

ARROWHEAD URBAN FARMS

Local Organic Food 2024

Delivery and Pickup Available

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SEASONAL VEGETABLES

18 weeks of organic produce, early summer through fall.

EARLY SUMMER

Mid-June through early July.

- Spinach
- Radish
- Cucumbers
- Summer Squash
- Asian Greens
- Microgreens
- Kale
- Cilantro
- Garlic Scapes
- Peas

MID-SUMMER

Mid-July through late August.

- Lettuce
- Carrots
- Turnips
- Beets
- Cucumbers
- Squash
- Asian Greens
- Peas
- Bush Beans
- Tomatoes
- Peppers
- Garlic
- Onion
- Basil
- Herbs
- Microgreens

SUMMER/FALL

Late August through late October.

- Turnips
- Beets
- Cucumbers
- Tomatoes
- Summer Squash
- Winter Squash
- Snow Peas
- Carrots
- Pole Beans
- Green Onions
- Garlic
- Onion
- Basil
- Peppers
- Melons
- Hot Peppers
- Herbs
- Microgreens
- lettuce

MICROGREENS

We grow our micro greens year-round in a controlled environment.

- Basic Salad Mix
- Spicy Salad Mix
- Amaranth
- Beet
- Broccoli
- Arugula
- Cabbage
- Basil
- Cilantro
- Fava Bean
- Kale
- Kohlrabi
- Mustard
- Pea Shoot
- Sunflower Shoot
- Radish

FLOWERS

Seasonal perennial and annual bouquets available \$15-\$20.

PRODUCE PRICE LIST

• Asian Greens	\$4.00/bunch	• Lettuce	\$4.00/bag
• Basil	\$3.00 /bunch	• Melons	\$1.20/lb
• Beans	\$3.00/bunch	• Microgreens	\$3.00/ea
• Beets	\$3.00/lb	• Onions (dry)	\$1.25/ea
• Broccoli rabb	\$3.00/bunch	• Onions (green)	\$2.00/bunch
• Cantaloupe	\$1.00/lb	• Peas	\$3.00/bunch
• Carrots	\$3.00/bunch	• Peppers	\$2.25/lb
• Cilantro	\$3.00/bunch	• Potatoes	\$3.00/lb
• Cucumber	\$1.20/ea	• Radish	\$3.00/bunch
• Flowers (bouquets)	\$15-\$20 ea	• Spinach	\$3.00/bunch
• Garlic Scapes	\$1.50/bunch	• Summer Squash	\$1.50/lb
• Garlic Bulbs	\$1.25/each	• Tomatoes	\$2.00/lb
• Herbs	\$2.50/bunch	• Turnips	\$3.00/bunch
• Hot Peppers	\$2.25/lb	• Winter Squash	\$1.20/lb
• Kale	\$3.00/bunch		

Contact 801-510-9493

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Join our CSA plan to get weekly, locally-grown, fresh organic produce! All items are approximate and shares may vary. Shares include 7-9 vegetables per week.

Customization available with advanced notice.

Get 5% off if you prepay for the entire season.

2024 SEASON

Share 1 (June 15th)

\$25.00

Spinach, radish, cucumbers, summer squash, Asian greens, kale, cilantro, and micro greens.

Share 2 (June 22th)

\$27.00

Lettuce, turnips, radish, cucumbers, summer squash, green onions, mustard greens, kale, and micro greens.

Share 3 (June 29th)

\$29.00

Lettuce, spinach, radish, turnips, cucumbers, summer squash, kale, garlic scapes, peas, and micro greens.

Shares 4-17 (July 5th-October 5 th)

\$29.00

Lettuce, carrots, turnips, beets, cucumbers, tomatoes, summer squash, beans, garlic, onions, basil, peppers, and micro greens.

Share 18 (October 12th)

\$29.00

Lettuce, carrots, turnips, cucumbers, tomatoes, garlic, bell peppers, cilantro, herbs and micro greens.

CSA COMMUNITY SUPPORTED AGRICULTURE

Join our CSA plan to get weekly, locally-grown, fresh organic produce! All items are approximate and shares may vary. Customization of the weekly vegetables available with advanced notice. Each week you will receive 7-9 seasonal vegetables that would work for 1-4 people in a home.

Our seasonal organic produce runs approximately 18 weeks; our micro greens runs the year-round.

Pricing Plans:

- Weekly share \$26-\$30
- Monthly (4 weeks) \$110.00
- Half-season (9 weeks) \$252
- Season (18 weeks) \$504 (+ 5% off = \$479)

Personalize your box: If there's any vegetable you can't eat or don't like, you can make changes to your box before the weekly harvest.

