



fosterfamilyfarm

FEEDING THE NATION'S CAPITAL  
fruits • vegetables • produce

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## WHAT VEGETABLES WOULD I GET THROUGHOUT THE CSA SEASON?

Please refer to <http://www.fosterfamilyfarm.ca/harvest-calendar/> for a complete list of vegetables we grow on our farm. There may be some vegetables in your box that are not listed on our website. That is because we strive to grow vegetables as suggested by our customers.

### Food Box Shares

We offer 3 share sizes:

**Single Share (Paper grocery bag size)**

*Geared toward a single adult or couple*

**Half Share (1/2 bushel basket)**

*Geared toward families with young children or two adults*

**Full Share (1 bushel basket)**

*Geared toward families with growing children or two vegetarians*

### Egg Share

We offer farm fresh eggs in your food boxes at no extra charge to you.

**Single & Half Share boxes** receive 1 dozen eggs every other week.

**Full Share boxes** receive 1 dozen eggs every week.

Extra dozen eggs are available to purchase for \$5.50/dozen.

Week 1 food box

Radishes, beets, lettuce, green beans, peas, eggs

Week 7 food box

Cucumbers, beets, beans, lettuce, carrots, broccoli, cauliflower, zucchini, potatoes, field tomatoes, corn, eggs

Week 14 food box

Carrots, potatoes, tomatoes, squash, Brussels sprouts, eggs

This is just an example of what you may find in your boxes.  
Vegetables may vary from week to week.