

Heritage Organic Farm Box Club
Spring & Summer most Common Organic Foods Offered

(Extras are not included in the regular box and must be ordered separately a week in advance)

Vegetables

Asparagus
Arugula
Beans, Green
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Corn
Cucumbers
Daikon
Garlic
Ginger
Lettuce
Mushrooms
Okra
Onions, Yellow & Green
Peas, English & Shelled Field
Peppers
Potatoes
Radish
Spinach
Squash, Yellow & Zucchini & Sunburst
Tomatoes, Slicers & Grape Cherry
Turnips

Fruit

Apples
Avocados
Bananas
Blueberries
Cherries
Figs
Grapefruit
Grapes
Kiwi
Lemons
Melons
Mangos
Oranges
Pears
Peaches
Pineapple
Plums
Strawberries
Tangerines

Herbs & Nuts

Basil
Cilantro
Dill
Parsley
Rosemary
Sage
Thyme

Almonds
Peanuts
Pecans
Walnuts

Extras

Cheese: (8 oz)
 Shredded Parmesan
 Cheddar Raw
Stew Beef
Ground Beef
Filet Mignon
Turkey Breast Sliced (7 oz)
Ham Sliced (7 oz)
Honey (Local)
Chicken (Whole)
Chicken Breast BL/SL
Grits
Coffee, Costa Rican
Eggs (Pasteured, Organic)

*Meats can only be purchased at the farm