**Intervale CSA Share Sizes**

**Full Share - this size share should feed a family or folks who like to eat a lot of veggies and do canning and freezing.**

**Example of what is in share - June 13, 2022**

**10 items - 5 radishes**

**¼ pound of arugula**

**½ pound of swiss chard**

**½ pound of kale**

**1 pint strawberries**

**1 bunch of spinach**

**5 garlic scapes**

**1 head of lettuce**

**sampling of herbs and flower bouquet \***

**Approximate value of share = $22.00**

**Medium Share – this size is good for a couple or single person**

**Share includes the choice of any items listed above but you would only choose 6 of the items.**

**Approximate value of share this week = $12.00 - $14.00 depending on what you chose.**

**\* All shares , no matter what the size , receive herbs and flowers.**

**Example of what is in a share on August 1. 2022**

**Full Share Size**

**14 items - 6 ears of sweet corn**

**¼ pound summer spinach**

**¼ pound swiss chard**

**½ pound kale**

**1 Daikon radishes**

**1 sweet onion**

**1 pound of green beans**

**1 head cabbage**

**1.5 pounds summer squash**

**1.5 pounds of zucchini**

**1 pound slicing cukes**

**1 pound of pickling cukes**

**1 head of lettuce**

**1.5 pounds of potatoes**

**Approximate value of share = $34.00**

**Medium share would include the choice of 7 items listed above including herbs and flowers .**

**Approximate value of medium share = $20.00**