

Choices for Seasonal Flavors:

*Distribution of vegetables is based on season. Members can expect to receive an average of five items per week, but it may vary. Based on our experience, we recommend vegans, vegetarians, and raw food consumers to select Choice 2. For omnivores, of a family of two or more with a diet of 60% vegetables we recommend Choice 2. Please note: these are only our recommendations, and you are the best judge on your dietary consumption. Choice 2 receives double of the amount of Choice 1.*

**Sample for Choice 1**

1/2lb	Artichokes
6 oz	Asparagus
4 oz	Arugula
1lb	Beans
1lb	Beets
1lb	Broccoli
4oz	Broccoli Raab
1lb	Cabbage
1lb	Carrots
1 stalk	Celery
1lb	Collard
4 Ears	Corn
1lb	Cucumber

1lb	Eggplant
1lb	Grapes
1lb	Kale
1lb	Kohlrabi
1 head	Lettuce
4 oz	Micro Greens
1lb	Onions (bulb)
1lb	Pac Choi
1lb	Peas
1lb	Peppers
1lb	Pumpkin
1/2lb	Scallions
80z	Strawberries