

The Vegetable Program

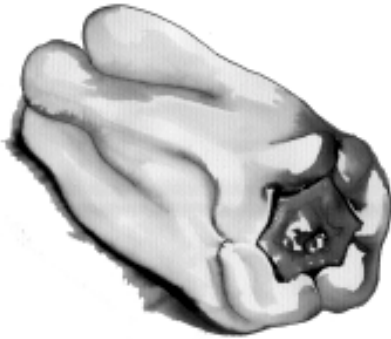
Beginning the first weekend in May and continuing through mid-December, our vegetable program includes a wide variety of organic vegetables and fruits grown on our farm. The quantity in each box varies with the seasons, from less than 10 pounds in spring, to more than 20 pounds in late summer. We design it with the aim of providing for most of the produce needs of a family of four.

Many of our smaller member households split the box with family or friends, or choose to receive a box every other week.

We also offer a shorter “peak season” share and a flexible schedule plan to meet varying member needs.

While tailoring each box to individual household preferences would be impossible, we provide flexibility through an optional “choice” vegetable that you can add to your box on most weeks.

An informative newsletter accompanies each box. Recipes from our summer farm chef and news from the farm are favorites.



Spring Produce

Arugula
Asparagus
Green Garlic
Green Onions
Lettuce
Peas
Radishes
Ramps (Wild leek)
Rhubarb
Salad Mix
Spinach
Sunchokes
Watercress

Summer Produce

Basil
Broccoli
Cantaloupe
Carrots
Cauliflower
Cilantro
Cucumbers
Currants
Edamame
Eggplant
Fennel
Green Beans
Herbs
Kohlrabi
Peppers
Potatoes
Raspberries
Sauté Mix
Strawberries
Sweet Corn
Tomatoes
Watermelon
Zucchini

Fall and Winter Produce

Beets
Broccoli Romanesco
Brussels Sprouts
Cabbage
Red and Yellow Carrots
Celeriac
Leeks
Parsnips
Purple Cauliflower
Rutabaga
Sweet Potatoes
Turnips
Winter Radish
Winter Squash

Many of the vegetables span more than one season, but have only been listed above once. To sign up for our Vegetable Share CSA Program find the agreement form on our website: www.harmonyvalleyfarm.com