



705 458-9077

www.cookstowngreens.com

to help plan your Summer menus

NOW AVAILABLE

from AUGUST 23, 2010 (UNTIL)

Summer Specialties

- | | | |
|---|--|--|
| <input type="checkbox"/> Squash Blossoms 9.00/ 25pc (SEP) | <input type="checkbox"/> Baby Summer Leeks 13.00/ 1lb (OCT) | <input type="checkbox"/> Rainbow Cherry Tomato 9.00/ 1lb (OCT) |
| <input type="checkbox"/> Summer Nugget Squash 2.00/ 1lb (SEP) | <input type="checkbox"/> Baby Fennel Bulbs 13.00/ 2lb (OCT) | <input type="checkbox"/> Rainbow Tomatoes 1 ^{sts} 58.00/ flat (OCT) |
| <input type="checkbox"/> Sugar Snap Peas 12.00/ 2lb (SEP) | <input type="checkbox"/> Garlic Scapes 5.00/ 1lb (NOV) | <input type="checkbox"/> Tomato 2 ^{nds} (cracked) 38.00/ flat (OCT) |
| <input type="checkbox"/> Radish Pods 13.00/ 1lb (OCT) | <input type="checkbox"/> Tulip Chives & flowers 7.00/100 g (OCT) | <input type="checkbox"/> Tomatoes 3 ^{rds} (soft) 20.00/ flat (OCT) |
| <input type="checkbox"/> Elderberries 12.00/ 1lb (AUG) | <input type="checkbox"/> Husk Cherries 13.00/ 1qt (OCT) | <input type="checkbox"/> Juliette Sauce Tomatoes 5.00/ 1lb (AUG) |
| <input type="checkbox"/> Rainbow Baby Peppers 5.00/ 1qt (OCT) | | |

Summer Leafy Greens

- | | | |
|--|--|---|
| <input type="checkbox"/> Baby Salad Greens 25.00/ 300g | <input type="checkbox"/> Baby Arugula 13.00/ 300 g (OCT) | <input type="checkbox"/> Bulk Lettuces 10.00/ 1lb (SEP) |
| <input type="checkbox"/> Simply Cookstown 25.00/ 300g | <input type="checkbox"/> Fordhook Mustard 13.00/ 300 g (OCT) | <input type="checkbox"/> Bulk Arugula 10.00/ 1lb (SEP) |
| <input type="checkbox"/> Mixed Lettuce Leaves 13.00/ 1lb | <input type="checkbox"/> Asian Greens 13.00/ 300 g (OCT) | ☼ these require a full 24 hour notice plus there is a 10 pound minimum. |
| <input type="checkbox"/> Rainbow of Chards 8.00/ 1lb | <input type="checkbox"/> Purple Mizuna 13.00/ 300 g (OCT) | |
| <input type="checkbox"/> Red Dandelion 8.00/ 1lb (OCT) | <input type="checkbox"/> Hot Mizuna 13.00/ 300 g (OCT) | |

Root Vegetables

- | | | |
|--|---|---|
| <input type="checkbox"/> Golden Beets 19.00/ 4lb (APR) | <input type="checkbox"/> Purple Carrots 19.00/ 3lb (APR) | <input type="checkbox"/> Black Salsify 21.00/ 3lb (AUG) |
| <input type="checkbox"/> Candy-Cane Beets 16.00/ 4lb (APR) | <input type="checkbox"/> Yellow Carrots 16.00/ 3lb (APR) | |
| <input type="checkbox"/> Cylinder Beets 16.00/ 4lb (APR) | <input type="checkbox"/> White Carrots 16.00/ 3lb (APR) | |
| <input type="checkbox"/> White Beets 16.00/ 4lb (APR) | <input type="checkbox"/> Orange Nantes Carrots 13.00/ 3lb (APR) | |

Always in Season Seedlings

- | | | |
|--|--|--|
| <input type="checkbox"/> Seedling Salad 25.00/ 300g | <input type="checkbox"/> Pea Shoots 9.00/ 100g | <input type="checkbox"/> Bulls Blood Seedlings 18.00/ 100g |
| <input type="checkbox"/> Mixed Seedlings 8.00/ 100g | <input type="checkbox"/> Chickpea Seedlings 5.00/ 50g | <input type="checkbox"/> Green Basil Seedlings 14.00/ 100g |
| <input type="checkbox"/> Sunflower Seedlings 16.00/ 400g | <input type="checkbox"/> Popcorn Seedlings 7.00/ 100g | <input type="checkbox"/> Purple Basil “ 18.00/ 100g |
| <input type="checkbox"/> Buckwheat Seedlings 16.00/ 300g | <input type="checkbox"/> Red Cabbage “ 7.00/ 50g | <input type="checkbox"/> Red Amaranth “ 13.00/ 35g |
| <input type="checkbox"/> Radish Seedlings 16.00/ 400g | <input type="checkbox"/> Coriander Seedlings 9.00/ 50g | <input type="checkbox"/> Onion Seedlings 10.00/ 50g |
| <input type="checkbox"/> Burgundy Radish “ 16.00/ 300g | <input type="checkbox"/> Crimson Chard “ 18.00/ 100g | <input type="checkbox"/> Fennel Seedlings 10.00/ 50g |
| <input type="checkbox"/> Pea Tendrils 10.00/ 100g | <input type="checkbox"/> Golden Chard “ 18.00/ 100g | |

☼ Note that these items are harvested and packed to order so they must be ordered by noon the day before delivery.

Garnishings and Flavourings

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|--|---|--|
| <input type="checkbox"/> Mix Garnish Leaves 13.00/ 50g | <input type="checkbox"/> Sweet Cicely Leaves 10.00/ 50g | <input type="checkbox"/> Nasturtium Leaves 13.00/ 50g |
| <input type="checkbox"/> Edible Flower Mix 22.00/ 35g | <input type="checkbox"/> Fennel Flowers 22.00/ 30g | <input type="checkbox"/> Spruce Tips 11.00/ 1lb |
| <input type="checkbox"/> Edible Flower Petals 16.00/ 50g | <input type="checkbox"/> Fennel Fronds 13.00/ 30g | <input type="checkbox"/> Cedar Tips 11.00/ 1lb |
| <input type="checkbox"/> Fava Bean Shoots 13.00/ 300g | <input type="checkbox"/> Pineapple Sage 13.00/ 50g | <input type="checkbox"/> Sun-Dried Tomatoes 35.00/ 1lb |
| <input type="checkbox"/> Mini Rainbow Chards 22.00/ 200g | <input type="checkbox"/> Lavender Leaves 13.00/ 50g | <input type="checkbox"/> Smoke-Dried Tomatoes 40.00/ 1lb |
| <input type="checkbox"/> Lovage Stalks 9.00/ 100g | <input type="checkbox"/> Red Shiso Tips 13.00/ 50g | |
| <input type="checkbox"/> French Mint Tips 7.00/ 50g | <input type="checkbox"/> Red Shiso Leaves 13.00/ 50g | |

Cultivating and Celebrating Terroir since 1988!