



# ORGANIC EXPRESS

## Week of May 15th, 2012

### Order by Sunday, May 13th @ 5 p.m.

Granger/Bridges School Pick- up: Tuesday, May 15th, 3:30 – 4:30 p.m.

Elkhart (Ray of Light/Dibley Chiropractic) Pick-up: Tues., May 15th, 5:15 – 6:00 pm

Mishawaka / 5005 LWE Pick-up: Tues. May 15th, 3p.m. – 6 p.m.

South Side/Artistic Hair Pick- up: Wed., May 16th, 4 - 6 p.m.

Notre Dame/Little Flower Pick- up: Wed., May 16th, 4 - 6 p.m.

Plymouth, Earthworks: Wed., May 16th, 3 – 5:15 p.m. (use pre-pay “south” order form)

NEW Location: Plymouth, LifePlex: Wed. May 16th 4 – 7 p.m. (use pre-pay “south” order form)

Wakarusa Family Chiropractic, Thurs., May 17th, 8:30 – 11 am (use pre-pay “south” order form)

Mishawaka / Battell Community Center / 904 N. Main – Thurs., May 17th, 5 – 6:00 p.m.

**COMBO BOX**  
**\$33.00**

**FRUIT BOX**  
**\$35.00**

**JUST-FOR-2 BOX**  
**\$28.00**

**VEGGIE BOX**  
**\$30.00**

2.5 Lbs Bananas  
3 Lbs Pink Lady Apples  
1 Lb Strawberries  
2 Caribbean Mangos  
1 Cauliflower  
1 Lb Baby Carrots  
1 Broccoli Bunch  
1 Pkg Spring Mix  
2 Whole Tomatoes  
2 Avocados  
1 Red Bell Pepper  
1 Cucumber  
1 Green Onion Bunch

2.5 Lbs Bananas  
1 Lb Strawberries  
1 Pkg Blueberries  
7 Yellow Peaches  
1 Lb Kiwi Fruit  
1 Pineapple  
1 Mini Watermelon  
6 Valencia Oranges  
3 Lbs Green Pears  
2 Caribbean Mangos  
2 Lemons

2.5 Lbs Bananas  
1 Lb Strawberries  
3 Lbs Green Pears  
1 Mango  
1 Pkg Baby Spinach  
1 Celery Bunch  
1 Avocado  
1 Red Bell Pepper  
1 Cucumber  
2 Lemons / 1 Lime  
1 Garlic Bulb

1 Celery Bunch  
1 Lb Asparagus  
1 Lb Sugar Snap Peas  
1 Rainbow Chard Bunch  
1 Pkg Baby Spinach  
2 Avocados  
1 Broccoli Bunch  
1 Cucumber  
1 Bunch Leeks  
1 Pkg Baby Romaine  
1 Pkg Grape Tomatoes  
1 Piece of Ginger Root

**MUNCH BOX**  
**\$23.00**

2.5 Lbs Bananas  
1 Lb Kiwi Fruit  
1 Lb Strawberries  
6 Valencia Oranges  
1 Avocado  
1 Cucumber  
1 Broccoli Bunch  
1 Pkg Baby Spinach  
1 Bell Pepper  
1 Green Onion Bunch

### A la carte Organic Vegetables:

Asparagus 1 Lb \$4.50  
Avocados \$1.25 each  
Baby Carrots 1 Lb \$2.00  
Baby Spinach \$3.00  
Broccoli \$2.75  
Beets 2 Lbs \$6.00  
Green Cabbage (approx 2 Lbs) \$3.50  
Carrots (Juicing) 25 Lbs \$18.00  
Celery Bunch \$1.75  
Cherry Tomatoes \$3.50  
**New Price: Cucumber \$2.00**  
Garnet Yams 2 Lbs \$4.25  
Garlic Bulb 75 cents each  
Ginger Root \$1.00 piece  
Green Kale Bunch \$3.00  
Baby Bella Mushrooms \$3.00  
Red Pepper (2 each) \$5.00  
Roma Tomatoes 2 Lbs \$5.00  
Romaine Head \$3.00  
Russet Potatoes 3 Lbs \$3.00

### Organic Vegetables Cont.:

Spring Mix Pkg \$3.00  
Yellow Onions 3 Lbs \$3.00  
Whole Carrots 2 Lbs \$2.25

### A la carte Organic Fruit:

Strawberries 1 Lb \$3.50  
Bananas 2.5 Lbs \$3.00  
Blueberries 6 oz \$5.00  
**NEW: Cantaloupe \$6.00**  
Gala Apples 3 Lbs \$5.00  
Green Pears 3Lbs \$6.00  
Fuji Apples 3 Lbs \$5.50  
Lemons 2 Lbs \$3.50  
Limes 1 Lb \$4.00  
Mango \$2.25 each  
**NEW: Mini Watermelon \$5.50**  
Valencia Oranges 4 Lbs \$4.00  
Young Coconut\* \$3.50  
\*natural – not certified  
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**Exclusive A la carte items:**

2 New Local Organic Products:

All-organic granola bars (kid-approved!): \$1.50 each

All-Organic original hummus: 8 oz for \$3.99

Amish, local eggs: \$4.20/dozen  
(no hormones or antibiotics)

Organic, Amish grass-fed beef -  
\$6.00/pound (comes frozen)

Raw Honey from No. Indiana

\$7.25- 1 pound

\$13.00 – 2 pounds

Amish, organic jams and jellies

1/3 less sugar, 1/2 pint - \$5.50

(Grape, Blackberry, Red Raspberry,  
Gooseberry, Strawberry,  
Blueberry/Blackberry)

Organic Wild Rice – 1 lb \$6.00

Organic Garbanzo Beans – 1Lb \$2.00

Organic Walnuts 1/2 Lb \$6.00

Organic Rolled Oats – 2Lbs \$4.00

Organic Oat Flour – 2 Lbs \$3.99

Organic Steel-cut Oats – 2Lbs \$3.60

Organic Coconut Date Rolls 12 oz \$6.00

Recipes from Rose Quest (all organic  
cookbook) \$15.00



*(Due to seasonal availability issues, we reserve the right to substitute items without notice.)*

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