

| <b>ALM Organic Farm, Sooke BC</b>                      | <b>Mary Alice Johnson</b>  |                                  | <b>642-2131</b> |
|--|----------------------------|----------------------------------|-----------------|
| <b>2011 season offerings</b>                           | <b>and Marika Nagasaka</b> |                                  |                 |
| <b>VARIETY</b>   | <b>season</b>              | <b>estimated season in weeks</b> | <b>price</b>    |
| APPLES-AKANE   | late Aug.                  |                                  | \$2.50/lb       |
| APPLES-BELLE DE BOSCOPE                                | October                    |                                  | \$3.50/lb       |
| APPLES-GRAVENSTEIN                                     | late Aug                   |                                  | \$3.50/lb       |
| APPLES-TRANSPARENT                                     | late July to mid Aug.      |                                  | \$2.50/lb       |
| ARTICHOKE-JERUSALEM                                    | Oct. 15 to Jan. 30         | 18                               | \$3.50/lb       |
| ARTICHOKES, GLOBE                                      | May to October             | 20                               | \$2 each        |
| ARUGULA  | year round                 | 52                               | \$14/lb         |
| ASPARAGUS  | April 1 to May 30          | 10                               | \$8/lb          |
| BABY MIXED LETTUCES                                    | year round                 | 52                               | \$14-18/lb      |
| BEANS-BABY GREEN                                       | July 1 to Oct 1            | 14                               | \$6/lb          |
| BEANS-BROAD  | May 15 to Oct. 15          | 16                               | \$3.50/lb       |
| BEETS  | year round                 | 52                               | \$3.50/lb       |
| BOK CHOY - BABY  | year round                 |                                  | \$3.50/lb       |
| BROCCOLI   | July 1 to Nov. 30          |                                  | \$4.50/lb       |
| BROCCOLLI-PURPLE SPR                                   | March 10 to May 1          |                                  | \$4.50/lb       |
| BRUSSEL SPROUTS  | Nov. to March              | 10                               | \$4.50/lb       |
| CABBAGE  | July 1 to Nov. 30          |                                  | \$4.25/lb       |
| CARROTS-BABY   | year round                 | 52                               | \$4/lb          |
| CARROTS-LARGE  | year round                 | 40                               | \$3.50/lb       |
| CAULIFLOWER  | June through Nov.          | 16                               | \$5-6/lb        |
| CELERY   | June through Nov.          | 20                               | \$5-6/lb        |
| CELERY ROOT  | Aug. through Feb..         | 28                               | \$5-6/lb        |
| CHERRY - SWEET   | June 30 to July 15         |                                  | \$4.50/lb       |
| CHIVES   | March to Nov.              |                                  | \$2.25/bu       |
| COLLARDS   | year round                 | 52                               | \$3/bu          |
| CORN   | Aug through Oct 30         | 12                               | \$1-2/ear       |
| CUCUMBER-ENGLISH                                       | July thru Oct 30           | 13                               | \$1.50-3 ea     |
| CUCUMBER-lemon   | July thru Sept. 15         | 13                               | 75¢ ea          |
| CUCUMBER-PICKLING                                      | July thru Sept. 15         | 13                               | \$4/lb          |
| DAIKON RADISH  | year round                 | 52                               | \$4/lb          |
| EGGPLANT-JAPANESE                                      | Aug. through Sept. 30      | 6                                | \$5-6/lb        |
| FENNEL   | April through Nov.         | 24                               | \$4.50/lb       |
| FIGS-FRESH   | August                     |                                  | \$8/lb          |
| FRISSE   | year round                 | 52                               | <b>\$14/lb</b>  |
| KALE   | year round                 | 52                               | \$3/bu          |
| KIWI   | Dec. 1 to March            |                                  | \$3/lb          |
| LEAF LETTUCE   | year round                 | 52                               | \$3 ea          |
| LEEKs  | Aug. through May           | 30                               | \$4/lb          |
| MACHE  | March 15 to May            |                                  | \$23/lb         |
| MIZUNA   | year round                 | 52                               | \$14/lb         |
| MUSTARD  | year round                 | 52                               | \$3/bu          |
| NETTLES  | Feb. 15 to June 1          | 8                                | \$12/lb         |
| ONIONS-GREEN   | June through Nov.          | 48                               | \$2.50/bu       |
| ONIONS-YELLOW  | Aug. thru Feb.             | 52                               | \$3.50/lb       |
| PARSNIPS   | Aug. thru March            | 30                               | \$4/lb          |
| PEACH  | August                     |                                  | \$4/lb          |
| PEARS -d'anjou, bosch, louise bonne, commice, Asian    | Aug. to late Oct.          |                                  | \$3.50/lb       |
| PEAS-ENGLISH   | June 1 to Sept. 30         | 16                               | \$7.50/lb       |
| PEAS-SNOW  | June 1 to Sept. 30         | 16                               | \$7.50/lb       |
| PEPPERS-JALAPENO                                       | Aug 15 to Oct. 15          | 8                                | \$8/lb          |
| PEPPERS-SWEET  | Aug 15 to Oct. 15          | 8                                | \$6-7/lb        |
| PLUM - Santa Rosa, golden early, green gage, It. Prune | early August to Sept. 1    |                                  | \$3/lb          |
| POTATO-fingerling                                      | June through Nov.          | 4                                | \$4.00          |
| POTATO-YUKON GOLD                                      | June thru March            | 30                               | \$3.50/lb       |
| QUINCE   | October                    |                                  | \$3.50/lb       |
| RADDICCIO  | year round                 | 52                               | \$14/lb         |
| RADISHES   | April through Oct          | 52                               | \$4/lb          |
| RHUBARB  | April 1 to May 30          | 8                                | \$3.50/lb       |
| SHALLOTS   | year round                 | 20                               | \$12/lb         |
| SPINACH  | year round                 | 52                               | \$12/lb         |

|                                   |                          |    |                      |
|-----------------------------------|--------------------------|----|----------------------|
| SQUASH-ACORN                      | Aug. 15 to Dec. 30       | 18 | \$3.25/lb            |
| SQUASH-BUTTERNUT                  | Sept. 1 thru Feb. 28     | 26 | \$3.25/lb            |
| SQUASH-DELICATA                   | Aug. 15 to Dec. 30       | 18 | \$3.25/lb            |
| SQUASH-HUBBARD                    | Sept. 1 thru Feb. 28     | 22 | \$2.30/lb            |
| SQUASH-SPAGHETTI                  | Aug. 15 to Dec. 30       | 18 | \$2.30/lb            |
| SWISS CHARD                       | year round               | 40 | \$3/bu               |
| Tomatillo                         | Aug. through Nov. 15     |    | \$4.50/lb            |
| TOMATO-Cherry                     | July 15 through Oct. 30  | 12 | \$5.50/pt            |
| TOMATO-HEIRLOOM                   | July 20 through Oct. 30  | 12 | \$4.50/lb            |
| TURNIP                            | April to Dec.            | 40 | \$4/lb               |
| WALNUT                            | October                  |    | \$4/lb               |
| ZUCHINNI-BABY                     | June 15 to Sept 30       | 12 | \$2-4.50/lb          |
| <b>Berries</b>                    |                          |    |                      |
| BLACK BERRIES                     | late Aug                 | 8  | \$4/PT               |
| BLACK AND RED CURRENT             |                          |    | \$6/PT               |
| GOOSE                             |                          |    | \$6/PT               |
| LOGAN, MARION, BOSEN              |                          |    | \$5/PT               |
| RASP                              |                          | 6  | \$6/PT               |
| STRAWBERRIES                      |                          | 18 | \$5/PT               |
| TAY                               |                          |    | \$6/PT               |
| <b>HERBS AND FLOWERS (EDIBLE)</b> |                          |    |                      |
| Anise hyssop                      | mid summer               |    | \$2.25/bu or \$20/lb |
| Arugula flowers                   | spring through fall      |    | \$2.25/bu or \$20/lb |
| BASIL                             | June 8 to Oct 7          | 10 | \$2.25/bu or \$20/lb |
| Bay leaf                          | year round               | 52 | \$2/bu               |
| Bergamot                          | July thru Sept. 15       |    | \$2.25/bu or \$20/lb |
| Borage                            | year round               | 45 | \$2.25/bu or \$20/lb |
| Calendula                         | year round               | 50 | \$2.25/bu or \$20/lb |
| Chamomile                         | mid summer               |    | \$2.25/bu or \$30/lb |
| Chervil                           | late winter early spring | 35 | \$2.25/bu or \$22/lb |
| Chives                            | early spring to fall     |    | \$2.25/bu or \$20/lb |
| Cilantro                          | early spring to fall     |    | \$2.25/bu or \$20/lb |
| Corn flower                       | mid summer               |    | \$2.25/bu or \$20/lb |
| Dahlia                            | August to Oct            |    | \$2.25/bu or \$20/lb |
| Day lily                          | July                     |    | \$2.25/bu or \$15/lb |
| Dill                              | early spring to fall     | 35 | \$2.25/bu or \$20/lb |
| Epazote                           | June to Oct              |    | \$2.25/bu or \$20/lb |
| Fennel                            | early spring to fall     |    | \$2.25/bu or \$20/lb |
| Flowering Currant                 | early spring             |    | \$2.25/bu or \$20/lb |
| Honeysuckle                       | summer                   |    | \$2.25/bu or \$20/lb |
| Hops                              | fall                     |    | \$2.25/bu or \$20/lb |
| Hyssop                            | year round               |    | \$2.25/bu or \$20/lb |
| Johnny jump-up                    | year round               | 52 | \$2.25/bu or \$30/lb |
| Lavender                          | harvest in mid July      |    | \$2.25/bu or \$20/lb |
| Lemon balm                        | early spring to fall     |    | \$2.25/bu or \$20/lb |
| Lemon Verbena                     | early spring to fall     |    | \$2.25/bu or \$30/lb |
| Lovage                            | early spring             |    | \$2.25/bu or \$20/lb |
| Marjoram                          | year round               |    | \$2.25/bu or \$20/lb |
| Miners lettuce                    | early spring             |    | \$2.25/bu or \$20/lb |
| Mints                             | year round               |    | \$2.25/bu or \$20/lb |
| Nasturtium                        | spring through fall      |    | \$2.25/bu or \$20/lb |
| Oregano                           | year round               |    | \$2.25/bu or \$20/lb |
| Oxeye daisy                       | year round               |    | \$2.25/bu or \$20/lb |
| Parsley, Italian                  | year round               |    | \$2.25/bu or \$20/lb |
| Pineapple sage                    | fall                     |    | \$2.25/bu or \$20/lb |
| Rosemary                          | year round               |    | \$2.25/bu or \$20/lb |
| Roses, wild                       | May                      |    | \$2.25/bu or \$25/lb |
| Sage                              | year round               |    | \$2.25/bu or \$20/lb |
| Savoury- summer                   | June through Sept.       |    | \$2.25/bu or \$20/lb |
| Savoury- winter                   | year round               |    | \$2.25/bu or \$20/lb |
| Shingiku (chrysanthemum)          | early spring to fall     |    | \$2.25/bu or \$20/lb |
| Shiso or perilla                  | summer to fall           |    | \$2.25/bu or \$20/lb |
| Sorrel                            | year round               |    | \$2.25/bu or \$20/lb |
| Thymes                            | year round               |    | \$2.25/bu or \$20/lb |