

 **Winter**

 **Spring**



Summer 

Fall 

Summer A blissful time for Ontario when our tables are graced with all manner of fresh and locally grown delights from tomatoes to corn, peaches to watermelons. See two dreamy *Fresh Boxes*™ created for our customers in summers past.



**Our Basic box delivered during the week of
August 6th - August 10th, 2007**

1 each	Watermelon - ON
1 bunch	Carrots - ON
1 each	Squash, Patty Pan - ON
1 bunch	Edamame - ON
1 head	Broccoli - ON
4 each	Oranges, Valencia
2 each	Pears, Packham
½ pound	Apricots - CAN
½ pound	Plums, Red
1 each	Peppers, Green - ON
1 each	Avocado
2 each	Tomatoes - CAN
½ pound	Mushrooms, Button - ON
1 head	Lettuce, Romaine - ON

**Our Basic box delivered during the week of
August 17th - August 21st, 2009**

1 each	Muskmelon - ON
2 pounds	Potatoes, New - ON
1 each	Kohlrabi - ON
1 bunch	Carrots - ON
4 each	Pears, Bartlett - CAN
1 each	Cucumber, Field - ON
1 each	Zucchini - ON
½ pound	Beans - ON
2 pounds	Peaches - ON
2 each	Tomatoes, Vine - ON
1 bunch	Chard, Rainbow - ON
1 head	Lettuce, Field - ON

Fall A time when the Ontario harvest provides us with sweet hardy greens, an abundance of squash in many varieties, apples galore, and enduring root vegetables. Here are two great examples of our *Basic Fresh Boxes*™ delivered in the fall.



**Our Basic box delivered during the week of
October 15th - October 19th, 2007**

1 each	Squash, Carnival - ON
1 bunch	Beets - ON
1 pound	Onions, Red - ON
1 bunch	Broccoli
5 each	Oranges, Valencia
3 each	Apples, Gala - ON
2 each	Apples, MacIntosh - ON
2 each	Pears, Bartlett - CAN
1 each	Pepper, Green - ON
½ pound	Mushrooms, Button - ON
1 each	Tomato - ON
3 each	Kiwi
1 head	Lettuce, Red Leaf - ON
1 bunch	Parsley - ON

**Our Basic box delivered during the week of
October 5th - October 9th, 2009 (Thanksgiving)**

1 each	Squash, Pumpkin Pie - ON
1 pound	Parsnips - ON
1 pound	Yams
1 pound	Turnips - ON
1 bunch	Broccoli - ON
1 bunch	Carrots - ON
5 each	Oranges, Valencia
5 each	Apples, Paula Red - ON
2 each	Pears, Bartlett - CAN
1 each	Peppers, Red Sheppard - ON
½ pound	Beans - ON
1 bunch	Spinach - ON
1 bunch	Herbs (<i>Rosemary, Thyme, Sage</i>) - ON

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Winter Often bleak and wearing on the soul, many Ontarians hunker down and make delicious warming dinners to get them through the cold weeks and dark days. Our *Fresh Boxes*™ will bring you the vitality you need to make it through.



**Our Basic box delivered during the week of
February 5th - February 9th, 2007**

2 pounds	Potatoes - ON
1 head	Cabbage, Red - ON
1 bunch	Carrots
4 each	Oranges, Minneola
1 each	Grapefruit
5 each	Apples, Granny Smith - CAN
1 each	Avocado
2 each	Kiwi
1 bag	Tatsoi Greens - ON
½ pound	Mushrooms, Button - ON
1 box	Sprouts, Peashoots
1 head	Lettuce, Green Leaf - ON

**Our Basic box delivered during the week of
February 16th - 20th, 2009**

2 pounds	Potatoes - ON
1 pound	Sunchokes - CAN
2 pounds	Carrots - ON
1 bunch	Broccoli
1 each	Grapefruit
5 each	Oranges, Valencia
5 each	Apples, MacIntosh - ON
3 each	Pears, Anjou
1 each	Zucchini
1 each	Pepper, Red
1 bunch	Collard Greens
1 head	Lettuce, Leaf - ON

Spring As ice and snow melt and we relish new shoots and over-wintered crops, Ontario farmers work hard to ready their fields for the upcoming growing season. These *Fresh Boxes*™ will excite your hunger and anticipation for summer's bounty.



**Our Basic box delivered during the week of
April 16th - April 20th, 2007**

2 pounds	Potatoes - ON
1 bunch	Carrots
1 pound	Parsnips - ON
2 each	Grapefruit
4 each	Oranges, Navel
5 each	Apples, Golden Delicious - CAN
2 each	Pears, Bartlett
2 each	Artichokes
½ pound	Mushrooms, Button - ON
½ pound	Strawberries
1 bunch	Chard, Red
1 bunch	Lettuce, Boston - ON

**Our Basic box delivered during the week of
May 25th - May 29th, 2009**

1 each	Melons, Galia
2 pounds	Potatoes, Red - CAN
1 head	Celery
2 each	Grapefruit
4 each	Oranges, Valencia
4 each	Apples, Fuji - CAN
1 pound	Bok Choy, Baby - ON
1 bunch	Asparagus - ON
1 each	Tomato - CAN
½ pound	Mushrooms, Button - ON
1 bunch	Kale
⅓ pound	Spinach - ON
1 head	Lettuce, Boston - ON