

HCF CSAs: Produce and Herbs Likely to be in your box:

Arugula	Corn	Onions	Tomatillos
Basil	Cucumbers	Peppers	Tomatoes
Beans	Edamame	Potatoes	Turnips, Japanese
Beets	Eggplant	Pumpkins	Bronze Fennel
Blueberries	Fennel	Radishes	Chives
Bok Choy	Garlic	Salad mix	Cilantro
Braising mix	Kale	Spinach	Garlic
Cabbage	Kohlrabi	Squash	Mint
Carrots	Lettuce	Strawberries	Oregano
Chard	Melons	Sweet potatoes	Parsley
Collards	Okra	Tatsoi	Rosemary

Example Weekly Contents of Standard Produce Boxes showing potential variation by week:¹

Mid Spring		
Item	Amount	Value
Beets, with greens	1 lb.	\$ 3.00
Kale	8 oz	\$ 3.00
Parsley	bunch	\$ 2.00
Potatoes	1 lb.	\$ 2.50
Radishes	bunch	\$ 2.50
Salad Mix	8 oz	\$ 4.00
Spring onions	1 bunch	\$ 3.00
		\$ 20.00

Late Summer		
Item	Amount	Value
Arugula	6 oz	\$ 3.00
Collards	8 oz	\$ 2.50
Eggplant	1 lb.	\$ 2.50
Garlic	item	\$ 1.50
Peppers, jalapeno	items	\$ 0.50
Pumpkin, cooking	5 lbs	\$ 8.00
Squash, summer	1.5 lbs	\$ 3.75
Tomatoes, cherry	1 pint	\$ 3.25
		\$ 25.00

¹ The Small Box will have either smaller amounts or a fewer number of items.