



**COOKSTOWN**  
*greens*

**PRODUCT FROM  
LOCAL FARMS:**

**Avalon Orchards:**

**Organic Apple Cider** - \$5.50/1L

**Organic ACV** – \$6.50/500mL

**Williams Farms**

**Maple Syrup** \$15/500ml

**Innisfil Creek**

**Unpasteurized Honey** \$8/500g

Local, Certified  
Organic Produce  
**FARM. FRESH. FLAVOUR.**

**MICROGREENS - \$5 – 100g**

- Pea Shoots
- Sunflower
- Hearty Micro Mix

**Onions**

\$6 - 2lb Mixed Red/Yellow Round

\$6 - 1lb Shallots

\$5 - 1lb French Rose

\$5 - 1lb Cipollini (Red or Yellow)

**Potatoes - \$4 1lb bag**

- Amarosa
- German Butterball
- Cookstown Blonde
- Purple
- Pink Lady
- Huckleberry Gold
- Yellow Fingerling

**Garlic Bulbs** \$7 1/2lb bag

**Jerusalem Artichokes** \$4/1lb

**Mixed Beets** \$4/1lb

**Rainbow Carrots** \$4/1lb

**Celeriac** - \$4/lb

**Parsnips** - \$5/lb

**Parsley Root** - \$5/lb

**Winter Turnips** - \$5 1lb bags

**Winter Radish** - \$5 1lb bags