





FLAVOURFUL

LETTUCE & HERB

RECIPES



Local Natural Fresh Food

plants x price x farms = revenue

$$3,400 \times \$1.50 = 5,100 \times 3 = 15,300$$

$$3,400 \times \$2.50 = 5,100 \times 3 = 25,500$$

Food Product

- Water
 - Pump
 - Drain
- Electricity
 - Light
 - Pump
- Nutrients
 - ph balance
- Seeds
- Unit Cost
- Labor

CELERY Regular	\$4.99
1.210 kg @ \$4.39/kg	
SQUASH Butternut	\$5.31
Orsini ExV OliveOil	\$12.99
NAKED LEAF LETTUCE	\$3.99
CARROT Cello16x31b	\$3.99
Orange 31b Bag	\$5.99
Baby Arugula	\$4.07
MUSHROOM Porcini	\$4.99
BABY NAPA CABBAGE	\$3.98
FB Cayenne	\$2.49
FB ChiliPowder	\$4.49
1 @ 2/ \$5.00 (2/\$5.00)	
CUCUMBER Eng Reg	\$2.50
1 @ 2/ \$5.00 (2/\$5.00)	
CUCUMBER Eng Reg	\$2.50
GREEK 2% Plain	\$7.49
GayLea SourCream14%	\$3.99
FB Cow & Goat Feta	\$5.99
Free Run Eggs	\$5.99
Lean Ground Lamb	\$12.05
CHICKEN X-Lean Gr	\$11.99
FB Rstd Grlc Hummus	\$4.99
FB Salsa Mild 450g	\$5.99
FB Jalapenos Slices	\$3.49
Cheddar Jlpno Bread	\$6.99
PEPPERS RainbowPkg	\$3.99
0.375 kg @ \$6.59/kg	
APPLE GranSmi	\$2.47
0.490 kg @ \$4.39/kg	
EGGPLANT Regular	\$2.15
0.265 kg @ \$3.26/kg	
CINLON RED	\$0.86
0.300 kg @ \$6.59/kg	
SQUASH Zucci Grey	\$1.98
(Tare: 0.005 kg) 0.055 kg @ \$8.80/kg	
PEPPER Jalapeno	\$0.48
2 @ 3/ \$2.00 (3/\$2.00)	
LIME Regular	\$1.34

