

## Harvest Share Food Box: Sample of July 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 July from our previous seasons:

	Personal Size	Family Size
Week Three  <b>Feature Item: Garlic Scapes</b>  Weekly Recipe: Garlic Scape Pesto	Strawberries (quart) New Potatoes (1 quart) Spinach Garlic Scapes Beefsteak Tomatoes Broccoli Yellow Peppers (1-2)	Strawberries (quart) New Potatoes (2 quart) Spinach Garlic Scapes Beefsteak Tomatoes Broccoli Yellow Peppers (2-3) Boston Lettuce Cilantro Green Onion (1-2)
Week Four  <b>Feature Item: Swiss Chard</b>  Weekly Recipe: Swiss Chard with Toasted Breadcrumbs	Strawberries Snow Peas New Potatoes (1 quart) Celery Green Leaf Lettuce Oranges Peppers (2) Swiss Chard	Strawberries Snow Peas New Potatoes (2 quart) Celery Green Leaf Lettuce Oranges Peppers (2-3) Swiss Chard Bunched Beets Cucumbers (1-2) 1lb Mushrooms
Week Five  <b>Feature Item: Cauliflower</b>  Weekly Recipe: Balsamic and Parmesan Cauliflower	Cherries Sugar Snap Peas (1 quart) Green Onion (1) Cauliflower Green Beans (1-1.5L Basket) Yellow Zucchini (2) Romaine Lettuce	Cherries Sugar Snap Peas (1 quart) Green Onion (1) Cauliflower Green Beans (1-1.5L Basket) Yellow Zucchini (2-4) Romaine Lettuce Cucumber (2) Fresh Basil Red Peppers (2-3)
Week Six  <b>Feature Item: Golden Beet</b>  Weekly Recipe: Grilled Golden Beets	Shiro Plums (Yellow) Bunched Golden Beets Mixed Bunched Onions Yellow & Red Broccoli Celery Corn (5 cobs) 1/2lb Mushrooms	Shiro Plums (Yellow) Bunched Golden Beets Mixed Bunched Onions Yellow & Red Broccoli Celery Corn (9 cobs) 1lb Mushrooms Red Leaf Lettuce New Potatoes (2 quarts) Kale
Week Seven  <b>Feature Item: Bunched Carrots</b>  Weekly Recipe: Balsamic & Honey Glazed Carrots	Blueberries (pint) 1/2 lb Mushrooms Green Leaf Lettuce Bunched Carrots (1 Bunch) Field Tomatoes (4-5) Green Peppers (2) New Potatoes - Red & Yellow (quart)	Blueberries (pint) 1 lb Mushrooms Green Leaf Lettuce Bunched Carrots (2 Bunches) Field Tomatoes (6-7) Green Peppers (2-3) New Potatoes - Red & Yellow (2 quarts) Bunched Leeks Green & Yellow Zucchini (2-4) Fresh Herb - Bunch of Dill

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.