



MARKET FRESH FOOD
WHOLESALE PRICES. DELIVERED TO YOU.

2017-18 Bag Choices & Dates. Items may change without notice based on availability.

WEEK A 10/10, 11/7, 12/5, 1/9, 2/6, 3/6, 4/10, 5/8, 6/5	Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.	PLUS: cilantro, avocado, peppers, yuca or plantains, some tropical fruit, brown rice, red beans.*
WEEK B 10/17, 11/14, 12/12, 1/16, 2/13, 3/13, 4/17, 5/15, 6/12	Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.	PLUS: celery, cabbage, green beans or greens, yams or beets, whole wheat pasta, split peas.*
WEEK C 10/24, 11/21, 12/19, 1/23, 3/13, 4/24, 5/22, 6/19 (NO DELIVERY 2/20)	Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.	PLUS: cilantro, cucumber, peppers, yuca or plantains, corn meal, black beans.*
WEEK D 10/31, 11/28, 1/30, 2/27, 3/27, 5/1, 5/29, 6/26 (NO DELIVERY 12/26)	Carrots, Onions, Garlic, Potatoes, Lettuce, Tomatoes, Broccoli, and 4 kinds of fruit.	PLUS: cauliflower, cucumber, peppers, yams or beets, some tropical fruit, oatmeal, lentils.*

Bag Order for One Cycle: *You can substitute more fruit in place of beans and grain. We accept EBT and checks for payment.	BAGS ARE \$20 EACH or \$15 if you use EBT	PICK UP SITE LOCATION:
For more information or to order La Canasta contact Heidi Hynes at or (917) 402-4129 or go to http://lacanasta.nyc		