

# River Bluffs Farm Produce Sale

## Terra Vita Farms Produce List (Fri Aug 7 only)

Produce List	Description	Price
<b>Vegetables</b>		
Red Beets	Gorgeous beet bunches with greens, all the earthy flavors you can get	\$4/bunch
Sweet Bell Peppers	Delicious green sweet bell peppers for cooking, stuffing or eating raw	1 lb/\$6
Shishito Peppers	Delicious sweet pepper great for roasting or blistered, amazing flavor	pint/\$4
Cayenne Peppers	Great hot pepper for additional heat or making homemade hot sauce	Pint/\$4
Sauerkraut	Truly fermented sauerkraut, loaded with probiotic goodness to keep your immune system strong	\$15/quart
<b>Greens and Salad Mix</b>		
Baby Arugula Leaf <i>(new!)</i>	Nutty, spicy and delicious	5oz/\$4
Summer Salad Mix	Delicious summer mix of salad greens	8oz/\$6
<b>Fresh Cut Herbs – please ask when you stop by; cut as ordered</b>		
Lemon Balm	Great tea herb, delicious lemon flavor, very relaxing	\$3/bunch
<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	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>		
Nasturtium shoots <i>(new!)</i>	One of our spiciest micros, if you want some extra spice in your life, these greens are for you	5oz/\$6
Sunflower shoots	Nutty and delicious, great lettuce substitute	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>Garden Transplants – All \$3 per pot</b>		
Prickly Pear	Aloe	