



four
season
greens

info@FourSeasonGreens.com
FourSeasonGreens.com

Muskoka, ON
705.405.0449

Sprouts + Greens Subscription (*CSA)

We make it easy to "eat your greens":

Your monthly subscription to our sprout delivery program guarantees you get what you want, delivered weekly to a depot near you (Muskoka only).

Simply Sprouts

- Alfalfa
- *Clover
- Broccoli
- Radish

Sprout Blends

- Ancient Eastern
- Crunchy Bean
- Sandwich Booster
- *Spring Salad
- *Spicy Lentil

Micro-greens

- Pea Shoots
- Sunflower
- Wheatgrass
wheatgrass juicer required

Gourmet Garden

- Chef's Blend
- *Garlic Chives

* Not always Available.

Lettuces	Mixed Lettuces	Goodness Greens	Kale
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Where do I Pick Up My Orders?

Huntsville:	7 Main Cafe, Soul Sistas, Butcher's Daughter, FITT Gym , Motivations
Port Sydney:	Uncle Larry's General Store
Bracebridge:	Bracebridge Chiropractic, Bracebridge Water Depot, Fine Thymes Bistro & Bakery
Gravenhurst:	Well Fed Deli
Dwight:	Dwight Public Library
Dorset:	Dorset Recreational Centre
Baysville:	Baysville Public Library
Rosseau:	Cottage Law Canteen

*CSA = 'Community Supported Agriculture', a locally based economic model of agriculture and food distribution which brings you one step closer to the farmer who grows your food.



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Sprout Delivery Sign Up Form

Name: _____

Depot: _____

Phone Number: _____

Email: _____

Address: _____

Town: _____

Order Options:

- _____ 2 items per week x 4 weeks - \$32.00
- _____ 3 items per week x 4 weeks - \$46.00
- _____ 4 items per week x 4 weeks - \$60.00
- _____ 5 items per week x 4 weeks - \$74.00
- _____ 6 items per week x 4 weeks - \$87.00
- _____ 7 items per week x 4 weeks - \$100.00

Lettuces \$5.50 / 150g bag

- _____ 1 lettuce per week x 4 weeks - \$22.00
- _____ 2 lettuce per week x 4 weeks - \$44.00

Please use the space below for customized orders:

SPECIAL!!

Buy 12 weeks and get 1 week free!

- Yes please
- No thanks

Total: \$ _____

Registration Fee: \$10.00 _____

Total Price: \$ _____

Mail cheques to:

Four Season Greens, 83 Deer Lake Rd., RR2, Port Sydney, ON P0B 1L0
Or drop off at one of the depots.

Upon receipt we will let you know when your weekly delivery will begin (within 2 weeks).

Cheques are payable to: Four Season Greens
Please send E-transfers to: info@FourSeasonGreens.com

Visa/Mastercard: Phone Us or Sign Up online.
We reserve the right to make substitutions when necessary.