

# River Bluffs Farm Produce Sale – Friday May 15 – Sun May 17

## Terra Vita Farms Produce List

Produce List	Description	Price
<b>New Produce Items for this week:</b>		
Patty Pan Squash	Small squashes, great sautéed or roasted	\$4/pint
Purple Broccoli Raab	Purple broccoli full of antioxidants and flavor, florets and stems are edible	\$6/bunch
Flowering Cauliflower	White cauliflower florets with edible elongated stems, sweet and flavorful, my favorite cauliflower variety to eat	\$6/bunch
Rainbow Chard	A mix of colorful chard full of antioxidants and vitamins, great sautéed or mixed raw in salad	\$4/bunch
Oregano Bunches (herb)	Great for sauces, teas, seasoning – <i>fresh cut</i> so please ask when you stop by!	\$4/bunch
<b>Vegetables</b>		
Carrots	Deliciously sweet baby orange carrots	\$4/bunch
Snow Peas	Sweet and crunchy flat snow peas – great for pastas, stir-fry or just snacking!	\$4/pint
Hakurei Turnips	White turnips, amazing sautéed in fat or diced raw in salad – Super delicious!	\$3.50 per ½ lb
Radishes	Red and purple round radishes with greens	\$3.50 per bunch
<b>Greens and Salad Mix</b>		
Arugula	Nothing compares to the nutty, bitey baby arugula greens	\$4 per 5 oz
Cherokee Lettuce Heads	Romaine-style lettuce head, reds & greens make a beautiful salad	\$5 per ½ lb
Iceberg Lettuce Heads	Crunchy, sweet; wonderful for burgers or sandwiches	\$5 per ½ lb
Muir Lettuce Heads	Crisp, sweet, and crunchy green lettuce heads	\$5 per ½ lb
Spring Salad Mix	Beautiful mix of Salanova lettuce and sunflower shoots	½ pound - \$6 or 1 lb - \$10
<b>Microgreens</b>		
Happy Heart	Mix of broccoli, kale, cabbage and amaranth microgreens	4 oz - \$6
Spice It Up	Mix of radish, mustard, arugula and mizuna microgreens	4 oz - \$6
Rainbow	Earthy colorful mix of rainbow chard, beet, and amaranth microgreens	2 oz - \$6
Basil	Mix of red and Genovese basil	1 oz - \$6
Thai or Lemon Basil		1 oz - \$6
Arugula or Cilantro		2 oz - \$6
Mustard or Broccoli		4 oz - \$6
Fennel	Mix of fennel and chervil microgreens	2 oz - \$6
<b>Shoots</b>		
Sunflower shoots	Nutty and delicious, great lettuce substitute for anything	5 oz - \$6
Field Pea shoots	Sweet pea flavor, great sautéed or as a lettuce substitute for anything	5 oz - \$5
Tendrill Pea shoots	Fancier version of field pea shoots	5 oz - \$5
<b>Misc</b>		
Mint Bunches	Fresh cut - make sure you ask for it	\$4 per bunch
Flower Garnish Mix	Fancy up any salad, entrée or cocktail with beautiful edible flowers	\$5 per container