

**Enough and a Little Bit More**  
**Four Season Market Farm**  
Fresh, Local Produce, Responsibly Grown



Microgreen Subscription

**FRESH SHEET**

January 2024

MICROGREEN BASES - Price: \$4.00 each

Micro Arugula (mar) – 1.5 oz.    Micro Broccoli (mbr) – 1.5 oz.    Micro Cabbage (mca) – 1.5 oz.  
Micro Kale (mka) – 1.5 oz.    Micro Radish (mrd) – 1.5 oz.    Pea Shoots (pes) – 2 oz.  
Sunflower Shoots (sus) – 2 oz.

Price: \$10.00

Wheatgrass (for juicing) (whg) – 8 oz.

MICROGREEN BLENDS - Price: \$5.00

Crunchy Salad (Mild) (csm) – 2.5 oz.    Micro Salad (Mild) (msm) – 1.5 oz.  
Crunchy Salad (Spicy) (css) – 2.5 oz.    Micro Salad (Spicy) (mss) – 1.5 oz.

Price: \$7.50

Sunshine Sampler (ssa)    3.5 oz

MICROGREEN FLOURISHES - Price: \$3.00 each

Micro Amaranth (mam)- 1 oz.    Micro Celery (mce) – 1 oz.    Micro Cress (mcr) – 1 oz.  
~~Corn Shoots (cos) – 1 oz.~~    Micro Leek (mlk) – 1 oz.    Micro Mustard (mmu) – 1 oz.  
Nasturtium Shoots (nas)- 1 oz.    Micro Melon (mml) – 1 oz.

MICROGREEN HERBS - Price: \$3.00

Micro Basil (green) (mbg) – 1 oz.    ~~Micro Cilantro (mcl) – 1 oz.~~  
Micro Basil (purple) (mbp) – 1 oz.    Micro Dill (mdl) – 1 oz.  
Micro Borage (mbo) – 1 oz.    Micro Parsley (mpa) – 1 oz.

LIVE Wheatgrass/PET GRASS - Price: \$5.00

PET/Wheatgrass (pwg)    5"x5"

Order Cut Off Times: **Thursdays @ Noon** of your pick-up/delivery week

Farm Pick-up – Thursdays 5 to 7 pm

Deliveries – Fridays 9a to 3p

Market Pick-up/Delivery will be notified

Initial orders may take 10-14 days to grow depending on variety.

All Products Are Grown-To-Order – Your Initial Order will establish a weekly standing order. Standing orders may be changed at any time. Order adjustment will be made as quickly as possible based on grow time.

Call: 607-656-7242 leave a message - Email: [info@enoughandalittlebitmore.com](mailto:info@enoughandalittlebitmore.com)

**THANK YOU FOR SUPPORTING YOUR LOCAL FARMERS!!!**