



**Big Buffalo Creek Regenerative Farm LLC**  
**Newport, PA 17074**

June 8, 2026

2026 Fresh **Chemical-free** vegetables from Big Buffalo Creek Regenerative Farm and local small family farm partners at [PennsylvaniaFarmFresh.com](https://PennsylvaniaFarmFresh.com); First-come, First-served. Priority with any seasonal packages and orders placed one week in advance. Delivery costs waived for any orders placed by seasonal package buyers.

Produce	Picked/ Ready	Latest Available	Organic Market Price	Our Avg. Price*
Garlic scapes	5/27-6/16	June 2026	\$12.95/lb.	\$9.95
Zucchini**	Late June	August	\$2.99-\$4/lb.	\$2.5/lb
Yellow squash**	Late June	August	\$2.99-\$4/lb.	\$2.5/lb.
Green Beans (Jade)	Late June	9/29/26	\$4.99/lb.	\$3.99/lb.
Garlic Bulbs	July	Jan. 2027	\$22-\$33/lb.***	\$15-\$16.95
Fresh Meaty Tomatoes (Grandma Mary, Titus)	July	9/29/26	\$3.5-\$5/lb.	\$2.99-\$3.99 /lb.
Cherry/grape size Tomatoes (Pink Beauty, Amish salad, etc.)	July	9/29/26	\$5-\$8/lb.	\$3.99-\$4.99 /lb.
Cantaloupe**	Late July	9/29/26	\$2/lb.	\$1.59/lb.
Seeded Watermelon**	Late July	9/29/26	\$1.2-\$1.50/lb.	\$1.2/lb.
Redbeets**	Late July	9/29/26	\$3/lb.	\$2.39/lb.
Einkorn wheat berries**	Late July	Dec. 2026	\$18-40/5 lbs.	\$15.95/5 lbs
Red Potato (Chieftain)	July	Feb. 2027	\$10-13/5 lbs.	\$7.95/5 lbs.
Potato (Lehigh Gold)	August	Feb. 2027	\$9-13/5lbs.	\$7.50/5lbs.
Green Cabbage (Bravo)*	August	9/15/26	\$1.4-\$2.3/lb.	\$1.49/lb.
Peppers (Sweet peppers, Corno de toro, Jalapeno, some King of North Bell peppers)	August	9/29/26	\$5-\$6/lb.	\$3.99-\$4.99 /lb.

Winter squash (Waltham, Canadai Mezoides, some Crookneck, Wisconsin Cheese)*	September	Feb. 2027	\$1.5-\$2.5/lb.	\$1.39-\$1.59 /lb.
Sweet Potato Fingerlings (Garnet, Beauregard, White Hamon, some Purple, All-Gold)	9/21	March 2027	\$8-\$12 for 2.5 lbs. (Baby jewels)	\$6.95 for 2.5 lbs.
Apples, local organic orchard**	9/21	Dec. 2026	\$18-\$24 for 8 lbs.	\$9.95 for 8 lbs.

\* Prices may be adjusted based on market prices in 2026. Cabbage and squash/pumpkins are sold by weight but each piece may actually weigh more or less than the ordered amount, for which we will adjust your bill.

\*\* From our local chemical-free small family farm partner. Zucchini squash, Cantaloup, and watermelon are sold by weight but each piece may actually weigh more or less than the ordered amount, for which we will adjust your bill. 2nd apples, direct from a small Pennsylvania mountainside organic orchard, may have occasional imperfections.

\*\*\* US-harvested fresh organic garlic (not from China or Argentina) as priced on Keene heirloom organic garlic.



**100% CHEMICAL-FREE  
Fresh, Local Vegetables**

**FREE DELIVERY  
by Hard-working Small  
Family Farms at  
Below Store Prices**



**WHY CHEMICAL-FREE?**

Denatured food is linked to metabolic disorders, cancer, heart disease, diabetes, constipation, hormonal & sexual disorders. Chemical-free means natural taste, freshness, nutrient density, health of the soil & consumers.

**OUR MISSION/PLEDGE:**

Never Spray or Fumigate Produce  
Always Local and Affordable  
Support Small Joyful Family Farms,  
Not Exploited Labor or Mega Farms  
Strive as Stewards of God's Creation

**OUR DIFFERENCE:**

Unlike in CSAs, YOU choose what and how much you order online  
We treat customers like our own family



**NEW Season Open Now, First-Come, First-Served  
FREE Delivery for Seasonal Package  
Buyers, Offers Ends June 30**

Visit [www.PennsylvaniaFarmFresh.com](http://www.PennsylvaniaFarmFresh.com)

+ A Chance for Free Farm Tour, Lessons & Guest Stay at Historic Farm Cabin\*

We are a group of independent regenerative farmers, scientists and educators promoting healthy nutrient-dense food, simple sustainable family farms, economies and lifestyles