



MARKET FRESH FOOD

WHOLESALE PRICES. DELIVERED TO YOU.

2014 Bag Choices & Dates. Items may change without notice based on availability.

WEEK A

10/2, 10/30, 11/27, 1/8, 2/5, 3/12, 4/9, 5/14, 6/11

Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.

PLUS: cilantro, avocado, peppers, yuca or plantains, some tropical fruit, brown rice, red beans*

WEEK B

10/9, 11/6, 12/4, 1/15, 2/12, 3/19, 4/23, 5/21, 6/18

Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.

PLUS: celery, cabbage, green beans or greens, yams or beets, whole wheat pasta, split peas*

WEEK C

10/16, 11/13, 12/11, 1/22, 2/26, 3/26, 4/30, 5/28, 6/25

Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.

PLUS: cilantro, cucumber, peppers, yuca or plantains, corn meal, black beans*

WEEK D

10/23, 11/20, 12/18, 1/29, 3/5, 4/2, 5/7, 6/4

Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.

PLUS: cauliflower, cucumber, peppers, yams or beets, some tropical fruit, oatmeal, lentils*

Bag Order for One Cycle:

*You can substitute more fruit in place of beans and grain.

We accept EBT and checks for payment.

For more information or to order **La Canasta** contact Heidi Hynes at laicanasta@brongreensupply.com or (917) 402-4129.

**LARGE BAG
\$15 EACH**

- 4 Bags per cycle **\$60**
- 2 Bags per cycle **\$30**
(choose 2 weeks: A,B,C,D)
- 1 Bag per cycle **\$15**
(choose a week: A,B,C,D)

**PICK UP SITE
LOCATION:**