

Please contact the individual vendors directly for all orders. For all other inquiries, please contact [info@psfn.org](mailto:info@psfn.org).

Thank you for supporting the Seattle Wholesale Market!

**Fresh Sheet for 7/27/11**

| Full Circle                                                                                                                                                                                     | Products                                                | Wholesale Price/Qty                        | Notes                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Carnation, WA<br><a href="http://www.fullcircle.com/">http://www.fullcircle.com/</a><br><b>Bill Brown or Sabrina Wilz</b><br><b>425.207.4623 x 115 &amp; 122</b><br><b>sales@fullcircle.com</b> | kale, green                                             | Please contact Bill or Sabrina for pricing | Pre-order by noon Tuesday to pick up at Market Wednesday.                                                |
|                                                                                                                                                                                                 | kale, red                                               |                                            |                                                                                                          |
|                                                                                                                                                                                                 | kale, lacinato                                          |                                            |                                                                                                          |
|                                                                                                                                                                                                 | chard, green                                            |                                            |                                                                                                          |
|                                                                                                                                                                                                 | chard, rainbow                                          |                                            |                                                                                                          |
|                                                                                                                                                                                                 | chard, red                                              |                                            |                                                                                                          |
|                                                                                                                                                                                                 | dandelion greens                                        |                                            |                                                                                                          |
|                                                                                                                                                                                                 | lettuces                                                |                                            |                                                                                                          |
|                                                                                                                                                                                                 | baby lettuces                                           |                                            |                                                                                                          |
|                                                                                                                                                                                                 | salad mix                                               |                                            |                                                                                                          |
|                                                                                                                                                                                                 | braising mix                                            |                                            |                                                                                                          |
|                                                                                                                                                                                                 | red beets                                               |                                            |                                                                                                          |
|                                                                                                                                                                                                 | carrots                                                 |                                            |                                                                                                          |
|                                                                                                                                                                                                 | broccoli                                                |                                            |                                                                                                          |
| Grand Central Baking Co                                                                                                                                                                         | Products                                                | Price/Minimum                              | Quantity Available                                                                                       |
| Seattle, WA                                                                                                                                                                                     | Como (Artisan White)                                    | \$2.66/1                                   | *Pre-order by 2pm Monday to pick up at Market Wednesday.                                                 |
| <a href="http://www.grandcentralbakery.com">www.grandcentralbakery.com</a><br><b>Meghan Stuart</b><br><b>206-768-0320</b><br><b>m.stuart@grandcentralbakery.com</b>                             | Ciabatta                                                | \$2.31/1                                   | Please note that because of the lengthy process to make bread, the business requires to days meet orders |
|                                                                                                                                                                                                 | Peasant Levain                                          | \$2.77/1                                   | 4                                                                                                        |
|                                                                                                                                                                                                 | Rustic Baguette                                         | \$1.95/1                                   | 4                                                                                                        |
|                                                                                                                                                                                                 | Petite Baguette                                         | \$1.25/1                                   | 8                                                                                                        |
|                                                                                                                                                                                                 | Potato Rolls                                            | \$2.32/8                                   | 8                                                                                                        |
|                                                                                                                                                                                                 | Rosemary Rolls                                          | \$2.80/8                                   | 24                                                                                                       |
|                                                                                                                                                                                                 | Como Sandwich (sliced)                                  | \$4.16/1                                   | 24                                                                                                       |
|                                                                                                                                                                                                 | Whole Wheat Sandwich (sliced)                           | \$4.64/1                                   | 3                                                                                                        |
|                                                                                                                                                                                                 | Marble Rye Sandwich (sliced)                            | \$5.50/1                                   | 3                                                                                                        |
|                                                                                                                                                                                                 | Multigrain Whole Wheat (sliced)                         | \$3.95/1                                   | 2                                                                                                        |
|                                                                                                                                                                                                 | Brioche Burger Buns                                     | \$3.60/6                                   | 2                                                                                                        |
|                                                                                                                                                                                                 | Brioche Hot Dog Buns                                    | \$2.40/4                                   | 24                                                                                                       |
|                                                                                                                                                                                                 |                                                         |                                            | 16                                                                                                       |
| 3 Sisters Cattle Co                                                                                                                                                                             | Products                                                | Wholesale Price/Qty                        | Notes                                                                                                    |
| Whidbey Island, WA                                                                                                                                                                              |                                                         |                                            | Pre-order by noon Tuesday to pick up at Market Wednesday.                                                |
| <a href="http://www.3sistersbeef.com/">http://www.3sistersbeef.com/</a>                                                                                                                         | Natural Grass Fed Uncured Beef Franks 12 oz (8 per pkg) | \$ 50.31 per case (12 pkgs per case)       | 1 case min                                                                                               |

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|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Shelly Muzzal</b>                                                                        |                                                                         |                                              |                                                                                                                                                                                                                                                                                                         |
| <b>360-914-7058</b>                                                                         | Natural Grass Fed Uncured Beef Franks 16 oz (4 per pkg)                 | \$44.72 per case (8 pkgs per case)           | 1 case min                                                                                                                                                                                                                                                                                              |
| <b>shelly@3sistersbeef.com</b>                                                              | Natural Grass Fed Uncured Beef Pepperoni Sticks 4 oz (5 sticks per pkg) | \$39.84 per case (12 pkgs per case)          | 1 case min                                                                                                                                                                                                                                                                                              |
|                                                                                             | Grass Fed Ground Beef 10 pound chubs (6 per box)                        | \$4.19 per pound<br>Approx \$250.00 per case | 1 case min                                                                                                                                                                                                                                                                                              |
| Last updated July 25, 2011 (MZ) (Please enter date the sheet was updated and initial)       |                                                                         |                                              |                                                                                                                                                                                                                                                                                                         |
| <b>Mike and Jean's Berry Farm</b>                                                           |                                                                         |                                              |                                                                                                                                                                                                                                                                                                         |
| <b>Products</b>                                                                             |                                                                         | <b>Wholesale Prices</b>                      | <b>Notes</b>                                                                                                                                                                                                                                                                                            |
| Mt Vernon, WA                                                                               | Strawberries (non sugared): *30 lb pails                                | \$36/\$40/\$44                               | *30# Strawberries also available with sugar.                                                                                                                                                                                                                                                            |
| <b>Mike Youngquist</b>                                                                      | Raspberries non sugared: 28 lb pails                                    | \$57/\$61/\$61                               | non sugared pails are ideal for food service                                                                                                                                                                                                                                                            |
| <b>mike@mikeandjeans.com</b>                                                                | Strawberries (non sugared): 15 lb pails                                 | \$20/\$22/\$24                               | 60 - 15# pails per pallet                                                                                                                                                                                                                                                                               |
| <b>Call to order: 360-424-7220 or cell 360-770-4670</b>                                     | Raspberries (non sugared): 14 lb pails                                  | \$29/\$31/\$31                               | 48 - 30# pails per pallet                                                                                                                                                                                                                                                                               |
| <a href="http://www.mikeandjeans.com/">http://www.mikeandjeans.com/</a>                     | Strawberries: (non sugared) 7 lb pails                                  | \$14/\$15/\$15                               | *Please make orders by Monday afternoon to accommodate logistical needs. If order is made later than Monday afternoon please call vendor to ensure product will be available                                                                                                                            |
| Last updated July 25, 2011 (MZ)<br>(Please enter date the sheet was updated and initial)    | Raspberries (non sugared): 6.5 lb pails                                 | \$16/\$17/\$17                               |                                                                                                                                                                                                                                                                                                         |
| Call Mike to order for wholesale market pick-ups or inquire about distribution alternatives | Strawberries 6/3 lb Zip Lk                                              | \$33/\$35/\$35                               |                                                                                                                                                                                                                                                                                                         |
| *Pre-order by Monday afternoon to pick up at Market Wednesday.                              | Strawberries 8/3 lb Zip Lk                                              | \$42/\$46/\$48                               |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Raspberries 6/3 lb Zip Lk                                               | \$41/\$42/\$43                               |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Raspberries 8/3 lb Zip Lk                                               | \$54/\$56/\$57                               |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Blueberries 10 lb. Box/Pails                                            | \$23.50/\$24/\$28                            |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Blueberries 6/3 lb Zip Lk.                                              | \$46/\$47/\$50                               |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Blackberries 14 lb. Pails                                               | \$23.50/\$23/\$24                            |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | Blackberries 28 lb.                                                     | \$42/\$45/\$47                               |                                                                                                                                                                                                                                                                                                         |
|                                                                                             | BLEND-Rasp-Blue-Black 6+1, 14lb.                                        | \$30/\$32/\$32                               |                                                                                                                                                                                                                                                                                                         |
| <b>Link Lab Artisan Meats, LLC</b>                                                          |                                                                         |                                              |                                                                                                                                                                                                                                                                                                         |
| <b>Products</b>                                                                             |                                                                         | <b>Price/Minimum</b>                         | <b>Notes</b>                                                                                                                                                                                                                                                                                            |
| Seattle, WA                                                                                 |                                                                         |                                              | Pre-order by noon Tuesday to pick up at Market Wednesday.                                                                                                                                                                                                                                               |
| <a href="http://www.linklabartisanmeats.com">http://www.linklabartisanmeats.com</a>         |                                                                         |                                              | LIMITED PRODUCTION WEEK OF 8/1: Link Lab will have very limited production next week. If you know you will want/need sausage during the week of 8/1, please let me know very soon so I can hopefully work it into the schedule. If not, I will be back to a regular 100+ lbs the following week of 8/8. |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>David Pearlstein</b></p> <p><b>206-660-5182</b><br/><b>david@linklabartisanmeats.com</b></p>                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                            |                                                  | <p>NEW SAUSAGES COMING SOON! fyi...I just finished applying for 12 new sausage varieties. As I've mentioned, this requires submitting labels to the USDA folks in Maryland and waiting (and waiting and waiting....) for their stamp of approval. There should be duck, chicken, and lots of new pork sausage available in a few weeks. Can't wait!</p>                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Fremont Beer Brats (20# available)</p>                                                                                                                                                  | <p>\$10/lb</p>                                   | <p>Inspired by memories of the bratwurst eaten in the midwest, Link Lab has taken this classic football-weekend sausage and put our own twist on it. Along with marjoram and mustard seed, Fremont Brewing Company's Universal Pale Ale is a key ingredient in this sausage. Not spicy, and very kid friendly sausage. Tails and Trotters hazelnut finished pork is used in this sausage.</p> |
| <p><b>NOTE TO CUSTOMERS:</b><br/>Weekly production capacity at Link Lab is limited to around 130#. I fill orders on a first come first served basis each week, and sausage seems to sell quickly (thank you!). However.....orders received by EOD Monday can guarantee your sausage for the following week's production run.. Contact me (david@linklabartisanmeats.com) to pre-order or with any questions.</p> | <p>Jalapeno Pork Sausage (20# available)</p>                                                                                                                                               | <p>10/lb.</p>                                    | <p>Bright fresh pepper flavors without the burning heat. This is has quickly become a customer favorite.</p>                                                                                                                                                                                                                                                                                  |
| <p><b>DISCOUNT ALWAYS AVAILABLE!</b><br/>And...all sausage can be prepared in links or loose/bulk (not in a casing). There is always a 10% discount for loose/bulk sausage purchases.</p>                                                                                                                                                                                                                        | <p>Chorizo (30# available)</p>                                                                                                                                                             | <p>\$10/lb (or \$9/lb loose, not in casings)</p> | <p>Featuring pork sources from Creviston Valley Farm in Longbranch, WA, this chorizo uses two different types of paprika and several kinds of chili peppers give this pork chorizo sausage complexity without too much heat. May chefs prefer this in a loose bulk bag rather than stuffed into links. Just let me know what you prefer.</p>                                                  |
| <p>Last updated July 17, 2011 (DP)</p>                                                                                                                                                                                                                                                                                                                                                                           | <p>Beef Pepper Sausage (contains pork) (20# available)</p>                                                                                                                                 | <p>\$12/lb</p>                                   | <p>Silvies Valley Ranch Grass-fed beef flavors are complemented (but not overshadowed) by pepper, garlic, mustard seed, and mace.</p>                                                                                                                                                                                                                                                         |
| <p><b>Ninety Farms</b></p>                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>Products</b></p>                                                                                                                                                                     | <p><b>Wholesale Price/Qty</b></p>                | <p><b>Notes</b></p>                                                                                                                                                                                                                                                                                                                                                                           |
| <p>Arlington, WA<br/><b>Linda Neunzig</b><br/><b>ninetyfarms@aol.com</b><br/><b>360-631-1286</b></p>                                                                                                                                                                                                                                                                                                             | <p>Grass fed Katahdin thick cut lamb chops \$12.50 per pound.<br/>Lamb:<br/>Rack of Lamb<br/>Leg of lamb - bone in and boneless<br/>Boneless rolled shoulder<br/>Lamb Shanks<br/>Beef:</p> | <p>20% off special</p>                           | <p>Pre-order by noon Tuesday to pick up at Market Wednesday.</p>                                                                                                                                                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Cross Rib Roast, Chuck Roast<br/>Tenderloin steaks<br/>Rib Eye Steaks,<br/>NY steaks<br/>Sirloin Steaks</p>                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                               |

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|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------|-----------------------------------------------------------|
|                                                                                                                                 | Ribs                             |                            |                                                           |
|                                                                                                                                 | Brisket                          |                            |                                                           |
|                                                                                                                                 | Beef soup bones                  |                            |                                                           |
| Last updated July 25/11 (MZ)<br>(Please enter date the sheet was updated and initial)                                           | Liver, tongue                    |                            |                                                           |
| <b>The Market Garden</b>                                                                                                        | <b>Products</b>                  | <b>Wholesale Price/Qty</b> | <b>Notes</b>                                              |
| Snohomish, WA<br>http://themarketgarden.biz/<br><b>John Anthony</b><br>sales@themarketgarden.biz<br>call to order: 360-794-9806 |                                  |                            | Pre-order by noon Tuesday to pick up at Market Wednesday. |
|                                                                                                                                 | Strawberries (organic)           | 12 pint flat - \$29        | All of our produce is WSDA Certified Organic #2355.       |
|                                                                                                                                 | Cherry Tomatoes (organic)        | 12 pint flat - \$29        |                                                           |
|                                                                                                                                 | Roma Tomatoes (organic)          | \$2.09 per pound           |                                                           |
|                                                                                                                                 | Heirloom Tomatoes (organic)      | \$3.99 per pound           |                                                           |
|                                                                                                                                 | Big Beef Tomatoes (organic)      | \$2.75 per pound           |                                                           |
| Last updated July 17, 2011 (LN); 07/18/11 (MZ) 8:50am<br>(Please enter date the sheet was updated and initial)                  |                                  |                            |                                                           |
| <b>Dave's Produce</b>                                                                                                           | <b>Products</b>                  | <b>Wholesale Price/Qty</b> | <b>Notes</b>                                              |
| Ephrata, Wa<br><b>Dave North</b><br>Tongloag@aspeedynet.net<br>Call to order: 509-989-5446                                      | small Onions, Walla Walla Sweets | 10 pound boxes, \$5        | Pre-order by noon Tuesday to pick up at Market Wednesday. |
| Last updated July 25,11 (MZ)<br>(Please enter date the sheet was updated and initial)                                           |                                  |                            | Check back regularly - more produce in August.            |
| <b>Creviston Valley Farms</b>                                                                                                   | <b>Products</b>                  | <b>Wholesale Price/Qty</b> | <b>Notes</b>                                              |
| Creviston, WA<br><b>Lalaine Wong</b><br>alohabbb@comcast.net<br>Call to order: 253-858-4844                                     | Whole Chicken                    |                            | Pre-order by noon Tuesday to pick up at Market Wednesday. |
|                                                                                                                                 | different cuts of pork:          |                            | pasture raised meat birds                                 |
|                                                                                                                                 | pork sausage                     | \$4/lb                     | All ground meat in 1/lb packaging                         |
|                                                                                                                                 | ground pork                      | \$3.5/lb                   |                                                           |
|                                                                                                                                 | ground beef                      | \$4/lb                     |                                                           |
|                                                                                                                                 | Eggs                             | 20 dozen                   |                                                           |
| Last updated July 25/11 (MZ)<br>(Please enter date the sheet was updated and initial)                                           | garlic scapes                    |                            |                                                           |
|                                                                                                                                 | fresh garlic                     |                            |                                                           |
|                                                                                                                                 | Jams and jellies                 | 7 varieties                | All preserves made with fruit from the farm               |
| <b>Sky Harvest Produce</b>                                                                                                      | <b>Products</b>                  | <b>Wholesale Price/Qty</b> | <b>Notes</b>                                              |
| Mt Vernon, WA<br><b>Nate Youngquist</b><br>skyharvestproduce@gmail.com<br>Call to order: (360) 421-0075                         | Raspberries (half flats)         | Call Nate to inquire       |                                                           |
|                                                                                                                                 | Blueberries                      |                            |                                                           |
| Last updated July 25, 2011 (MZ)                                                                                                 |                                  |                            |                                                           |

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(Please enter date the sheet was updated and initial)

| Well Fed Farms                                        | Products       | Wholesale Price/Qty | Notes                                                                                                        |
|-------------------------------------------------------|----------------|---------------------|--------------------------------------------------------------------------------------------------------------|
| Mt Vernon, WA                                         | Chicken, Whole | \$4.00/lb           | WFF will attend the Seattle Wholesale Market at the in August. Skipping first few weeks. Pre-orders welcome. |
| Katharine & Erik Olson<br>farm@wellfedfarms.net       | Rabbit, Whole  | TBD                 |                                                                                                              |
| Call to order: (509) 954-1739                         |                |                     |                                                                                                              |
| Last updated July 17, 2011 (LN)                       |                |                     |                                                                                                              |
| (Please enter date the sheet was updated and initial) |                |                     |                                                                                                              |

| Seattle Tilth's United People's Farm                  | Products                | Wholesale Price/Qty | Notes                                                     |
|-------------------------------------------------------|-------------------------|---------------------|-----------------------------------------------------------|
| Auburn, WA                                            |                         |                     | Pre-order by noon Tuesday to pick up at Market Wednesday. |
| Micah Anderson                                        | NOT AVAILABLE THIS WEEK |                     | Please Contact Micah Anderson to receive current prices   |
| 206-681-4876                                          |                         |                     | All our produce is organically grown and pesticide free.  |
| jmicaha@gmail.com                                     |                         |                     |                                                           |
|                                                       |                         |                     |                                                           |
|                                                       |                         |                     |                                                           |
|                                                       |                         |                     |                                                           |
|                                                       |                         |                     |                                                           |
| Last updated July 25, 2011 (LN); 07/18/11 (MZ) 9am    |                         |                     |                                                           |
| (Please enter date the sheet was updated and initial) |                         |                     |                                                           |

| Koppang Farm/ Orchards                                | Products                                                        | Wholesale Price/Qty | Notes                                                    |
|-------------------------------------------------------|-----------------------------------------------------------------|---------------------|----------------------------------------------------------|
| Ephrata, Wa                                           | Apricots available first week in August - check back next week. |                     | Not available till August.                               |
| John and Mary Catherine Koppang                       |                                                                 |                     | All our produce is organically grown and pesticide free. |
| mcat@sagensun.net                                     |                                                                 |                     |                                                          |
| Call to order: 509-787-1305 or cell 206-406-0864      |                                                                 |                     |                                                          |
| Last updated July 25, 2011 (MZ)                       |                                                                 |                     |                                                          |
| (Please enter date the sheet was updated and initial) |                                                                 |                     |                                                          |

| Sky Harvest Produce                                         |  | Products                 | Wholesale Price/Qty  | Notes |  |  |  |  |  |  |  |  |  |
|-------------------------------------------------------------|--|--------------------------|----------------------|-------|--|--|--|--|--|--|--|--|--|
| Mt Vernon, WA<br>Nate                                       |  | Raspberries (half flats) | Call Nate to inquire |       |  |  |  |  |  |  |  |  |  |
| Youngquist<br>skyharvestprodu                               |  | blueberries              |                      |       |  |  |  |  |  |  |  |  |  |
| Call to order:<br>(360) 421-0075                            |  |                          |                      |       |  |  |  |  |  |  |  |  |  |
| Last updated<br>07/25/11 (MZ)                               |  |                          |                      |       |  |  |  |  |  |  |  |  |  |
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| Koppang Farm/ Orchards                                                                                   |  | Products                                                            | Wholesale Price/Qty | Notes                                                     |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------|---------------------|-----------------------------------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|
| Ephrata, Wa                                                                                              |  | Apricots<br>no apricots yet - check back on the 23rd (MZ, 07/17/11) |                     | Pre-order by noon Tuesday to pick up at Market Wednesday. |  |  |  |  |  |  |  |  |  |  |  |  |
| John and Mary Catherine Koppang<br>mcat@sagensun.net<br>Call to order: 509-787-1305 or cell 206-406-0864 |  |                                                                     |                     | All our produce is organically grown and pesticide free.  |  |  |  |  |  |  |  |  |  |  |  |  |
| Last updated July 7, 2011 (LN)                                                                           |  |                                                                     |                     |                                                           |  |  |  |  |  |  |  |  |  |  |  |  |
| (Please enter date the sheet was updated and initial)                                                    |  |                                                                     |                     |                                                           |  |  |  |  |  |  |  |  |  |  |  |  |



| Well Fed Farms                                                                           | Products       | Wholesale Price/Qty | Notes                                                                                                                         |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------------------------------------------------------------|----------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|--|--|
| Mt Vernon, WA                                                                            | Chicken, Whole | \$4.00/lb           | Will start attending the Seattle Wholesale Market at the end of July. Skipping first few weeks. Calls for pre-orders welcome. |  |  |  |  |  |  |  |  |  |  |  |
| <b>Katharine &amp; Erik Olson</b>                                                        | Rabbit, Whole  | TBD                 |                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |
| <b>farm@wellfedfarms.net</b>                                                             |                |                     |                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |
| <b>Call to order: (509) 954-1739</b>                                                     |                |                     |                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |
| Last updated July 17, 2011 (LN)<br>(Please enter date the sheet was updated and initial) |                |                     |                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |