** (1) 11 lb block
- — — — — **HAVARTI, DILL** (1) 22 lb block
- — — — — **HAVARTI, DILL** (12) 8 oz wedges
- — — — — **HAVARTI, GARLIC & VEGETABLE** (1) 11 lb block
- — — — — **HAVARTI, GARLIC & VEGETABLE** (1) 22 lb block
- — — — — **HAVARTI, GARLIC & VEGETABLE** (12) 8 oz wedges
- — — — — **HAVARTI, SMOKED** (1) 5.5 lb block
- — — — — **HAVARTI, SMOKED** (12) 8 oz wedges



VERMONT SHEPHERD

Westminster West, VT

Award-winning farmstead mountain cheeses from a family-run sheep dairy.



CHEESE

FROMAGE BLANC | A classic french cream cheese, excellent for spreading on crackers, bagels, or cooking and baking with. Stir in herbs or eat plain. Can substitute for ricotta or cream cheese in cooking. Cow and Sheep's milk blend.

— — — — — **CHEESE, FROMAGE BLANC** (6) 8 oz tubs

INVIERNO | Yesenia grew up milking cows on her dad's farm in the Dominican Republic. David grew up tending his dad's sheep in Vermont. Together, they make a mixed milk cheese called "Invierno." The sheep milk comes from David and Yesenia's sheep. The cows' milk comes from a small dairy farm just down the road. Invierno ("winter" in Spanish) is a soft to semi-hard natural rind cheese, aged 5-6 months, with a rich, butter and mushroom flavor.

— — — — — **CHEESE, INVIERNO** (1) 7 lb wheel

— — — — — **CHEESE, INVIERNO** (10) 10 oz wedges

2-YEAR AGED INVIERNO | Well-aged 2-year-old mixed sheep and cow milk cheese. Highly flavorful, hard, and crumbly. Great for special occasions.

— — — — — **CHEESE, 2-YEAR AGED INVIERNO** (1) 7 lb wheel

— — — — — **CHEESE, 2-YEAR AGED INVIERNO** (10) 10 oz wedges

SMOKED INVIERNO | Mixed sheep & cow milk Invierno smoked over the farm's apple tree wood. Highly flavorful!

— — — — — **CHEESE, SMOKED INVIERNO** (1) 7 lb wheel

— — — — — **CHEESE, SMOKED INVIERNO** (10) 10 oz wedges

RICOTTA LANA | Pasteurized sheep milk ricotta salata made from the whey when Verano is being made.

— — — — — **CHEESE, RICOTTA LANA** (1) 16 oz tub

VERANO | Vermont Shepherd has won numerous awards for best US farmhouse cheese, and Verano has been called "possibly the best sheep milk cheese in America." Verano is a smooth and creamy, semi-hard cheese with a sweet, rich, and earthy flavor. The rustic wheel has a rough, golden brown rind. It resembles the Spanish and French sheep milk cheeses of the Pyrenees.

— — — — — **CHEESE, VERANO** (1) 8 lb wheel

— — — — — **CHEESE, VERANO** (10) 10 oz wedges



ECHO FARM

Hinsdale, NH

ECHO FARM, run by sisters Courtney and Beth Hodge, is affectionately referred to as a “4-H project gone haywire,” with the intent of being unlike any other farm. Their cows have names, not numbers, and are treated like members of the family. The cows show their appreciation by producing award-winning, great tasting, high-quality milk, to which the Hodge sisters add all-natural ingredients to bring you their premium line of puddings.



PUDDING

- — — — — PUDDING, BUTTERSCOTCH (18) 4 oz
- — — — — PUDDING, BUTTERSCOTCH (12) 6 oz
- — — — — PUDDING, BUTTERSCOTCH (12) 16 oz

- — — — — PUDDING, CHOCOLATE (18) 4 oz
- — — — — PUDDING, CHOCOLATE (12) 6 oz
- — — — — PUDDING, CHOCOLATE (12) 16 oz

- — — — — PUDDING, RICE (18) 4 oz
- — — — — PUDDING, RICE (12) 6 oz
- — — — — PUDDING, RICE (12) 16 oz

- — — — — PUDDING, TAPIOCA (18) 4 oz
- — — — — PUDDING, TAPIOCA (12) 6 oz
- — — — — PUDDING, TAPIOCA (12) 16 oz

- — — — — PUDDING, VANILLA (18) 4 oz
- — — — — PUDDING, VANILLA (12) 6 oz
- — — — — PUDDING, VANILLA (12) 16 oz





KIMCHI

Delicious as a side dish or eaten on its own, this Kimchi is mildly spiced and very approachable. Vermont grown produce and aged in oak barrels, creating vibrant colors, rich textures and amazing taste.



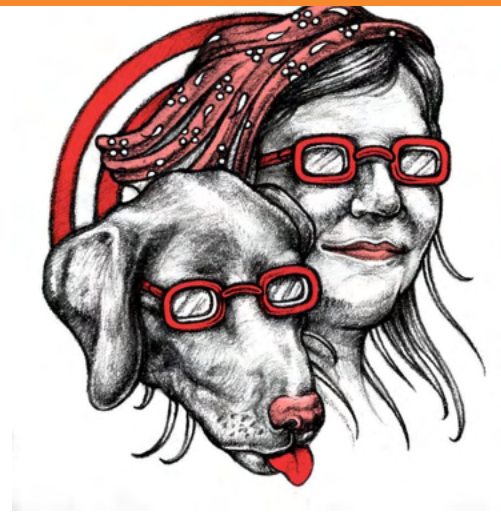
ELECTRIC CURRY KRAUT

Curry infused kraut, is a great addition to any sandwich, burger, or just on its own. Vermont grown produce and aged in oak barrels.



DILL WITH IT KRAUT

Chef favorite; this Dill Kraut is a great companion to sandwiches, sausages, eggs, or . . . really just about anything.



FINALLIE FERMENTS

West Townshend, VT

FINALLIE FERMENTS produces deliciously unique ferments made from Vermont veggies, purchased under the CSA model from neighboring farms. FinAllie Ferments honors traditional fermentation processes by using oak barrels and ceramic crocks. Avoiding heat and white vinegar ensures that every creation is loaded with the beneficial bacteria and micro-nutrients that you need.

VEGAN | RAW | MADE IN VT

FERMENTS

- — — — — **BLACK GARLIC KRAUT** (6) 8 oz jars - seasonal
- — — — — **BLACK GARLIC KRAUT** (6) 16 oz jars - seasonal
- — — — — **DILL WITH IT KRAUT** (6) 8 oz jars
- — — — — **DILL WITH IT KRAUT** (6) 16 oz jars
- — — — — **ELECTRIC CURRY KRAUT** (6) 8 oz jars
- — — — — **ELECTRIC CURRY KRAUT** (6) 16 oz jars
- — — — — **KIMCHI** (6) 8 oz jars
- — — — — **KIMCHI** (6) 16 oz jars



GREEN MOUNTAIN CREAMERY

Brattleboro, VT

GREEN MOUNTAIN CREAMERY makes Vermont-style strained Greek yogurt using milk from Vermont and other New England dairies.

YOGURT

- — — — — GREEK YOGURT, NON FAT, BLACK CHERRY (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, BLUEBERRY (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, MAPLE (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, PLAIN (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, RASPBERRY (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, STRAWBERRY (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, VANILLA (12) 5.3 oz
- — — — — GREEK YOGURT, NON FAT, MAPLE (6) 32 oz
- — — — — GREEK YOGURT, NON FAT, PLAIN (6) 32 oz
- — — — — GREEK YOGURT, NON FAT, VANILLA (6) 32 oz
- — — — — GREEK YOGURT, FULL FAT, PLAIN (6) 32 oz
- — — — — YO YUMMY, MIXED BERRY (12) 3.5 oz
- — — — — YO YUMMY, STRAWBERRY (12) 3.5 oz
- — — — — YO YUMMY, STAWBERRY BANANA (12) 3.5 oz
- — — — — YO YUMMY, 4-PACK, MIXED BERRY & STRAWBERRY (6) 14 oz



Producer Feature: A Note From Green Mountain Creamery

"Several years ago our company founders embarked on a mission to make a Greek yogurt that everyone could love. They wanted to capture all the nutritional power that folks had come to expect from Greek yogurt, but make it milder, creamier and more affordable... down-to-earth, just like their native New England.

It wasn't about our "special cows" or our fields of green or our picturesque barns. Sure, we love all that stuff about our home state. But what makes Vermont what it is is the people. Hardy, down-to-earth, no fuss. Simple straight-forward folk. People looking for the real deal. So you won't find pictures of Greek architecture or iconic columns of the Acropolis on the outside of our package. But you will find the real deal inside. Our own Vermont-style Greek yogurt.

You might say it's in our culture. We use a unique blend of probiotic cultures and carefully monitor each batch to ensure it tastes just right. You can't rush it, it takes the perfect amount of time. It took us over a year and countless tries to get to the perfect mild, creamy recipe people love. We believe you will like it as much as we do."





HEIWA TOFU

Rockport, ME

HEIWA TOFU is handcrafted in small batches using Certified Organic, non-GMO soybeans grown on Maine and New England farms. With a texture that's firm yet still tender and creamy, it tastes like fresh soybeans, unlike some bland and flavorless national brands.

TOFU

— — — — — TOFU, OG, BULK (2) 6 lb

— — — — — TOFU, OG, RETAIL (12) 1 lb



HOSTA HILL

Pittsfield, MA

HOSTA HILL crafts unique and bold flavored cultured vegetables. Their process develops slowly through wild fermentation, a natural preservation process that ensures delicious results in every batch. After seven years of growing their own vegetables, Hosta Hill now sources their produce from small farms in Massachusetts and New York.



FERMENTS

- — — — — **KIMCHI** (6) 16 oz jar
- — — — — **KIMCHI** (1) 1 gallon tub
- — — — — **KIMCHI, DAIKON** (6) 16 oz jar
- — — — — **KIMCHI, DAIKON** (1) 1 gallon tub
- — — — — **KRAUT, CRIMSON** (6) 16 oz jar
- — — — — **KRAUT, CRIMSON** (1) 1 gallon tub
- — — — — **KRAUT, GARLIC SCAPE** (6) 16 oz jar
- — — — — **KRAUT, GARLIC SCAPE** (1) 1 gallon tub
- — — — — **KRAUT, GOCHU CURRY** (6) 16 oz jar
- — — — — **KRAUT, GOCHU CURRY** (1) 1 gallon tub
- — — — — **SAUERKRAUT** (6) 16 oz jar
- — — — — **SAUERKRAUT** (1) 1 gallon tub

HOT SAUCE

- — — — — **FERMENTED HOT SAUCE, ORIGINAL** (live product - requires refrigeration) (12) 5 oz jar
- — — — — **HOT SAUCE, SMOKEY** (12) 5 oz jar

Grateful Greens

Brattleboro, VT

Grateful Greens is an indoor farming project striving to empower the Northeast food systems with greater self-sufficiency and health. They completed the construction of their indoor farm and started growing in August of 2020. Grateful Greens has partnered with many schools, hospitals, co-ops, and restaurants around the region over the past few months and is very grateful to be serving our community.

“Partnering with Food Connects really helped us get up on our feet and gave us the opportunity to easily serve many co-ops, schools, restaurants, and hospitals around VT and NH. We are especially excited to be serving our highly vital, nutrient-dense sunflower greens to our nearby schools and hospitals, which Food Connects works closely with. We are looking forward to working with Food Connects even closer this year and aiding each other in our mutual growth and service to our communities. Thank you for all your valuable work, Food Connects!”

James Mayer
Owner, Grateful Greens



GRATEFUL GREENS

Brattleboro, VT

GRATEFUL GREENS' purpose is to empower the food system of the Northeast to become healthier and self-sufficient, year round. To achieve this, they use creative, low impact, indoor farming technology that utilizes solar, rainwater, eco-friendly practices, and love. Nutrient-rich, organic Vermont soil and seeds help Grateful Greens to grow extraordinarily healthy and tasty vegetables.



GREENS

- — — — — SUNFLOWER GREENS, OG, FOOD SERVICE (2) 1 lb
- — — — — SUNFLOWER GREENS, OG, RETAIL (12) 3 oz



Mi Tierra Tortillas



MI TIERRA TORTILLAS

Hadley, MA

MI TIERRA TORTILLAS are made with three simple ingredients: corn, water and crushed limestone. All of the corn is grown in the Pioneer Valley, and processed by hand through the ancient technique of Nixtamalization. Organic and conventional options available.

TORTILLAS

- — — — — **FRESH CORN TORTILLAS, OG or CONVENTIONAL** (12) 12-piece retail
- — — — — **FRESH CORN TORTILLAS, OG or CONVENTIONAL** (24) 12-piece retail
- — — — — **FRESH CORN TORTILLAS, OG or CONVENTIONAL** (1) 340-piece bulk
- — — — — **FRESH CORN TORTILLAS, CONVENTIONAL** (1) 340-piece bulk
- — — — — **FRESH CORN TORTILLAS, 4" TAQUERA, OG** (1) 420-piece bulk
- — — — — **FRESH CORN TORTILLAS, 4" TAQUERA, CONVENTIONAL** (1) 420-piece bulk
- — — — — **FRESH CORN TORTILLAS, THIN CHIP STYLE, OG** (1) 440-piece bulk
- — — — — **FRESH CORN TORTILLAS, THIN CHIP STYLE, CONVENTIONAL** (1) 440-piece bulk



PERISHABLE

RHAPSODY NATURAL FOODS was founded with the mission of promoting a plant-based diet and supporting a local agricultural economy.



MISO, NATTO, TEMPEH

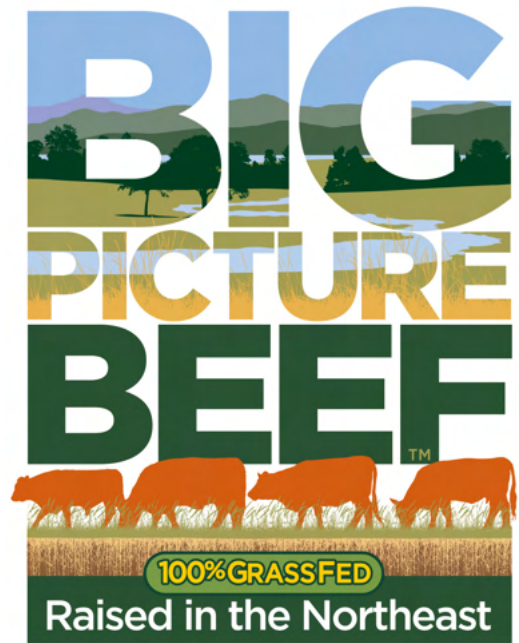
- — — — — MISO, MELLOW RED, OG (12) 16 oz
- — — — — MISO, SWEET WHITE, OG (12) 16 oz
- — — — — MOCHI, OG (10) 12 oz
- — — — — NATTO, SMALL BEAN, OG (12) 3.5 oz
- — — — — NATTO, LARGE BEAN, OG (12) 3.5 oz
- — — — — TEMPEH, ORIGINAL, OG (8) 2 lb
- — — — — TEMPEH, ORIGINAL, OG (15) 8 oz
- — — — — TEMPEH, BBQ, OG (15) 8 oz
- — — — — TEMPEH, TERIYAKI, OG (15) 8 oz



BIG PICTURE BEEF

Hardwick, MA

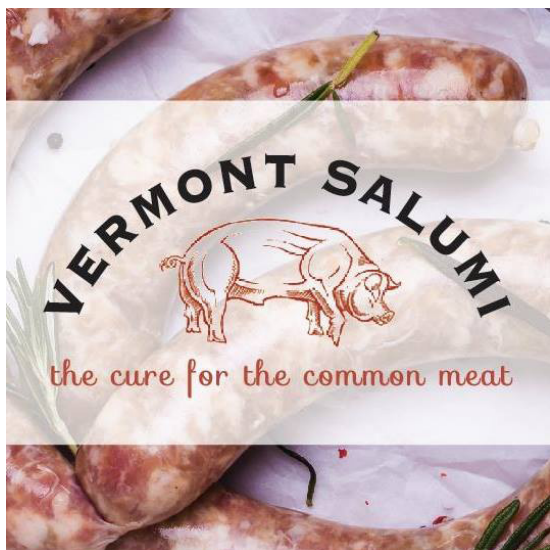
BIG PICTURE BEEF produces delicious 100% grass-fed beef in a way that benefits the soil, the cattle, the people who eat the meat, the Northeast rural economy, and the environment. The company partners with Northeast farmers who are committed to raising grass-fed calves according to rigorous standards and protocol, in order to supply wholesale markets with consistent, high-quality beef.



MEAT

- — — — — **BEEF, 100% GRASS-FED PATTIES, GROUND** (12) 4 oz bulk
- — — — — **BEEF, 100% GRASS-FED, GROUND** (1) 10 lb bulk
- — — — — **BEEF, 100% GRASS-FED, GROUND** (12) 1 lb retail





VERMONT SALUMI

Plainfield, VT

VERMONT SALUMI is an artisan producer of all-natural meat products rooted in Italian tradition and the classic salumificio. They prioritize clarity of flavor based on simple ingredients and time-honored craftsmanship.

SAUSAGES | Pair with cheese, enjoy on toast, or enliven dressings and sauces with the unique flavor of quince.

- — — — — SAUSAGES, CHORIZO (8) 14 oz frozen links
- — — — — SAUSAGES, FIDDLEHEAD IPA BRATWURST (8) 14 oz frozen links
- — — — — SAUSAGES, ITALIAN (8) 14 oz frozen links
- — — — — SAUSAGES, MAPLE BREAKFAST (8) 14 oz frozen links
- — — — — SAUSAGES, RED WINE & GARLIC (8) 14 oz frozen links
- — — — — SAUSAGES, ROSEMARY & RED WINE (8) 14 oz frozen links
- — — — — SALAMI, FENNEL, CURED (8) 4 oz sticks
- — — — — SALAMI, FENNEL, CURED (16) 4 oz sticks
- — — — — SALAMI, JUNIPER, CURED (8) 4 oz sticks
- — — — — SALAMI, JUNIPER, CURED (16) 4 oz sticks
- — — — — SALAMI, RED WINE & GARLIC (8) 4 oz sticks
- — — — — SALAMI, RED WINE & GARLIC (16) 4 oz sticks
- — — — — SALAMI, SMOKED PAPRIKA/PIMENTON, CURED (8) 4 oz sticks
- — — — — SALAMI, SMOKED PAPRIKA/PIMENTON, CURED (16) 4 oz sticks



RED'S BEST SEAFOOD

Boston, MA

RED'S BEST is a seafood wholesaler that aggregates from small, community-based, New England fishing boats. Every case from Red's is labeled boat-identified so you can learn about the fisherman who first hauled your fish from the sea. Their mission is to support the livelihoods of American fishermen while sustaining Atlantic coast fisheries for harvest.



species availability
is seasonal with
the changes in the
ocean

FROZEN RAW FISH

- — — — — **BLACK SEA BASS FILLETS** (10) 1 lb
- — — — — **COD FILLETS** (10) 1 lb
- — — — — **FLUKE FILLETS** (10) 1 lb
- — — — — **HADDOCK FILLETS** (10) 1 lb
- — — — — **HALIBUT FILLETS** (10) 1 lb
- — — — — **POLLOCK FILLETS** (10) 1 lb
- — — — — **RED FISH FILLETS** (10) 1 lb
- — — — — **SALMON FILLETS, FARM-RAISED** (10) 1 lb
- — — — — **SEA SCALLOPS** (10) 1 lb





STARBIRD FISH

Burlington, VT

Captain Anthony Naples lives in Vermont and runs a fleet of three fishing boats off the Aleutian Islands in the Bering Sea, in one of the most well-managed fisheries of the world. Every piece of Starbird's exquisite Alaskan salmon and white fish was caught by his crew, using sustainable fishing methods and modern technology. Each catch is chilled, hand-processed, and frozen within 24 hours. Select salmon fillets and bellies are hot-smoked in Burlington, VT.

FROZEN RAW FISH

- — — — — ALASKAN COHO SALMON FILLETS 6 x 1#
- — — — — ALASKAN COHO SALMON FILLETS 12 x 8 oz
- — — — — SOCKEYE SALMON FILLETS 1.75# sides





AGAINST THE GRAIN GOURMET

Brattleboro, VT

AGAINST THE GRAIN GOURMET is a celiac-family owned business. They make all of their products themselves in a dedicated gluten-free facility, with all new equipment, that they built from the ground up. They combine innovative, artisan baking techniques with naturally gluten free ingredients to stabilize, bind and leaven their breads. In fact, they don't use a single ingredient that you couldn't find in your own pantry.



GLUTEN FREE BAKED GOODS, FROZEN

- — — — — BAGELS, GF, CINNAMON RAISIN (12) 14 oz (6-bagels)
- — — — — BAGELS, GF, SESAME (12) 14 oz (6-bagels)
- — — — — BAGUETTE, GF, ORIGINAL (12) 15 oz
- — — — — BAGUETTE, GF, ROSEMARY (12) 15 oz
- — — — — PITA BREAD, GF (6) 13.8 oz
- — — — — PIZZA CRUST, GF, 12" (12) 12 oz
- — — — — PIZZA CRUST, GF, 12" (8) 12 oz



- — — — — **BROWNIE MIX, GF, CHOCOLATE (6) 19 oz**
- — — — — **CAKE MIX, GF, CHOCOLATE (6) 19.75 oz**
- — — — — **CAKE MIX, GF YELLOW (6) 19.75 oz**
- — — — — **PIZZA 10", GF, BACON ONION (6) 15 oz**
- — — — — **PIZZA 10", GF, CHEDDAR-STYLE, VEGAN (6) 15 oz**
- — — — — **PIZZA 10", GF, CHEESY JALAPENO (6) 15 oz**
- — — — — **PIZZA 10", GF, PEPPERON (6) 15 oz**
- — — — — **PIZZA 10", GF, PESTO (6) 15oz**
- — — — — **PIZZA 10", GF, THREE CHEESE (6) 15 oz**
- — — — — **PIZZA 12", GF, PEPPERONI (6) 24 oz**
- — — — — **PIZZA 12", GR, PESTO (6) 24 oz**
- — — — — **PIZZA 12", GF, THREE CHEESE (6) 24 oz**
- — — — — **PIZZA 12", GF, VEGGIE, VEGAN (6) 24 oz**
- — — — — **ROLLS, GF, ORIGINAL (12) 12.5 oz**
- — — — — **ROLLS, GF, ROSEMARY (12) 12.5 oz**
- — — — — **ROLLS, GF, VERMONT COUNTRY, VEGAN (12) 12.5 oz**

Producer Feature: A Note From Curly Girl Pops

Curly Girl Pops is a small batch, plant-based popsicle company located in Vermont's Capital.

In 2020 they worked with local businesses around the state to kickstart their wholesale journey amidst the pandemic and began the process of building a mobile creation space to increase their production thanks to Vermont Grants aiding small business relief during these uncertain times.

“We are very grateful for our relationship with Food Connects this past season. They are the only distributing company we work with. They connect our handmade products to local farm-stands and coops out of our proximity who want to enjoy our delicious and healthy summertime treats. We aim to grow our relationship with businesses who work with Food Connects Summer 2021.”

Arealles Ortiz

Owner

Curly Girl Pops, LLC





CURLY GIRL POPS

Montpelier, VT

CURLY GIRL POPS is a Latina-owned, small batch, healthy popsicle business. All pops are made from Certified Organic fruit, and vegetables (locally-sourced when available), filtered water, and Vermont maple syrup. Some flavors incorporate herbs, super foods and seeds to elevate the nutritional value. With no GMOs, artificial colors, or flavors, Curly Girl Pops are packed with the antioxidants, vitamins, minerals, and protein our bodies depend on.

POPSICLES

GREEN MACHINE | Kiwi, avocado, coconut milk, spinach, and maple syrup.

— — — — — **GREEN MACHINE** (10) popsicles

RADICAL RAZZ | Raspberry, hibiscus, coconut milk, maple syrup, and dark chocolate.

— — — — — **RADICAL RAZZ** (10) popsicles

STRAWBERRY RHUBARB | Strawberry, rhubarb, and maple syrup.

— — — — — **STRAWBERRY RHUBARB** (10) popsicles

SUPERBERRIES | Strawberry, blueberry, raspberry, blackberry, goji berry, and maple syrup.

— — — — — **SUPERBERRIES** (10) popsicles

SWEET MANGO | Mango and maple syrup.

— — — — — **SWEET MANGO** (10) popsicles

BLUE MAGIC | Organic soy milk yogurt, lime juice, spirulina, and maple syrup.

— — — — — **BLUE MAGIC** (10) popsicles

FUDGESICLE | Organic coconut milk, organic cocoa powder, and maple syrup.

— — — — — **FUDGESICLE** (10) popsicles



Producer Feature: More About Frisky Cow Gelato

**FRISKY COW
GELATO**



Frisky Cow Gelato (FCG) is made with 85% local ingredients and lots of love! In 2020 FCG introduced a new flavor, Mint Owl Crunch, with \$.15 from every pint sold donated to Keene State College. The business applied for National B Corp Certification in August to continue to increase its profits while also implementing actions to do good for the community and the environment. In the fall, FCG won the 2020 Pitchfork Competition sponsored by the Hannah Grimes Center for Entrepreneurship and the Keene Sentinel, which came with a \$10k prize. Lastly, they doubled their sales in 2020 and worked with Food Connects to get eight more retailers to sell FCG.

“Food Connects has been a critical partner in our goal to double sales in 2020. Food Connects continues to support us to scale up our business and reach new markets! We are grateful and inspired by their commitment to growing our local food system.”

**Linda Rubin
Owner**



Mint owl crunch

16 FL OZ (1 PINT) 473 mL

FRISKY COW GELATO

Keene, NH

FRISKY COW GELATO aims to produce the best tasting, highest quality, artisan gelato made from Organic milk and cream, and other ingredients sourced as locally as possible.



GELATO

- — — — — **BELGIAN CHOCOLATE** (10) 4 oz cups
- — — — — **BELGIAN CHOCOLATE** (8) 16 oz tubs
- — — — — **CHOCOLATE CHIP COOKIE DOUGH** (8) 16 oz tubs
- — — — — **COFFEEHOUSE CHIP** (10) 4 oz cups
- — — — — **COFFEEHOUSE CHIP** (8) 16 oz tubs
- — — — — **MINT OWL CRUNCH** (10) 16 oz cups
- — — — — **SEA SALTED CARAMEL** (8) 16 oz tubs
- — — — — **STRAWBERRY** (10) 4 oz cups
- — — — — **STRAWBERRY** (8) 16 oz tubs
- — — — — **SWEET MAPLE CREAM** (10) 4 oz cups
- — — — — **SWEET MAPLE CREAM** (8) 16 oz tubs
- — — — — **VANILLA STRACCIATELLA** (10) 4 oz cups
- — — — — **VANILLA STRACCIATELLA** (8) 16 oz tubs



SWEET DOE GELATO

Chelsea, VT

SWEET DOE DAIRY is an 81 acre farmstead and creamery in central Vermont that produces premium goat milk gelato using milk from its registered herd of adorable Nigerian Dwarf dairy goats.

A great option for people with sensitivities to cow's milk!



GOAT MILK GELATO

CHAI | Rich yet delicate flavor from black tea and traditional chai spices. Pairs beautifully with apple, chocolate, coconut &, and more.

— — — — — **GELATO, CHAI** (6) 16 oz

CHOCOLATE | Decadent flavor appreciated by the most discerning chocolate lovers. Made with the finest Belgian chocolate.

— — — — — **GELATO, CHOCOLATE** (6) 16 oz

COFFEE | The perfect pint, brewed up fresh. Rich, smooth, creamy, and perfectly balanced—it's a crowd favorite.

— — — — — **GELATO, COFFEE** (6) 16 oz

VANILLA | Made with the highest quality bourbon vanilla beans straight from Madagascar.

— — — — — **GELATO, VANILLA** (6) 16 oz

*bulk tubs available by special order



Producer Feature: More About Sweet Doe Gelato

Sweet Doe Dairy is an 81-acre farmstead and creamery in central Vermont that produces premium goat milk gelato using milk from its registered herd of Nigerian Dwarf dairy goats. We—Michael and Lisa Davis—own and operate the farm. This is our story.

In 2012, we left successful corporate jobs in New York City to become part of a small farming community in rural Vermont. Some people called us crazy, but those who knew us best knew better. It wasn't a snap decision. We had been thinking about it for years. With a deep-rooted passion for food and for cooking, Michael had spent nearly two years volunteering at Stone Barns Center for Food and Agriculture in Pocantico Hills, New York, as part of the livestock team to learn all he could about animal husbandry, while exploring dairy more fully. He spent nearly a decade honing his gelato recipes and the rest, as they say, is history.

Upon moving to Vermont, we took the time to become intimately familiar with our land and what it could support, learned how to care for it properly, experimented with all sorts of livestock (chickens, turkeys, pigs and, of course, goats), took stock of our existing infrastructure, and determined what a viable farm business might look like.

We decided to pursue an agricultural endeavor because a) we love great food, and b) great food starts with great farmers. We also wanted to put our energy toward a different type of life...one in which we could wake up each morning eager to face the day (No more dreaded Monday mornings or long, crowded commutes for us!), be proud of what we were doing, take ownership of our successes and failures, feel challenged every day, work to the high standards we set for ourselves, share our passion with the public and – with a little luck—be rewarded for our efforts.

We wanted a simpler life, but not in the sense of being easy. In fact, the art and science of farming and gelato-making's a lot more difficult than anyone might imagine. The difference, for us, is that here on the farm, "work" and "play" are the very same thing. It's a privilege to raise animals that make us laugh, keep us humble and, in a very magical way, deliver the wholesome milk that enables us to produce truly amazing farmstead gelato that brings a smile to all who try it. That, alone, makes it all worthwhile.

Mission

Our mission is simple: to surprise and delight our customers by producing a premium farmstead goat milk gelato with superior taste, texture, and digestibility... because no one with a sensitivity to cow's milk should be deprived of America's favorite frozen treat. And even the rest deserve the best.



Valley Veggies

VALLEY VEGGIES

Greenfield, MA

VALLEY VEGGIES, a program of Western Mass Food Processing Center, supports food entrepreneurs and area farms. Valley Veggies, a program of the FPC, increases the region's capacity to lightly process fruits and vegetables and make Western Massachusetts-grown food accessible year-round. Currently, all Valley Veggies farms are located in Hadley, Greenfield, and Westfield, MA.



FROZEN VEGGIES

- — — — — BLUEBERRIES, FROZEN (12) 12oz
- — — — — BROCCOLI FLORETS, FROZEN (6) 12 oz
- — — — — BUTTERNUT, DICED, FROZEN (12) 12 oz
- — — — — CARROT, DICED, FROZEN (12) 12 oz
- — — — — CARROT/PARSNIP BLEND, DICED, FROZEN (12) 12 oz
- — — — — POTATO, DICED, FROZEN (12) 12 oz



FROZEN



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