

MacDonald Farms Naturally Fermented Probiotic Vegetables  
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macdonaldfarms.net,

## Krauts

Garlic Kraut, cabbage, sea salt, organic garlic  
Power Kraut, cabbage, sea salt  
Ruby Kraut, purple cabbage, sea salt  
Turmeric, organic cabbage, sea salt, organic turmeric  
Turnip Kraut, organic turnips, sea salt (Sauerruben in Austria)

## Pickles

Cucumber Pickles, cucumbers, organic dill, organic garlic, sea salt  
Mustard Pickles, cucumbers, organic mustard seeds, organic apple cider vinegar, sea salt  
Pickled Cauliflower, cauliflower, organic vinegar, sea salt spices  
Pickled String Beans, organic green beans, water, sea salt, organic vinegar, spices  
Pickled Plums, plums, sea salt, shiso,

## Kimchis

Kimchi, White Water Style, Nappa, scallion, organic carrot, og garlic, pepper, ginger, sea salt  
Radish, organic daikon radish, organic carrot, pepper, sea salt, tamari, fish sauce  
Pretty Radish, organic purple radish, organic carrot, organic ginger, sea salt  
New Radish white radish, scallion, organic carrot, garlic, pepper, ginger, sea salt

## Condiments

Brown Rice Miso, (O/S)  
Mustard, organic mustard seeds, organic apple cider vinegar, turmeric, sea salt (O/S)  
Apple Cider Vinegar, organic apples  
Ume Plums, (O/S)  
Ume Plum Sauce, ume plums, garlic, olive oil, ginger (special order)

**PACKAGING:** Products available in a pint (1 #) , a quart (2#) glass jar, or 1 gallon plastic pail. The containers are valued @ \$1, the quarts @ \$2.00, pails @ \$4.00. Credit protocol is yet to determined.

**ORDERING:** email, text, phone, Venmo, WhatsApp by Monday for Wednesday Delivery

**DISTRIBUTION:** Urban Core Ithaca, Weekly Porch Delivery in the planning stage.

**PAYMENT:** PayPal, Venmo, check, cash in an envelope next week, barter

**RETAIL OUTLETS:** Brookton Market, Green Star, The Piggery, (not all items)

**FOOD SENSITIVITY ISSUES:** Organic as listed, Absolutely No GMOs, Fish Sauce in the Radish Kimchi, Lactic acid fermented to a PH of 3.5-4.5 by the friendly beneficial organisms that live naturally on the vegetables.