**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**