

Menu for Winter 2014



Key

*organic-practice farm-fresh ingredient

FOH = Fields of Hope Farm; MIG = Minto Island Growers; HG = Home Garden

Cold and Ready

contact us to confirm current inventory

Main Ingredient (*farm sourced)	Pesto (*farm-sourced)	Farm Source(s)
*white cabbage, *daikon greens	*radish root, *carrot, garlic	[HG]
*lacinato kale	onion, *apple, *garlic	[HG]
*eggplant	onion, *cilantro, cinnamon, turmeric, cumin	[MIG]
*shredded yellow and green summer squash	onion, *basil, ground mustard	[FOH] [MIG]
*hothouse cucumbers	*carrots, *dandelion (roots and greens), *elephant garlic, mustard seed, *veggie brine	[HG] [FOH]
*broccoli, *carrots	onion, *cilantro, ginger, cumin, turmeric, cinnamon, chili powder	[MIG]
*red cabbage, *red beets	cranberries (fresh and dried / sweetened; non-organic), *parsley, ginger	[MIG]
*red beets, *red cabbage	*dill, onion, *elephant garlic, mustard seed	[MIG] [HG]
*red cabbage, *red beets	onion, *basil, ginger	[MIG]
*white cabbage, *heirloom beets, *carrot	onion, *cilantro, mustard, turmeric, cinnamon	[MIG]

see second page for *coming soon, in the crocks and price list!*

current as of 12/2/14

Coming Soon

Main Ingredient (*farm sourced)	Pesto (*farm-sourced)	Farm Source(s)	Crock Size
*red cabbage	cranberries (fresh and dried / sweetened; non-organic), onion, *carrot, ginger	[MIG]	5 liter
*apple and onion	TBA or plain	[HG]	3 gal
*savoy and *nappa cabbage	*radish, *carrot, onion, ginger, *rosemary	[MIG] [HG]	3 gal
*red cabbage and *fennel bulbs	*fennel (fronds and seeds), onion, ginger and turmeric	[MIG] [HG]	3 gal
*red cabbage	onion, ginger and garlic	[MIG]	5 liter

In the Crocks

Main Ingredient (*farm sourced)	Pesto (*farm-sourced)	Farm Source(s)	Crock Size
*carrots	onion, *carrot sprouts, ginger, garlic, *rosemary	[MIG][HG]	3 gal
*carrots	onion, *carrot sprouts, ginger	[MIG]	3 gal
*chioggia beets	onion, *elephant garlic, *sage, *rosemary, *fennel	[MIG][HG]	20 liter
*golden beets	onion, mustard, turmeric	[MIG]	20 liter
*delicata squash	*carrot, ginger, cinnamon, nutmeg, mace, clove	[MIG]	20 liter

PRICE LIST

Membership

[Contact us](#) to inquire about membership options

*Prices**

Member: \$7 per pint; \$13 per quart

Non-member: \$8 per pint; \$15 per quart

*All prices include \$.50 jar deposit applicable toward next order.



Discounts

Sign up for the newsletter via [Facebook](#) or [website](#) to access early bird discounts and other special opportunities!