



## CO-OP HARVEST BOX

EAT SEASONALLY & LOCALLY THIS SUMMER!

To participate in this program, you will invest your money now for a summer full of fresh produce and Co-op goodies! Each week, you can pick up a box of fresh, seasonal produce, including a unique recipe to match your box ingredients, and an in-store special item to top it all off.

We have two options for this program:

Half Season: **June & July** (9 weeks)

Your price: **\$425.00**

Average weekly cost: **\$47.22**

Example box from mid-late June: zucchini, yellow squash, spinach, asparagus, snap peas, rhubarb, fresh herbs, spring onion, cucumber, lettuce, strawberries, raspberries, tomatoes, cherry tomatoes, blueberries, and a special item from the Co-op shelves.

You will pay \$425.00 upon sign-up for 9 weeks of fresh produce (\$47.22/week). The average American household spends \$150 per week on groceries; come shop the Co-op and see that our prices **are** comparable to your other grocery stores! By purchasing a half season Harvest Box, you will be saving \$52.00 over the course of two months (the average retail value of our box is \$53/week).

Member-shareholders will receive a 5% discount on this price. \*Note this is an example and actual components may vary, depending what is seasonally and locally available.

Full Season: **June, July, August, September** (17 weeks)

Your price: **\$725.00**

Average weekly cost: **\$42.64**

Example box from July – September: zucchini, yellow squash, spinach, asparagus, fresh herbs, cucumber, strawberries, eggplant, bell pepper, cauliflower, tomatoes,

cherry tomatoes, cantaloupe, broccoli, apples (sept.), assorted fall squash (sept.), and a special item from the Co-op shelves.

You will pay \$725 upon sign-up for 17 weeks of fresh produce (\$42.64/week). The average American household spends \$150 per week on groceries; come shop the Co-op and see that our prices **are** comparable to your other grocery stores! By purchasing a full season box, you will save \$154 over the course of four months (the average retail value of our box is \$51.75).

Member-shareholders will receive a 5% discount on this price. \*Note this is an example and actual components may vary, depending what is seasonally and locally available.

We have **fifteen spots available** for our Harvest Box program, and here are the benefits of participating in this Co-op offer:

- You will be eating locally & seasonally, which benefits your health and the environment
- You will be supporting local farmers and producers and the local economy, and of course your Co-op!
- Receive a box of fresh, locally grown produce each week, ready for pick-up without the hassle of shopping
- Receive one recipe highlighting a local ingredient in your box (and find all the other ingredients at the co-op)
- Receive one special mystery item in your Harvest Box each week from the Co-op (there will be a section on sign-up sheet to let us know of any dietary restrictions)