

Harvest Share Food Box: Sample of October 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 October from previous seasons:

	Personal Size	Family Size
<p>Week Sixteen</p> <p>Thanksgiving Box - Part 1</p> <p>Feature Item: Pie Pumpkin</p> <p>Weekly Recipe: Pumpkin Pie</p> <p>Bonus Recipes: Scalloped Turnips, Parmesan Roasted Turnips, Pumpkin Puree</p>	<p>Purple Top Turnips (3lbs)</p> <p>Broccoli</p> <p>Onions (3lb)</p> <p>Fingerling Potatoes (3lbs)</p> <p>Heirloom Carrots (2lbs)</p> <p>Celery Root (1)</p> <p>Golden Beets (3lbs)</p> <p>Pie Pumpkin (1)</p>	<p>Purple Top Turnips (3lbs)</p> <p>Broccoli</p> <p>Onions (3lb)</p> <p>Fingerling Potatoes (3lbs)</p> <p>Heirloom Carrots (2lbs)</p> <p>Celery Root (1)</p> <p>Golden Beets (3lbs)</p> <p>Pie Pumpkin (1)</p> <p>Red Leaf Lettuce</p> <p>Garlic (2-3)</p> <p>Swiss Chard</p>
<p>Week Seventeen</p> <p>Thanksgiving Box - Part 2</p> <p>Feature Item: Rutabaga</p> <p>Weekly Recipe: Jean's Rutabaga Puff</p> <p>Bonus Recipes: Roasted Root Vegetables, Cauliflower Broccoli Salad</p>	<p>Cortland Apples (2lbs)</p> <p>Cauliflower</p> <p>Broccoli</p> <p>Sweet Potato (2lbs)</p> <p>Yukon Gold Potatoes (5lb)</p> <p>Carrots (3lbs)</p> <p>Cranberries (28oz bag)</p> <p>Rutabaga</p>	<p>Cortland Apples (2lbs)</p> <p>Cauliflower</p> <p>Broccoli</p> <p>Sweet Potato (2lbs)</p> <p>Yukon Gold Potatoes (5lb)</p> <p>Carrots (3lbs)</p> <p>Cranberries (28oz bag)</p> <p>Rutabaga</p> <p>Lettuce</p> <p>1lb Mushrooms</p> <p>Parsnips (1lb)</p> <p>Cucumbers (2)</p>
<p>Week Eighteen</p> <p>Feature Item: Brussels Sprouts</p> <p>Weekly Recipe: Sweet Island Brussels Sprouts & Brussels Sprouts Au Gratin</p> <p>Bonus Recipes: Butternut Squash Pear Soup & Celery Root Pear Soup</p>	<p>Empire Apples (2-3lbs)</p> <p>Brussels Sprouts (1 Stalk)</p> <p>Spinach (1)</p> <p>Butternut Squash (1)</p> <p>Bosch Pears (basket)</p> <p>Celery Root (1)</p> <p>Red Peppers (2)</p> <p>Garlic (1-2)</p>	<p>Empire Apples (2-3lbs)</p> <p>Brussels Sprouts (1 Stalk)</p> <p>Spinach (1)</p> <p>Butternut Squash (1)</p> <p>Bosch Pears (basket)</p> <p>Celery Root (1)</p> <p>Red Peppers (3)</p> <p>Garlic (2-3)</p> <p>Red Onions (2lbs)</p> <p>Russet Potatoes (4lbs)</p> <p>Red Leaf Lettuce</p>
<p>Week Nineteen</p> <p>Feature Item: Red Gold Potatoes</p> <p>Weekly Recipe: Wanda's Herbed Potatoes</p> <p>Bonus: How to Cook Spaghetti Squash</p>	<p>Cranberries (28 oz bag)</p> <p>Mutsu Apples (3lb bag)</p> <p>Red Gold Potatoes (3lbs)</p> <p>Celery (1)</p> <p>Heirloom Carrots (2lbs)</p> <p>Spaghetti Squash</p> <p>Red Cabbage</p> <p>Green Leaf Lettuce</p>	<p>Cranberries (28 oz bag)</p> <p>Mutsu Apples (3lb bag)</p> <p>Red Gold Potatoes (3lbs)</p> <p>Celery (1)</p> <p>Heirloom Carrots (2lbs)</p> <p>Spaghetti Squash</p> <p>Red Cabbage</p> <p>Green Leaf Lettuce</p> <p>Rutabaga</p> <p>Brussels Sprouts(1)</p>
<p>Week Twenty</p> <p>Feature Item: Mushroom</p> <p>Weekly Recipe: Caramelized Onion & Baked Potato Stuffed Mushroom</p>	<p>Yellow Russet Apples (3lbs)</p> <p>White Potatoes (3lbs)</p> <p>Carrots (3lbs)</p> <p>1/2 lb Mushrooms</p> <p>Garlic (1)</p> <p>Golden Beets (2lbs)</p> <p>Onions (3lbs)</p> <p>Parsnip (1lb)</p>	<p>Yellow Russet Apples (3lbs)</p> <p>White Potatoes (5lbs)</p> <p>Carrots (3lbs)</p> <p>1 lb Mushrooms</p> <p>Garlic (2)</p> <p>Golden Beets (2lbs)</p> <p>Onions (3lbs)</p> <p>Parsnip (1lb)</p> <p>Red Leaf Lettuce</p> <p>Acorn Squash (2)</p> <p>Cucumbers (1)</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.