

WHAT SIZE MARKET BOX SHOULD I GET?



answer these questions

Are you trying the farm subscription for the first time?

Are you likely to choose mostly fresh vegetables and fruit, rather than bread and meat, etc.?

Start with a mini market box.

Do you want veggies, fruit, eggs, and bread every delivery?

Do you juice vegetables or make smoothies frequently?

Will you want to add meat, cheese, fish or pantry items occasionally?

Choose size small market box.

Are you looking to get as much of your food as possible from local farms?

Do you intend to add meat, fish, poultry, or milk and other dairy regularly?

Do you desire extra vegetables to preserve for the off-season?

Do you often want more than one of each item? (2 bags of beans, 2 loaves of bread, etc.)

Go with medium market box.

WEEKLY OR EVERY OTHER WEEK DELIVERY?

Choose **weekly** if you...

- want the freshest veggies, fruit, dairy or bread each week
- cook frequently
- have time to get to a pick-up site each week

Choose **every other week** if you...

- travel frequently or plan to take more than three weeks vacation during your season
- don't have time to get to a pick-up site each week
- don't cook as often and want or need 2 weeks to use your box contents

HOW MANY ITEMS WILL BE IN MY BOX?

We calculate the contents of each box based on the real, monetary value of each crop/item. The contents of your particular delivery determine the number of items you receive and will vary from week to week. If you have several higher value items like meat, fish, and poultry, you'll have fewer items in your box than if you have lower value items like vegetables, fruit and eggs.

Try this: Decide how many of your grocery staples/how much of your grocery budget you'd rather spend with your local farmers.

DECIDED? SIGN UP NOW!

EXAMPLES OF MARKET BOX SIZES

FRUIT AND VEGGIE HEAVY, LIGHTER ON OTHER ITEMS

- These summer shares represent the most abundant time of the season.
- For example, the first week of tomato harvest you may get **one** tomato but each week more will be available until tomato harvest thins out.
- Spring shares have less quantity and variety but start with salad greens and super greens.
- Fall shares are heavy with winter squash, sweet potatoes, and potatoes, with greens reappearing.



Summer vegetable sample = apprx \$20 -25
Add more to the Mini market box to meet \$35 order goal.

Tomatoes, Basil, Red Cabbage, Colored Peppers, Garlic, Sungold cherry tomatoes. Every box varies because you'll customize. This sample has 6 items - red and orange tomatoes are one item.



Summer vegetable sample = apprx \$30 - 35
Add more to the small market box to meet \$65 order goal.

Red Chillis, Globe Eggplant, Tomatoes, Basil, Red Cabbage, Cherry Tomatoes, Colored Peppers, Garlic, Sungold cherry tomatoes. Every box varies because you'll customize. Add fruit, bread, eggs, cheese, etc.



Summer vegetable sample = apprx \$ 40 - 45
Add more to the medium market box to meet \$95 order goal.

Tomatoes, Zucchini, Red Cabbage, Red Chili peppers, Red Onions, Basil, Yellow Tomatoes, Banana Peppers, Globe Eggplant, Colored Peppers, Garlic, Sungold Cherry Tomatoes, Potatoes. **Every box varies because you'll customize.** Add meat, seafood, flowers, dairy, pantry items

SIGN UP NOW!



EXAMPLES OF MARKET BOX SIZES

HEAVY ON FARM FOODS, LIGHTER ON FRUITS AND VEGGIES

- Medium boxes allow you to add meat and seafood regularly.
- Fruit fits easily into any size box.
- Mushrooms are in season all year round, gourmet mushrooms change seasonally.
- Any diet can thrive with a Market box. **Now you can be a CSA member even if you don't need a full share of vegetables.**



Mini box fills with your favorite foods up to \$35+ add more to any delivery

You delivery could have 1 organic sourdough bread, 1 aged cheese, portobello mushrooms, garlic, onions, carrots, apples, potatoes.



Small box fills with your favorite foods up to \$65 + add more to any delivery

You delivery could have 1 organic sourdough bread, 1 organic gluten free bread, 1 qt grass fed dairy yogurt, 1 pound grass fed beef, 1 vegetable, 1 dozen eggs, 1 package organic cookies, 1 artisan cheese, 8 oz Hilltop Meadow Farm raw cheese.



Medium box fills with your favorite food up to \$95+ add more to any delivery

You delivery could have 4 favorite vegetables, 1 pound Cremini mushrooms, 1 doz. eggs, 1 lb. ground beef, 1 pack pork spare ribs, 1 lb. sweet Italian pork sausage and 1 loaf of organic brioche bread.

SIGN UP NOW!

