



By the Bushel Community Food Co-operative
Basket Examples

Small Spring Basket

Example:

1 head lettuce
(Chick-a-Biddy Acres)

0.4lbs of spinach
(Chick-a-Biddy Acres)

0.75lbs asparagus
(Woolerdale Farm)

1 bunch of radishes
(Lunar Rhythm Gardens)

Regular Spring Basket

Example:

1 head lettuce
(Chick-a-Biddy Acres)

1 small bag of sprouts
(The Sprouthouse)

0.4lbs of spinach
(Chick-a-Biddy Acres)

1 small bag of mushrooms
(Waymac Farms)

0.75lbs of asparagus
(Woolerdale Farm)

1 bunch of radishes
(Lunar Rhythm Gardens)

Tel: 705-760-1387

Website: www.bythebushel.ca

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Small Summer Basket

Example:

0.2lb of Arugula
(Chick-a-Biddy Acres)

Garlic Scapes (bunch)
(Ashburnham Farm-Gaelic
Garlic)

1 lb of Rhubarb
(Cedar Grove Organic Farm)

1 Quart of Strawberries
(The Sprighthouse)

0.75lb of Snap Peas
(Deer Bay Farms)

Regular Summer Basket

Example:

1 head lettuce
(Chick-a-Biddy Acres)

1 lb of Rhubarb
(Cedar Grove Organic Farm)

1 Chinese Cabbage
(Chick-a-Biddy Acres)

Tea Herb (bunch)
(Well Grounded Garden)

1 Quart of Strawberries
(The Sprighthouse)

Garlic Scapes (bunch)
(Ashburnham Farm-Gaelic
Garlic)

0.75lb of Snap Peas
(Deer Bay Farms)

0.2lb of Arugula
(Chick-a-Biddy Acres)

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Regular Fall Basket

Example:

0.4lb of Spinach
(Chick-a-Biddy Acres)

3-4 Large or 5-6 Medium Beets
(Chick-a-Biddy Acres)

2lbs of White/Red/Golden
Potatoes
(Lunar Rhythm Gardens)

Bunch (2) of Leeks
(Lunar Rhythm Gardens)

1 Pie Pumpkin
(Sun Root Organics)

Heirloom Tomatoes (4)
(Sun Root Organics)

1 Small Melon (Mixed Variety)
(Deer Bay Farms)

1 Jalapeno Pepper
(Sun Root Organics)

1 Bunch of Cilantro
(Sun Root Organics)

1 Medium to Large Eggplant
(Lunar Rhythm Gardens)

Regular Winter Basket

Example:

0.4lb of Winter Salad Mix
(Chick-a-Biddy Acres)

2lbs of Carrots
(Lunar Rhythm Gardens)

1 Bunch (2) of Leeks
(Lunar Rhythm Gardens)

3lbs of White/Red/Golden
Potatoes
(Martin's Fruits and Vegetables)

2 Winter Squash (Mixed Variety)
(Sun Root Organics)

2lbs of Beets
(Lunar Rhythm Gardens)

1 Micro Greens Bowl
(Sprout House)

2lbs of Parsnips
(Lunar Rhythm Gardens)

1 Head of Garlic
(Cedar Grove Farm)

0.5lb of Kale
(Sun Root Organics)

2lbs of Cooking Onions
(Lunar Rhythm Gardens)

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