

Since 2010
Fresh, Local, and
With Integrity

The B.E.C. Old-Fashioned Grocery

Last call edition!!!

Please place your order by noon for guaranteed same-day pick-up or free in-town delivery.

BTC PICKLES & Preserves	MADE BY US	Fruit	Veggies	MILK(ISH) AND EGGS	Meat & Sundries	BREAD & BUTTER
<p>Salsas: ALL 16-oz \$6.99</p> <p>Salsa fresca (mild) Avocado Tomatillo (hot) Black Bean & Corn (medium) Peach (medium)</p> <p>Pickles:</p> <p>Beets 16-oz \$6.99 Okra 16-oz \$6.99 Asparagus 16-oz \$8.99 Bread & Butter 16-oz \$6.99 Sweet Pickle Chips 16-oz \$6.99 Spicy Quail Eggs 16-oz \$9.99 Farmhouse Pickles Quart \$8.99 Dill Pickles Quart \$9.99 Pickled Veggie Mix \$8.99</p> <p>Preserves:</p> <p>Fig 16-oz \$6.99 Strawberry Rhubarb 16-oz \$6.99</p> <p>Fruit Butters:</p> <p>Apple 16-oz \$6.99 Cherry 19-oz \$8.99 Blackberry 19-oz \$9.99 Peach 19-oz \$8.99</p> <p>Sundry:</p> <p>ChowChow 16-oz \$6.99 Crushed Olive Spread 16-oz \$9.99 Black-eyed Pea Relish 16-oz \$6.99 Corn Relish 16-oz \$6.99 German Sauerkraut 16-oz \$6.99 No-Sugar Applesauce 25-oz \$6.99 Marinated Artichokes \$8.99 Dilled Garlic \$8.99 Sweet Baby Corn 6.99</p> <p>BBQ Sauce:</p> <p>Bacon Bourbon 16-oz \$7.99</p> <p>Apple Butter BBQ SAUCE 18-oz \$6.99</p> <p>Moonshine BBQ sauce 18-oz \$6.99</p>	<p>Just Made! Catfish Salad (like tuna salad but with catfish) \$4.50</p> <p>Fresh not frozen just-made Macaroni and Cheese \$6.99</p> <p>Dixie's Boogie Chicken Salad 8-oz \$6.50 16-oz \$11.50</p> <p>BTC Southwestern TexMex Pimento Cheese 8-oz \$4.99 16-oz \$8.99</p> <p>BTC Church Lady Pimento Cheese 8-oz \$4.99 16-oz \$8.99</p> <p>SIGNATURE SAUCES</p> <p>All 8-oz \$3.99 16-oz \$6.99</p> <p>Buttermilk Ranch Donna June Fry Sauce Old Bay tartar Sauce</p> <p>Charleston Succotash \$5.99</p> <p>Cornbread Squash Casserole \$5.99</p> <p>Country Beans with Ham and Rice \$6.99/small</p> <p>Hamburger Steak With ranch cheese potatoes and green beans \$6.99/small</p> <p>Vegetable Beef Soup The one and only \$8.99/quart</p> <p>Black Bean Chili with Chicken \$9.50/quart</p> <p>Dixie's Mississippi Catfish Gumbo \$8.99/quart</p> <p>Broccoli cheese soup \$9.50/quart</p>	<p>Cherry Plums! A super-sweet non-GMO hybrid. \$3.99/1.5-pound bag.</p> <p>Red Plums! \$1.99/pound</p> <p>Clementines from Uruguay, where it's winter! Tart and juicy, slightly difficult to peel 4/\$1</p> <p>TN sweet white Peaches \$2.49/lb</p> <p>South Carolina Peaches \$2.29/lb Limited availability</p> <p>Local HoneyDew From Mr William Jeffries Just picked! \$3</p> <p>Local Cantaloupes From Mr William Jeffries Just picked! \$3</p> <p>Local Watermelons! From William Jeffries Small \$5 Big, Red seeded \$7 Big, Yellow seeded. \$8</p> <p>Honeycrisp Apples \$2.99/lb</p> <p>Limes! 4/99 cents</p> <p>Bananas! Green-yellow. 69 cents/lb.</p> <p>Tony Chocolonely Giant Belgian CHOCOLATE Bars, \$5.99</p> <p><i>*dark choc with pecan and coconut</i></p> <p><i>*darker milk chocolate with pretzel and toffee</i></p> <p><i>*milk chocolate</i></p> <p><i>*Extra Dark chocolate</i></p> <p>Coffee</p> <p>Equal Exchange Mind, Body, & Soul \$11.99 whole bean or ground</p> <p>Two Brook's Rice, all 2-lb bags \$5.95 Beulah's mix of brown and red OR brown long-grain OR white basmati</p> <p>Wild Harvest Organic Coconut Milk cans 13.5 oz \$2.99</p>	<p>Local and Organic from Native Son Farm</p> <p>*jalapenos 2/99 cents</p> <p>*organic red onions 89 cents each</p> <p>Local from Mr. Jeffries</p> <p>*Yellow Squash \$1.99/lb</p> <p><i>*Okra! \$2.99/lb</i></p> <p><i>*tomatoes: \$1.99/lb</i></p> <p>Local from Matt at Clear Creek Farm</p> <p><i>*heirloom cherry tomatoes, \$3.99/quart</i></p> <p><i>*green bell peppers, 89 cents each</i></p> <p><i>*sadly Hal's tomatoes have come to an end. I hope you've enjoyed them. Mr. Jeffries has homegrown though.</i></p> <p>Gorgeous Snap Beans (Green Beans) \$2.50/pound</p> <p>Bell Peppers! Pretty. Red OR yellow \$1 each</p> <p>Fresh Kale \$1.99/bunch</p> <p>Bagged-by-Us Spring Mix</p> <p>Bagged Carrots \$1.29</p> <p>Bagged Celery \$1.99</p> <p>Cilantro, \$1.29/bunch</p> <p>Fresh ginger \$3.99/lb</p> <p>Green OR Red Cabbage, 89 cents/lb</p> <p>Iceberg, \$2.29/HEAD</p> <p>Russet Baking Potatoes, 89 cents/lb</p> <p>Sweet Potatoes from MS, 79 cents/lb</p> <p>Italian Sweet Red onions 99 cents/b</p> <p>Garlic 99 cents/head</p> <p>Shallots, \$3.99/lb</p> <p>TORTILLA CHIPS</p> <p>Chia Seed and Quinoa Blue Corn Sea Salt and Lime \$4.85/bag Late July brand</p>	<p>PURE unsweetened Almond Milk, Silk, \$5.99 ON SALE</p> <p>Organic Extra-Firm Tofu, \$3.79 each</p> <p>Organic Valley Heavy Whipping Cream, \$3.99 small</p> <p>Generic Half and Half \$3.99</p> <p>Eggs COUNTRY-RAISED \$3.99/DOZEN from William Jeffries</p> <p>YOGURT</p> <p>Greek Gods whole-milk plain Greek \$5.99</p> <p>BROWN FAMILY DAIRY creamline MILK 1/2 gallon reduced 1/2 gallon whole \$4</p> <p>Deli</p> <p>NEW! Pit-Smoked Ham, Sliced By Us, \$7.99/pound.</p> <p>Sliced Sharp Yellow Cheddar, \$5.99/.75lb package</p> <p>New! Bellamy Blue Cheese from TN's Sequatchie Cove Creamery. Divine! ~\$11/wedge</p> <p>Jasper Hill VT Garlic salami \$8.99/4.5oz tube AV LIMITED</p> <p>Italian Pecorino Aged and super good \$9-\$13 chunk</p> <p>Little Hosmer wrapped brie from Vermont's Jasper Hill. ON SALE \$7.99 each</p> <p>Feta! \$4.99/container</p> <p>Goat Cheese! \$4.50/3-oz</p> <p>Salt-Cured Italian Capers \$2.99/8-oz</p> <p>Extra-Sharp White Cheddar Blocks \$7.99/lb</p> <p>Cerignola Olives \$7.99/16-oz</p> <p>New! Spanish Olive Oil from L'Estornell, an organic blend of Arbequina mechanically pressed olives recommended by Saveur as fruity with notes of black peppers. Cupped by us in 16-oz plastic containers, functional but hopefully you have a pretty glass jar at home. \$7.99.</p>	<p>Homeplace Pastures' Local and Humane</p> <p>FRESH sirloin steaks \$12.99/lb</p> <p>FRESH ground beef \$7.99/package</p> <p>Frozen chorizo \$6.99/package</p> <p>Frozen bratwurst \$6.99/package</p> <p>Smokehouse Sausage</p> <p>One-pound patty trays \$5.49.</p> <p>2-pound rolls \$8.99.</p> <p>Heinz ketchup squeeze bottle \$3.99 Kraft Mayo squeeze bottle \$4.99</p> <p>Pomi Chopped Tomatoes, BPA-free, \$4.50</p> <p>Bragg Apple Cider Vinegar, 16-oz, \$4.79</p> <p>New! Monari Balsamic Vinegar, 8.5 oz, \$3.99</p> <p>Beer: \$10.99 (and you can mix/match)</p> <p>Pilsner Urquel a Czech beer since 1842 (low av.; please order only as a mix-and-match) Bell's Mango Oberon Crosstown Dog Days (lemonade shandy) Southern Proh. Lemon Icebox Suzy B from Souther Prohib Cigar City Jai Alai Lazy Magnolia Southern Pecan High Cotton IPA Bell's Two-Hearted Ale Abita Strawberry Peroni Dixie Crimson Voodoo (low av.; please order only as a mix-and-match)</p> <p>Bev & Mixers</p> <p>Mexican Cane-Sugar Coca-Cola Glass Bottles, \$1.99 each</p> <p>Mountain Valley Spring Sparking Glass liters, \$2.99 Reed's Ginger Beer, \$6.99/4-pack Fever-Tree Elderflower Tonic Water, \$6.99</p> <p>Looza Glass-Bottled Fruit Nectars, \$5.99: Mango OR Apricot</p> <p>The Original Grit Girl, Fresh Stone-Ground Grits 2-lb bag \$9.99 Cornmeal 2-lb bag \$9.99</p> <p>FLOUR</p> <p>Bagged-by-us King Arthur Special All-Purpose \$5/5-lb bag</p> <p>CRACKERS</p> <p>Blue Diamond Pecan Nut Thins, \$4.25 Milton's Baked Organic olive oil and sea salt \$4.25 Stacy's Parmesan Garlic Herb Pita Chips \$3.99</p>	<p>Tribeca Baguettes Baked-to-Order \$3.50</p> <p>Rotella Hamburger Buns 8-count/\$5.99 lim. av</p> <p>Alvarado Rye Bread, sold frozen, \$6</p> <p>Rotella Wheat Bread \$6.99/long loaf</p> <p>BLOCK UNSALTED 1-LB generic BUTTER \$5</p> <p>Vermont Cultured Unsalted Butter \$5</p> <p>Kerrygold Unsalted Butter \$5</p> <p>PEANUT BUTTER just ground by us no salt or oil \$4.99</p> <p>BAGGED BY US NEW: Raw Organic Cashews, \$6/lb</p> <p>Sweetened Banana Chips \$5/lb</p> <p>Raw Walnuts, \$8/lb</p> <p>Blueberry Flax Granola \$5.99/lb choose from small or large</p> <p>Dark chocolate almonds \$11.99/lb</p> <p>Bagged-by-Us Oats (plain Oatmeal), \$1.49/pound</p> <p>Crystallized Ginger, \$8.99/lb</p> <p>SWEETENERS</p> <p>dark honey! from Joe and Millie Zook \$8.99/pint \$16.99 quart</p> <p>Gallons of Organic Vermont Maple Syrup \$64.95 Pints \$8.99 (cupped by us)</p> <p>Big Kombucha Gingerberry or Trilogy or Hibiscus Ginger \$10.99 GTS Synergy</p> <p>NEW: SQUID INK TONARELLI PASTA (looks like linguine) from Italy MADE BY HAND by Rustichella D'abruzzo \$5.99/pound</p>

WANT SOMETHING? TELL ME. VIA EMAIL (BTCGROCERY@GMAIL.COM) OR PHONE (662-473-8069) EMAIL PREFERRED (DON'T FORGET YOUR PHONE NUMBER). ORDERS FILLED IN THE ORDER THEY ARE RECEIVED.