



# The LOCAL List

November 3, 2024

## Weekly Produce Tips for Seasonal Cooking

Embrace the tastes of fall with apples, cranberries, squash, and crisp green vegetables. The sweet crunch of **Macintosh apples** enhances salads, baking, and sauces, while **cranberries** add a bold, seasonal twist to everything from relishes to desserts. Together, these autumn essentials create the perfect balance to elevate your fall-inspired dishes!



## Fruits & Vegetables

<p><b>Cranberry</b> #3797</p>  <p><b>LAST CHANCE</b></p> <p>QTY: 24/16 oz Killingworth Cranberry Killingworth, CT</p>	<p><b>Honeynut Squash</b> #856</p>  <p><b>LAST CHANCE</b></p> <p>QTY: 1/2 Bushel The Farm Woodbury, CT</p>	<p><b>Dumpling Squash</b> #3102</p>  <p><b>LAST CHANCE</b></p> <p>QTY: 1/2 Bushel Pioneer Valley Grower's Association Deerfield, MA</p>	<p><b>NEW</b></p> <p><b>Broccoli Crown</b> #1307</p>  <p>QTY: Bushel The Farm Woodbury, CT</p>
<p><b>NEW</b></p> <p><b>Bok Choy</b> #4047</p>  <p>QTY: Bushel The Farm Woodbury, CT</p>	<p><b>NEW</b></p> <p><b>Chef Potato</b> #2660</p>  <p>QTY: 50 lb Swazloski Farms Hatfield, MA</p>	<p><b>Macintosh Apple 125 ct</b> #4132</p>  <p><b>LIMITED SUPPLY</b></p> <p>QTY: Bushel Blue Hills Orchard Wallingford, CT</p>	<p><b>Gold Del Apple 100/125 ct</b> #4043</p>  <p><b>LIMITED SUPPLY</b></p> <p>QTY: Bushel Bussa Orchard Glastonbury, CT</p>
<p><b>Macoun Apple 125/138 ct</b> #4176/4175/4174</p>  <p>QTY: Bushel Blue Hills Orchard Wallingford, CT</p>	<p><b>Empire Apple 125/138 ct</b> #4180/188</p>  <p>QTY: Bushel Blue Hills Orchard Wallingford, CT</p>	<p><b>Red Del Apple 100 ct</b> #3764</p>  <p>QTY: Bushel Bussa Orchard Glastonbury, CT</p>	<p><b>Gala Apple 125/138 ct</b> #831</p>  <p>QTY: Bushel Deercrest Farms Glastonbury, CT</p>

## Fruits & Vegetables

### Spaghetti Squash

#3160



QTY: Bushel

Bordua Farms The Farm  
South Windsor, CT Woodbury, CT

### Acorn Squash

#3110



QTY: Bushel

Northern Valley The Farm  
Suffield, CT Woodbury, CT

### Butternut Squash

#3120



QTY: Bushel

Northern Valley The Farm  
Suffield, CT Woodbury, CT

### Corn

#3981



QTY: 60 ct

The Farm  
Woodbury, CT

**Microgreen Rainbow Mix | #3790** QTY: 1/8 oz  
High Ridge Hydroponics, Norwalk, CT

**Micro Pea Tendril | #3546** QTY: 1/8 oz  
High Ridge Hydroponics, Norwalk, CT

**Micro Pea Shoot | #3539** QTY: 1/8 oz  
High Ridge Hydroponics, Norwalk, CT

**Hydrodome Lettuce | #1942** QTY: 12 ct  
H2O Farms, Guilford, CT

**Hydrodome Lettuce | #3927** QTY: 20 ct  
H2O Farms, Guilford, CT / CT Food 4 Thought, Torrington, CT

## Cheese



**Feta | #3974 | QTY: 8 lb**  
Stani Dairy, Ansonia CT

**Mascarpone | #5820**  
Liuzzi Cheese, Hamden, CT

**Ricotta | #5806 | QTY: 6/3 lb**  
Liuzzi Cheese, Hamden, CT

**Scamorza | #954 | QTY: 6/3 lb**  
Liuzzi Cheese, Hamden, CT

**Mozzarella | #5829**  
Liuzzi Cheese, Hamden, CT

**Brick Oven Mozzarella | #5949 | QTY: 5 lb**  
Liuzzi Cheese, Hamden, CT

**Stracciatella | #5644 | QTY: 5 lb**  
Liuzzi Cheese, Hamden, CT

**Burrata | #5737 | QTY: 6/8 oz**  
Liuzzi Cheese, Hamden, CT

## Grocery/Misc.



Plain Greek Yogurt | **#7381** | QTY: 5 lb  
Stani Dairy, Ansonia, CT

Assorted Flavor Greek Yogurt | **#7381** | QTY: 12/5.3 oz  
Stani Dairy, Ansonia, CT

LAST CHANCE

Apple Cider | **#4280** | QTY: 1 Gallon  
Buell's Orchard, Eastford, CT

Apple Cider | **#6905** | QTY: 1/2 Gallon  
Buell's Orchard, Eastford, CT

Apple Cider | **#6910** | QTY: 1 Pint  
Buell's Orchard, Eastford, CT

Honey Bear | **#1638** | QTY: 12 oz  
Hilltop Apiaries, Simsbury, CT

Honey | **#1923** | QTY: 2 lb  
Hilltop Apiaries, Simsbury, CT

Habanero Honey | **#1917** | QTY: 12 oz  
Hilltop Apiaries, Simsbury, CT

Honey | **#1925** | QTY: 12/16 oz  
Hilltop Apiaries, Simsbury, CT

Syrup | **#1332** | QTY: 1 Pint  
Woodbury Sugar Shed, Woodbury, CT

Syrup | **#6003** | QTY: 1/2 Gallon  
Woodbury Sugar Shed, Woodbury, CT

Syrup | **#3809** | QTY: 1 Gallon  
Woodbury Sugar Shed, Woodbury, CT

Heirloom Marinara | **#1353** | QTY: 12/32 oz  
The Farm, Woodbury, CT

Eggplant Salad | **#675** | QTY: 5 lb  
Yosi Kitchen, Windsor, CT

Falafel Retail | **#3781** | QTY: 12/5.25 OZ  
Yosi Kitchen, Windsor, CT

Babaganoush | **#678** | QTY: 10 lb  
Yosi Kitchen, Windsor, CT

Falafel | **#30180** | QTY: 10 lb  
Yosi Kitchen, Windsor, CT

Babaganoush | **#2572** | QTY: 6/8 oz  
Yosi Kitchen, Windsor, CT

Hummus | **#30129** | QTY: 5 lb  
Yosi Kitchen, Windsor, CT