

## Harvest Share Food Box: Sample of August Contents

Each week during the HSFb program we are excited to offer you a wide variety of locally grown Ontario produce. We take a look at a common households monthly produce needs and work each week in a month to ensure you are getting a variety of fresh seasonal produce.

Here is a sample from the Month of August from our previous seasons:

	Personal Size	Family Size
<p>Week Eight</p> <p><b>Feature Item: Red Cabbage</b></p> <p>Weekly Recipe: Red Cabbage Salad with a Warm Mustard Dressing</p>	<p>Blueberries (pint) Radishes Sweet Corn (5 cobs) Bunched Heirloom Carrots (1 Bunch) Red Leaf Lettuce Garlic (2) Red Cabbage (1)</p>	<p>Blueberries (pint) Radishes Sweet Corn (9 cobs) Bunched Heirloom Carrots (2 Bunches) Red Leaf Lettuce Garlic (3) Red Cabbage (1) Yellow Beans (1.5 - 2lbs) Curly Parsley Green Onions (2)</p>
<p>Week Nine</p> <p><b>Feature Item: Peaches</b></p> <p>Weekly Recipe: Peachy Chicken</p> <p>Bonus Recipe: Peachy Bread Pudding with Caramel Sauce</p>	<p>Peaches (2L Basket) Boston Lettuce Cucumber (1) Cauliflower Broccoli Celery Cherry Tomatoes</p>	<p>Peaches (3L Baskets) Boston Lettuce Cucumber (2) Cauliflower Broccoli Celery Cherry Tomatoes Swiss Chard Yellow Onions Cantaloupe (1)</p>
<p>Week Ten</p> <p><b>Feature Item: Quinte Apples</b></p> <p>Weekly Recipe: Curried Savoy Cabbage with Apples</p> <p>Bonus Items: Each box received an onion and head of garlic to complete the recipe</p>	<p>Quinte Apples (A summer variety) (3 lb bag) Savoy Cabbage (1) Bunched Carrots (1) Spinach Purple Top Turnips (2 -3 lb) Mixed Beans (1 lb) Cantaloupe</p>	<p>Quinte Apples (A summer variety) (3 lb bag) Savory Cabbage (1) Bunched Carrots (2) Spinach Purple Top Turnips (2 - 3 lb) Mixed Beans (2 lb) Cantaloupe 1lb Mushrooms Green Onion (1) Green Leaf Lettuce</p>
<p>Week Eleven</p> <p><b>Feature Item: Coronation Grapes</b></p> <p>Weekly Recipe: Cream Cheese Pancakes with Blue Grape Syrup</p>	<p>Coronation (Blue) Grapes (1.5 L) Cauliflower Peppers - Mixed Colours (2) Leeks Romaine Lettuce Green Onion Peaches &amp; Cream Corn (5 cobs)</p>	<p>Coronation (Blue) Grapes (1.5 L) Cauliflower Peppers - Mixed Colours (3) Leeks Romaine Lettuce Green Onion Peaches &amp; Cream Corn (9 cobs) Radishes Cucumbers (2) Cherry Tomatoes</p>

Each month we work with seasonally available produce. Each month in Ontario offers you a different bunch of produce that becomes available through the season. Items like Asparagus are including in the early boxes and items like pears and peaches are in the later months when they are fresh and ripe.