

1. VEGAN SHARES

Reduced vegan shares contain vegetables. Large vegan shares contain more vegetables and 1-2 value added items such as fermented products, granola, baked goods or pickled products.

REDUCED VEGAN SAMPLE DELIVERY 1

Yukon Gold Potato 4 lb
Onion, Mixed 3 lb
Garlic 3 pc
Orange Carrots 4 lb
Red Beets 2 lb
Daikon Radish 1 lb
Spinach 1 lb
Celery Root 1 pc
Cabbage 1 pc

REDUCED VEGAN SAMPLE DELIVERY 2

Red Potato 4 lb
Leeks 1 bu
Shallot 3 pc
Kyoto Carrot 4 lb
Chioggia Beets 2 lb
Watermelon Radish 1 lb
Braising Mix 1 lb
Parsnips 1 lb
Red Cabbage 1 pc
Sunchoke 1 lb

LARGE VEGAN SAMPLE DELIVERY 1

Granola 1 32oz
Kim Chi 1 16oz
Yukon Gold Potato 6 lb
Onion, Mixed 3 lb
Garlic 3 pc
Orange Carrots 4 lb
Red Beet 2 lb
Daikon Radish 1 lb
Spinach 1 lb
Celery Root 1 pc
Cabbage 1 pc
White Button Mushroom 1 8oz
Sunchoke 1 1lb
Cilantro 1 bu

LARGE VEGAN SAMPLE DELIVERY 2

Dilly Beans 1 16oz
Dry Beans 1 each
Red Potato 4 lb
Leeks 1 bu
Shallot 3 pc
Kyoto Carrots 4 lb
Chioggia Beets 2 lb
Watermelon Radish 1 lb
Braising Mix 1.5 lb
Parsnips 1 lb
Parsley 1 bu
Caraflex Cabbage 1 pc
Cremini Mushroom 8 oz
Celery Root 1 pc

2. OVO LACTO SHARES

Reduced ovo lacto shares contain 1 dozen eggs, cheese and vegetables. Large shares contain 1 dozen eggs, 32oz yogurt, 1 value added item such as fermented products, granola, baked goods or pickled products, a larger piece of cheese and vegetables.

REDUCED OVO LACTO SAMPLE DELIVERY 1

Eggs 1 doz
Cheese 8 oz
Yukon Gold 3 lb
Onion, Mixed 1.5 lb
Garlic 2 pc
Orange Carrot 2 lb
Daikon Radish 1 lb
Spinach 1 lb
Cabbage 1 pc
Celery Root 1 pc

REDUCED OVO LACTO SAMPLE DELIVERY 2

Eggs doz 1 doz
Cheese 8 oz
Red Potato 3 lb
Leeks 1 bu
Shallot 2 pc
Kyoto Carrot 2 lb
Red Beet 1 lb
Braising Mix 1 lb
Caraflex Cabbage 1 pc
Sunchoke 1 lb

LARGE OVO LACTO SAMPLE DELIVERY 1

Kim Chi 1 8oz
Eggs 1 doz
Yogurt 1 32oz
Cheese 12 oz
Yukon Gold Potato 4 lb
Onion, Mixed 2 lb
Garlic 3 pc
Orange Carrot 3 lb

LARGE OVO LACTO SAMPLE DELIVERY 2

Dilly Beans 1 16oz
Eggs 1 doz
Yogurt 1 32oz
Cheese 12 oz
Red Potato 4 lb
Leeks 1 bu
Shallots 3 pc
Kyoto Carrots 3 lb

Daikon Radish 1.5 lb
Celery Root 1 pc
Spinach 1.25 lb
Macoun Apple 2 lb
Cabbage 1 pc

Red Beet 1.5 lb
Parsnips 1 lb
Braising Mix 1.5 lb
Pink Lady Apples 2 lb
Cabbage 1 pc

3. MEAT SHARES

All shares contain a protein (beef or chicken), 1 doz eggs and vegetables. Large shares contain 2x the amount of protein, 1 doz eggs and more vegetables than the reduced share.

REDUCED MEAT SHARE SAMPLE 1

Ground Beef, 1lb
Eggs 1 doz
Yukon Gold Potato 3 lb
Onion, Mixed 1.5 lb
Garlic 2 pc
Orange Carrot 2 lb
Daikon Radish 1 lb
Spinach 1 lb
Celery Root 1 pc
Caraflex Cabbage 1 pc

REDUCED MEAT SHARE SAMPLE DELIVERY 2

Chicken, 1 half
Eggs 1 doz
Red Potato 3 lb
Leeks 1 bu
Shallots 2 pc
Kyoto Carrots 2 lb
Red Beet 1.5 lb
Braising Mix 1 lb
Parsnip 1 lb
Crimini Mushroom 8 oz

LARGE MEAT SHARE SAMPLE DELIVERY 1

Ground Beef, 2lb
Eggs 1 doz
Jerky 1 pkg
Yukon Gold Potatoes 5 lb
Onion, Mixed 2 lb
Garlic 3 pc
Orange Carrot 3 lb
Daikon Radish 1.5 lb
Spinach 1.5 lb
Caraflex Cabbage 1 pc
Jerusalem Artichoke 1.5 lb

LARGE MEAT SHARE SAMPLE DELIVERY 2

Chicken, 1 whole
Eggs 1 doz
Jerky 1 pkg
Red Potato 5 lb
Leeks 1 bu
Shallots 3 pc
Kyoto Carrots 3 lb
Red Beets 1.5 lb
Braising Mix 1.5 lb
Kohlrabi 1 pc
Crimini Mushroom 12 oz