

Join The

Bermyfresh™

Revolution!

BERMYFRESH FARM BOX CHECKS ALL THE BOXES!

- ✓ Pesticide and herbicide FREE!
- ✓ Freshness and flavour!
- ✓ Value for money - **\$44 value for just \$36!**
- ✓ Convenience - Saturday pick ups in Hamilton and Southampton!
- ✓ Fall 10 Week Subscription starts **October 15th**



YOUR BERMYFRESH FARM BOX INCLUDES:

- 2 Microgreens (Bermy Boost and Broccoli Kale)
- 2 Shoots (Sweet Pea and Sunflower)
- 2 Herbs & Micro Mix (Genovese Basil and Micro Cilantro, Arugula & Opal Basil)
- 1 Shiitake Mushrooms
- 1 Baby Lettuce Mix



Don't delay! Availability is limited and sign up ends October 7th!

Contact scott@bermyfresh.com or **236-3400**



FRESH FROM THE FARM, ALL WEEK LONG!

Introducing a whole new way to get BermyFresh produce, direct from The Farm to you each week. The BermyFresh Farm Box is loaded with just-picked microgreens, shoots and sprouts, herbs and micro herbs, mushrooms and baby leafy greens, all grown abundantly and locally in the absence of pesticides, herbicides or GMOs.

Availability is limited and sign up ends October 7th for the programme running October 15th until December 17th. If we go over we will place you on a waiting list for our Winter 2017 Subscription.

HOW IT WORKS

Each week, you will receive a BermyFresh Farm Box laden with produce freshly harvested and ready-to-eat. Each box contains microgreens (Broccoli Kale and Bermy Boost) shoots and sprouts (Sweet Pea Shoots and Sunflower Shoots) herbs and microherbs (Genovese Basil and Cilantro Arugula and Micro Basil Mix) Shiitake Mushrooms and BermyFresh's Baby Mixed Lettuce Greens.

Each time you pick-up a new BermyFresh Farm Box, we ask that you return the empty Farm Box you received the previous week, along with the plastic containers inside so that we can recycle and reduce waste consumption.

COST

Cost is \$36 per week. Each Farm Box contains \$44 worth of BermyFresh produce at a discount of about 25%. Total cost for the 10-week subscription is \$360 which is payable in advance.

DELIVERY

There are two options for pick up:
BUEI Parking Lot – Saturdays from 9:00am until 11:00am
BermyFresh Farm Market – Saturdays from 9:00am until 3:00pm

WHAT'S INSIDE A BERMYFRESH FARM BOX?

Each BermyFresh Farm Box is laden with nutritious locally-grown produce, all containing an abundance of healthy benefits needed for a well-balanced diet and lifestyle. Just our microgreens alone are natural wonders, containing 6 times the nutrients of their mature counterparts and our shiitake mushrooms are linked to cancer prevention and immune system health. Grown in the absence of pesticides, herbicides or GMOs, BermyFresh's produce is good and good-for-you.

MICROGREENS

Perhaps you've seen microgreens delicately adorning a dinner plate but these mighty greens are more than just a garnish. Packing a powerful punch, microgreens are the newest superfood on the market, increasing in popularity with growers and consumers all the time, thanks to their robust flavor and incomparable health benefits. With nutrient values significantly higher than in their mature counterparts, microgreens are rich in essential vitamins and minerals, are an excellent source of enzymes, are high in amino acids, are antioxidant-rich and have high levels of chlorophyll which is a powerful blood cleanser.

BROCCOLI KALE

With 50 times the cancer fighting power of their more mature equivalents, Broccoli Kale microgreens are just as beneficial as they are delicious. Mildly peppery in flavour, Broccoli Kale microgreens are a great addition to a tofu scramble or stirred into cooked grains such as quinoa or rice.



BERMY BOOST

Our popular Bermy Boost mix includes our South Shore Cabernet (a red cabbage microgreen high in cancer-fighting flavonoids beneficial for eye, teeth, bone and immune system health). Mildly spicy, Bermy Boost is perfect for topping a pizza or mixed into an egg salad sandwich.



SHOOTS AND SPROUTS

If microgreens are considered the infant stage of a plant, sprouts and shoots are the teenagers of plant growth. Experts determine that there are up to 100 times more enzymes in sprouts than raw fruits and vegetables, essential for all bodily functions. In addition to that, sprouts and shoots contain high levels of protein, fibre and vitamins A, B, C and E.

SWEET PEA SHOOTS

With seven times more vitamin C than blueberries, eight times more folic acid than bean sprouts and four times more vitamin A than tomatoes, Sweet Pea Shoots are workhorses, packing a powerful punch in every ounce. Sweetly flavoured, Sweet Pea Shoots are best enjoyed when added to salads, soups and sandwiches.



SUNFLOWER SHOOTS

Offering one of the most balanced forms of complete plant protein, Sunflower Shoots boast 100 times the enzymes of regular, full grown greens and all the essential amino acids the body needs to function effectively. In addition to their insurmountable health benefits, Sunflower Sprouts are sweet, nutty and crunchy and are perfect for salads, smoothies and burgers.



HERBS AND MICRO HERBS

More commonly appreciated and utilized for their flavor and aroma, herbs are often overlooked nutritionally. In fact, herbs are great for immune system health, the gastrointestinal tract, antibacterial protection, memory preservation, stress reduction and skin and oral health.

GENOVESE BASIL

One of the most popular basil for culinary use, Genovese Basil is bountiful in heart-healthy carotenoids, powerful antioxidants that safeguard against free radicals in the body and fight off most types of cancer. Genovese Basil is the perfect compliment to pasta and pizza or for making your own pesto.



CILANTRO, ARUGULA AND MICRO BASIL

Our mix of Cilantro, Arugula and Micro Basil mix is abundantly flavourful and fragrant, combining a sharp bite and spicy heat from the arugula, a clean and mild creaminess thanks to the cilantro and a rich aroma given by the basil.



MUSHROOMS & BABY LEAFY GREENS

SHIITAKE MUSHROOMS

Often referred to as the "Miracle Mushroom," the Shiitake fights cancer cells and infectious disease, boosting the immune system and brain function all the while serving as a rich source of B Vitamins. Shiitake Mushrooms are best enjoyed lightly sautéed and added to pasta, pizza, soups and stir fry.



BABY MIXED LETTUCE GREENS

Like microgreens, baby salad greens are the younger version of their mature counterparts and pack more nutrients too, particularly vitamins A and C, beta-carotene, calcium, folate and tons of fibre. They also contain a bevy of phytonutrients and antioxidants, neutralizing free radicals that lead to cancers and chronic diseases.

