HEIDI'S HEALTHY CANASTA

Produce List

Produce is purchased through Jetro
*Produce is subject to change based on availability and season
*Bags contain 8-10 produce items

Week A: Lettuce, Cucumbers, Onions, Green Peppers, Green Plantains, Cilantro, Oranges, Mangos or apples, Lentils, Brown Rice

Week B: Lettuce, Tomatoes, Carrots, Potatoes, Spinach, Parsley, Apples, Oranges or pears, Cornmeal, Beans

Week C: Lettuce, Cucumbers, Onions, Red Peppers, Broccoli, Cilantro, Oranges, Pineapple or apples, Lentils, Brown Rice

Week D: Lettuce, Tomatoes, Potatoes, Carrots, Cabbage or Collard Greens, Beans, Apples, Pears, Cornmeal or oatmeal

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