

BREAD & ROSES CSA
SAMPLE SMALL VEGETABLE SHARE

Typical vegetables included in mid-summer:

1 bunch beets
2 cucumbers
1 head garlic
1 head lettuce or ½ lb salad mix
1-2 red peppers
1 lb tomatoes
1 head broccoli
2 summer squash
Pick-your-own flowers, basil, cherry tomatoes and tomatillos

Typical vegetables included in the fall:

2 pounds potatoes
1 head lettuce or ½ lb salad mix
1 winter squash
2 pounds onions
¾ pound of kale or Swiss chard
1 bunch herbs (chives, parsley, dill, cilantro)
1 eggplant
2 pounds carrots