

# Sole Food Farms Fresh Sheet

Friday September 25, 2015

\* Required

**Order placed by (name): \***

**Restaurant name: \***

**Bulk Mixed Kale- \$8/lb**

Loose mixed kale with up to 8 varieties

**Bulk Swiss Chard- \$8/lb**

Loose bulk rainbow stems with burgandy and green leaves

**\*\*\*\*SPECIAL Escarole- \$3.50/head\*\*\***

Loose bulk rainbow stems with burgandy and green leaves

**French Breakfast Radish- \$3.50/bu or \$3/bu for 3 or more**

Long slender red, white tipped radish

**Cherriette Radish- \$3.50/bu or \$3/bu for 3 or more**

Round red radish with a sweet-hot white flesh

**Bulk Radish- \$3/lb**

No Greens - Mostly Cherriette and French Breakfast

**Regular Quad Color Carrots- \$5/lb**

No Greens- Purple Haze, Yellow Pack, Orange Nelson, and Nutri-Red

Sold Out

**Baby Fennel- \$4/each**

Baby bulbs with a crisp anise flavour

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**Mixed Hot Peppers- \$10/lb**

Mix of jalapeño, cayenne, hot perina, capperino, hot paper lantern, habenaro and szegedi paprika

**Green Onions- \$3/bu**

Sweet and complex flavour

## Sole Food Fruits

**Green- Golden Ground Cherry- \$15/lb (only 0.4lbs available)**

Young green golden berries; tart and acidic

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**Quince- \$4/lb**

Yellow heritage fruit with a floral fragrance

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## Sole Food Herbs

All bunched herbs are \$3 each or \$2.66 when you buy 3 or more (except Basil)

**Chocolate Mint- \$3/bu for 3 for \$8**

Delightful minty chocolate flavor

**Garlic Chives- \$3/bu or 3 for \$8**

Thin flat leaves with delicate garlic flavour

**Lemon Thyme- \$3/bu or 3 for \$8**

Fresh citrus flavoured thyme

**Lovage- \$3/bu or 3 for \$8**



