



## Weekly Schedule 2017 Sole Food Season

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restaurant orders due for 5 PM	Restaurant deliveries	Fresh Sheets sent at 5 PM	Restaurant orders due for 5 PM	Restaurant deliveries		Fresh Sheets sent at 5 PM
		Main Street Farmers Market 2 PM- 6 PM May 31- Oct. 4	Downtown Farmers Market 2 PM- 6 PM June 1- Oct. 5		Trout Lake Farmers Market 9 AM- 2 PM May 6- Oct. 21	

**We deliver!**  
**Minimum order for delivery is \$100**  
**or**  
**Pick-up!**  
**Pacific Farm between 11am-2pm**  
**or any of our Farmer's Market stalls.**

**Distribution Coordinator's Hours:**  
**Monday-Friday: 9am-5pm**  
 Email: [orders@solefoodfarms.com](mailto:orders@solefoodfarms.com)  
 Mobile: 778.988.4169 (texts, yes)



# Produce Availability Calendar 2017 Sole Food Season

<i>Vegetables</i>	April	May	June	July	August	September	October	November
Beans, Filet								
Carrots, Tri Color								
Cucumber, Assorted								
Eggplant, Assorted								
Onions, Fresh								
Onions, Green								
Onions, Shallots								
Peas, Sugar								
Peppers								
Radish								
Squash, Summer								
Tomatillo								
Tomatoes								
Turnip, Hakurei								
<i>Greens</i>	April	May	June	July	August	September	October	November
Chard								
Chicory, Assorted								
Collards								
Kales, Mixed								
Salad- Arugula								
Salad- Brassica Mix								
Salad- Mustards								
Salad- Sole Food Mix								



# Produce Availability Calendar 2017 Sole Food Season

<i>Fruit</i>	April	May	June	July	August	September	October	November
Apples								
Golden Berry								
Figs								
Pears								
Persimmon								
Plums								
Strawberry								
Quince								
<i>Herbs</i>	April	May	June	July	August	September	October	November
Basil								
Chives								
Cilantro								
Dill								
Lavender								
Lovage								
Mint, Hyssop, Lemon Balm								
Oregano								
Parsley								
Rosemary, Sage, Savory								
Shiso								
Tarragon								
Thyme								



# 2017 Product & Price List

\*\*\*Seasonal variation is possible\*\*\*

<i>Vegetables</i>	<b>Descriptions</b>	<b>Prices</b>
Beans, Filet	Long and elegant mix of purple, yellow and green beans	\$10/lb
Carrots	Nelson, Purple Haze, and Yellow Pack varieties	\$5/lb
Cucumbers	Crescent, Lemon, and Salt and Pepper varieties	\$4/lb
Eggplant	Fairytale, Italian Globe, and Japanese varieties	\$4/lb
Onions, Cipollini	Italian Bianca di Maggio and Red Marble	\$6/lb
Onions, Green	Sweet and complex flavour	\$3/bu
Onions, Shallots	Cured culinary classic grown by Sole Food Farms	\$6/lb
Onions, Tropea	Sweet heirloom Italian torpedo shaped onion; purple coloring	\$6/lb
Peas, Sugar Snap	Crisp refreshing pea flavour to use raw or cooked	\$8/lb
Peppers, Frying	Spanish Padrón and Japanese Shishito; approx. 1 in 10 is hot	\$12/lb
Peppers, Hot	Jalapeño and Szentesi Cherry	\$10/lb
Peppers, Super Hot	Habanero, Moruga Scorpion Brown, Bhut Jolokia Red (aka Ghost Pepper), Carolina Reaper, and Fatallii White	\$12/lb
Peppers, Sweet	Carmen, Gourmet, Islander, Round of Hungary, Gypsy Queens, Sweet Chocolate, and Golden Treasure	\$5/lb
Peppers, Poblano	Deep green Mexican chili pepper; moderate heat	\$5/lb
Radish, French Breakfast	Long slender red, white tipped radish	\$3.50/bu
Squash, Summer	Sunburst, Flying Saucer, G-star, Benning's Green Tint, Pattison Golden Mabre, Pattison Panache Juane et Verte, and Genovese and Costata Romanesco Zucchini	\$4/lb
Tomatillo	Green and purple with a sweet and sour citrus flavor	\$4/lb
Tomatoes, Cherry	Black Cherry, Blush, Pink/Purple/Sunrise Bumblebee, White Cherry, Yellow Pear, Matt's Wild Cherry, and Blue Cream	\$9/lb
Tomatoes, Heirloom	Speckled Roman, Hamish Paste, Black Prince, Great White, Big Beef, Green Zebra, Paul Robeson, Black Beauty, Pink Beauty, Rose de Beren, Stripped German, Valencia, and Yellow Bandywine	\$5/lb
Tomatoes, Sungold	Exceptionally sweet, bright tangerine-orange cherry tomatoes	\$9/lb
Turnip, Hakurei	Sweet and fruity white salad turnip	\$3.50/bu
<i>Greens</i>	<b>Descriptions</b>	<b>Prices</b>
Chard, Mixed	Rainbow stems with burgundy and green leaves	\$6/lb
Chicory, Dandelion	Catalogna Italian or Garnet Stem	\$4/head
Chicory, Frisée	Delicate curly leaves with mild bitterness	\$4/head
Chicory, Fiero Treviso	Long purple-green heads of radicchio	\$4/head
Chicory, Virtus Sugarloaf	Long light green radicchio heads with mild romaine flavour	\$4/head
Chicory, Indigo Radicchio	Classic radicchio- red and white round heads	\$4/head
Collard Greens	Dark green leaves that are broad and wavy	\$6/lb
Kale, Mixed	Red/White Russian, Toscano, Bear Necessities, Gulag Stars, Olympic Red, Pentland Brig, Red Ruffled, Lacinato, Scarlet, Russian Frills, Western Front	\$6/lb
Salad, Arugula	Long and lobed peppery leaves	\$12/lb
Salad, Baby Brassica Mix	Mixed baby kales, chards, and tokyo bekana cabbage	\$12/lb
Salad, Mustards	Green Mustard, Red Mustard, Tatsoi, and Hon Tsai Tai	\$12/lb
Salad, Sole Food Mix	Blend of our best seasonal greens	\$12/lb



## 2017 Product & Price List

\*\*\*Seasonal variation is possible\*\*\*

<i>Fruit</i>	<b>Descriptions</b>	<b>Prices</b>
Apples	Honey Crisp and Fuji varieties	\$4.50/lb
Golden Berry	Tropical notes of mango and passion fruit; paper husk	\$15/lb
Figs, Adriatic	Exceptionally sweet flavor with melting texture, tastes of mulberry/strawberry.	\$10/lb
Pears	Bartlett variety; quintessential pear flavor.	\$6/lb
Persimmon	Fuyu variety; firm and crisp with lighter orange skin; ripen to soften	\$8/lb
Plums	Sweet and tart; very juicy	\$6/lb
Strawberry, Albion	Classic strawberry with firm fruit bursting with flavour	\$6/pint
Quince	Yellow heritage fruit with an intense floral fragrance	\$5/lb
<i>Herbs</i>	<b>Descriptions</b>	<b>Prices</b>
Basil	Italian Genovese and Purple Ruffles	\$5/quarter lb
Chives	Fine sweet and mild culinary chives	\$5/quarter lb
Chives, Garlic	Thin flat leaves with delicate garlic flavour	\$3/quarter lb
Cilantro	Bright green leaves with fresh cilantro flavour	\$5/quarter lb
Dill	Dill-flavored, green feathery leaves	\$5/quarter lb
Hyssop	Mild astringent flavor with a minty aroma	\$5/quarter lb
Lavender	Aromatic little purple flowers	\$7.50/quarter lb
Lemon Balm	Fresh leaves with distinct lemon flavour	\$5/quarter lb
Lovage	Specialty culinary herb with intense celery flavour	\$5/quarter lb
Mint, Chocolate	Delightful chocolate minty flavor	\$5/quarter lb
Mint, Peppermint	True peppermint	\$5/quarter lb
Mint, Spearmint	Frosted aromatic mint leaves	\$5/quarter lb
Oregano	Characteristic dark green leaves with strong aromatic flavor	\$7.50/quarter lb
Parsley	Intense parsley flavor	\$5/quarter lb
Rosemary	Bold and fragrant rosemary flavour	\$7.50/quarter lb
Sage	Great aromatic sage	\$7.50/quarter lb
Savoury	Peppery flavour adds spice to dishes	\$7.50/quarter lb
Shiso	Unique Japanese herb; green and purple	\$5/quarter lb
Tarragon	Tender green leaves with an anise-like flavour	\$7.50/quarter lb
Thyme	Small green leaves with a strong, earthy flavor	\$10/quarter lb
Thyme, Lemon	Fresh citrus flavoured thyme	\$10/quarter lb

# SOLE FOOD FARMS CREDIT APPLICATION

#210 – 128 West Hastings Street, Vancouver, BC V6B 1G8

Phone: 778-228-9566

info@solefoodfarms.com

Legal Company Name \_\_\_\_\_ Trade Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone Number \_\_\_\_\_

Accounts Payable Contact \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Authorized Buyer Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Legal Owners, Partners or Officers:

Name \_\_\_\_\_ Name: \_\_\_\_\_

Title: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Company is a:  Corporation  Sole Proprietorship  Partnership  Other

Registered Business Number \_\_\_\_\_

## Bank Reference

Bank Name \_\_\_\_\_ Contact \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Account Number \_\_\_\_\_

Maximum Credit Requested: \$ \_\_\_\_\_ per month.

\_\_\_\_\_ Payment by cheque

\_\_\_\_\_ Payment by credit card

Credit card number \_\_\_\_\_

Exp \_\_\_\_\_ CVV \_\_\_\_\_ Postal Code \_\_\_\_\_

By signing this application, applicant agrees to the following terms and conditions:

- 1) Applicant authorizes Sole Food Farms to make independent inquiry of the bank and trade references.
- 2) Terms are net 15 days from invoice date unless otherwise stated.
- 3) Past due accounts are subject to cancellation of credit privileges and subsequent third party collection action with all costs to the debtor.

\_\_\_\_\_  
Name and Title of Signatory

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date