

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

	Personal Size	Family Size
<p>Week Twelve</p> <p>Feature Item: Bunched Red Beets</p> <p>Weekly Recipe: Christina's Chocolate Beet Muffin</p>	<p>Yellow Watermelon Celery Grape Tomatoes Broccoli Onions (2 lb) Heirloom Carrots (3 lb) Bunched Beets Kale</p>	<p>Yellow Watermelon Celery Grape Tomatoes Broccoli Onions (2 lb) Heirloom Carrots (3 lb) Bunched Beets Kale Red Leaf Lettuce Green Peppers (3) Cilantro (1 bunch)</p>
<p>Week Thirteen</p> <p>Feature Item: Eggplant</p> <p>Weekly Recipe: Diced Chicken & Eggplant</p> <p>Bonus Recipe: Grilled Radicchio Salad</p>	<p>Roma Tomatoes (2L Basket) Swiss Chard Garlic Eggplant Peppers - Orange & Yellow (2) Head Lettuce Pears (2L Basket)</p>	<p>Roma Tomatoes (3L Basket) Swiss Chard Garlic Eggplant Peppers - Orange & Yellow (3) Head Lettuce Pears (3L Basket) Parsley Root Vegetable Marrow (3) Radicchio</p>
<p>Week Fourteen</p> <p>Feature Item: Leeks</p> <p>Weekly Recipe: Leek & Potato Soup</p>	<p>Macintosh Apples (3lb bag) Green Zucchini (2) Bunch of Leeks 1/2lb Mushrooms Yukon Gold Potatoes (3 lb) Peppers - Red & Green (2) Cauliflower Freestone Peaches (2L Basket)</p>	<p>Macintosh Apples (3lb bag) Green Zucchini (3) Bunch of Leeks 1lb Mushrooms Yukon Gold Potatoes (5 lb) Peppers - Red & Green (3) Cauliflower Freestone Peaches (2L Basket) Green Lettuce Beans (1.5 - 2lbs) Radishes</p>
<p>Week Fifteen</p> <p>Feature Item: Radishes</p> <p>Weekly Recipe: Honey Roasted Radishes</p> <p>*Recipe given by Urban Dish Restaurant in Barrie, ON</p>	<p>Romanesco (Broccoli Cauliflower Hybrid) Radishes Celery Carrots (3lb bag) Green Leaf Lettuce Cucumbers (1) White Potatoes (3lb) Macintosh Apples (3lb bag)</p>	<p>Romanesco (Broccoli Cauliflower Hybrid) Radishes Celery Carrots (3lb bag) Green Leaf Lettuce Cucumbers (2) White Potatoes (5lb) Macintosh Apples (3lb bag) Eggplant Parsnip (1lb) Italian Plums (quarts)</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.