



# Four Seasons Farm

## Pricelist Stores 2023

Prices are subject to change

### Leafy things

#### Washed

|          | price  | unit       | Bulk/Case |                |            |
|----------|--------|------------|-----------|----------------|------------|
|          |        |            | case size | price per unit | case price |
| Arugula  | \$4.00 | 3.5oz/100g | 8 bags    | \$3.75         | \$30.00    |
| Saladmix | \$7.00 | 7oz/200g   | 12 bags   | \$6.00         | \$72.00    |
| Spinach  | \$4.00 | 7oz/200g   | 12 bags   | \$3.75         | \$45.00    |

#### Herbs

|                         | Price  | Unit  | Case Conditions |                |            |
|-------------------------|--------|-------|-----------------|----------------|------------|
|                         |        |       | Case size       | price per unit | Case price |
| Cilantro                | \$2.25 | bunch | 24              | \$1.95         | \$46.80    |
| Parsley - curly/italian |        |       |                 |                |            |

|                   |         |          |          |           |         |
|-------------------|---------|----------|----------|-----------|---------|
| Basil             | \$18.00 | 8oz bulk | 1lb bulk | \$2.50/oz | \$40.00 |
| Chives            |         |          |          |           |         |
| Dill              |         |          |          |           |         |
| Lemonbalm         |         |          |          |           |         |
| Mint              |         |          |          |           |         |
| Oregano           |         |          |          |           |         |
| Rosemary          |         |          |          |           |         |
| Sage              |         |          |          |           |         |
| Sorrel            |         |          |          |           |         |
| Tarragon - french |         |          |          |           |         |
| Thyme             |         |          |          |           |         |

### Vegetables

|                        |        |         |         |        |         |
|------------------------|--------|---------|---------|--------|---------|
| Beans green/yellow     | \$4.25 | lb      | 25 lb   | \$3.75 | \$93.75 |
| Beet greens            | \$3.75 | bu      | 12 bu   | \$3.25 | \$39.00 |
| Beets                  | \$3.75 | lb      | 20 lb   | \$3.25 | \$65.00 |
| Broccoli               | \$4.50 | lb      | 10 lb   | \$4.00 | \$40.00 |
| Cabbage                | \$2.00 | lb      | 20 lb   | \$1.50 | \$30.00 |
| Carrots - coloured     | \$4.50 | 2lb bag | 20 bags | \$4.25 | \$85.00 |
| Carrots - orange       | \$4.00 | 2lb bag | 20 bags | \$3.75 | \$75.00 |
| Carrots - orange bunch | \$3.50 | bu      | 18 bu   | \$3.25 | \$58.50 |
| Cauliflower            | \$4.50 | lb      | 10 lb   | \$4.00 | \$40.00 |
| Celeriac               | \$2.75 | lb      | 10 lb   | \$2.50 | \$25.00 |
| Celery                 | \$3.25 | bu      | 12 bu   | \$3.00 | \$36.00 |
| Chard                  | \$4.00 | bu      | 12 bu   | \$3.50 | \$42.00 |
| Cucumbers              | \$1.75 | lb      | 20 lb   | \$1.50 | \$30.00 |
| Daikon                 | \$1.75 | lb      | 20 lb   | \$1.50 | \$30.00 |

to order email: [order4seasons@gmail.com](mailto:order4seasons@gmail.com)

for accounting: call Owen 1-902-977-1000

or text/call Sina 1-902-893-0942 244 Hwy 215, Maitland, Nova Scotia, B0N1T0

HST#8044910082RP0001

|                               |         |      |         |         |          |
|-------------------------------|---------|------|---------|---------|----------|
| Eggplant                      | \$4.00  | lb   | 10 lb   | \$3.75  | \$37.50  |
| Fennel                        | \$2.75  | lb   | 10 lb   | \$2.50  | \$25.00  |
| Garlic                        | \$14.00 | lb   | 20 lb   | \$13.00 | \$260.00 |
| Garlic scapes                 | \$2.50  | lb   | 5 lb    | \$1.50  | \$7.50   |
| Kale                          | \$4.00  | bu   | 12 bu   | \$3.50  | \$42.00  |
| Kohlrabi                      | \$3.00  | lb   | 10 lb   | \$2.75  | \$27.50  |
| Leeks                         | \$4.00  | bu   | 12 bu   | \$3.75  | \$45.00  |
| Nettles                       | \$3.50  | 8oz  | 6 bags  | \$3.25  | \$19.50  |
| Onions - green                | \$2.00  | bu   | 12 bu   | \$1.75  | \$21.00  |
| Onions - yellow/red           | \$1.75  | lb   | 20 lb   | \$1.50  | \$30.00  |
| Pak Choi                      | \$3.00  | bu   | 12 bu   | \$2.75  | \$33.00  |
| Parsnips                      | \$3.75  | lb   | 20 lb   | \$3.50  | \$70.00  |
| Patty Pan small               | \$4.00  | lb   | 10 lb   | \$3.75  | \$37.50  |
| Patty Pan medium/large        | \$2.00  | lb   | 10 lb   | \$1.75  | \$17.50  |
| Peas - Sugarsnaps             | \$5.00  | lb   | 10 lb   | \$4.75  | \$47.50  |
| Peppers - green               | \$2.75  | lb   | 20 lb   | \$2.50  | \$50.00  |
| Peppers - coloured            | \$4.50  | lb   | 20 lb   | \$4.25  | \$85.00  |
| Peppers - Jalapeno/Cayenne    | \$12.00 | lb   | 5 lb    | \$10.00 | \$50.00  |
| Peppers - Thai                | \$15.00 | lb   | 5 lb    | \$13.00 | \$65.00  |
| Potatoes                      | \$1.75  | lb   | 20 lb   | \$1.50  | \$30.00  |
| Radicchio                     | \$4.50  | lb   | 5 lb    | \$4.25  | \$21.25  |
| Radish - black/watermelon     | \$3.00  | lb   | 10 lb   | \$2.75  | \$27.50  |
| Radishes - fresh              | \$2.75  | bu   | 12 bu   | \$2.50  | \$30.00  |
| Rhubarb                       | \$2.75  | lb   | 20 lb   | \$2.50  | \$50.00  |
| Rutabaga                      | \$1.75  | lb   | 10 lb   | \$1.50  | \$15.00  |
| Shallots                      | \$4.50  | lb   | 20 lb   | \$4.25  | \$85.00  |
| Squash - butternut, buttercup | \$1.25  | lb   | 50 lb   | \$1.15  | \$57.50  |
| Squash - delicata             | \$2.00  | lb   | 50 lb   | \$1.75  | \$87.50  |
| Sunchokes                     | \$4.50  | lb   | 20 lb   | \$3.75  | \$75.00  |
| Tomatoes - cherry             | \$3.50  | clam | 24 clam | \$3.25  | \$78.00  |
| Tomatoes - green              | \$2.25  | lb   | 10 lb   | \$2.00  | \$20.00  |
| Tomatoes - heirlooms          | \$4.00  | lb   | 10 lb   | \$3.75  | \$37.50  |
| Tomatoes - roma/plum          | \$2.50  | lb   | 20 lb   | \$2.25  | \$45.00  |
| Tomatoes - round red          | \$2.75  | lb   | 10 lb   | \$2.50  | \$25.00  |
| Turnips - japanese white      | \$3.50  | bu   | 12 bu   | \$3.00  | \$36.00  |
| Zucchini - green/yellow       | \$2.00  | lb   | 20 lb   | \$1.75  | \$35.00  |

to order email: [order4seasons@gmail.com](mailto:order4seasons@gmail.com)

for accounting: call Owen 1-902-977-1000

or text/call Sina 1-902-893-0944 244 Hwy 215, Maitland, Nova Scotia, B0N1T0

HST#8044910082RP0001