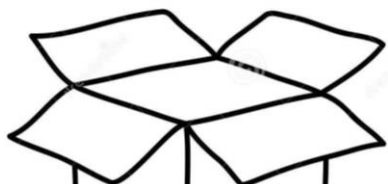




FREQUENTLY ASKED QUESTIONS



What's in the Box?

The North Iowa Fresh Bounty Program provides a diverse selection of locally produced vegetables and fruits over a 22-delivery week season. Over this period, we have planned for:

Different vegetables per week – **10** average

(ranges from 7 to 14/week)

Pounds of vegetable per week - **9.5** lb. average

(ranges from 2.75 to 17 lb. /week)

Here are three examples from our 22-week delivery to give you an idea of the diversity and quantity of vegetables included in the plan.

- **Week of May 29** – 3rd delivery

- ½ lb. Lettuce
- ½ lb. Spinach
- 1 lb. Asparagus
- 1 lb. Rhubarb
- ½ lb Radish
- ½ lb. Kale
- 1/3 lb. Green onion

- **Week of August 14** – 13th delivery

- ½ lb
- Green Zucchini
- ½ lb. Yellow Summer Squash
- ½ lb. Cucumber
- 1 lb. Onion
- ½ lb. Green Pepper
- 1.5 lb. Beets
- 1 lb. Green Beans
- ½ lb. Yellow Wax Beans
- ½ lb. Grape Tomatoes
- 2 lb. Red Slicing Tomatoes

- **Week of September 25** – 19th delivery

- ½ lb. Lettuce
- ½ lb. Spinach
- 1/3 lb. Mixed greens
- ¾ lb. Broccoli
- 1 lb. Onion
- ½ lb. Green Pepper
- ½ lb. Colored Pepper
- 1/5 lb. Beets
- 2 lb. Carrots
- 3 lb. Potatoes
- 3 lb. Winter Squash
- 1 head Garlic

Vocabulary & Bounty products

A **member** is the individual who buys into the program. The product a member purchases is considered a **Share**. North Iowa Fresh Bounty provides four different vegetables Shares:

The Bounty Box – weekly deliveries throughout the whole 22-week season

The Bounty Deluxe Box – The Bounty Box PLUS a Bread and a Fruit Share.

The Bounty Lite – This is every other week deliveries of the Bounty Box, totaling an 11-week season

The Bounty Flex – Starting with at least seven deliveries, members pick which weeks they want deliveries. This puts the scheduling into the hands of the member.

PLUS – a **Bread Share** (weekly, bi-weekly, or Flex), and a **Fruit Share** (in season deliveries of 4 fruits)

I see there are two Add-on Shares. Can I buy just the Add-ons?

No, the design of the Bounty program is built around a core vegetable box product. We provide four different Bounty Box Shares, offering you a range of choices.

After you select a Bounty Box that fits your desires, then you can Add-on either or both the Bread and Fruit Share.

Is the Bounty Box a valuable investment?

Our plan projects a weekly average of 9.5 lb. of produce to be delivered over the 22 weeks. Calculated at the **Bounty Box** price of \$675, this translates to \$3.22/lb.

This is a very good value for this quality and diversity of produce. You are not likely to be able to replicate these items by shopping at your local grocer.

The **Bounty Deluxe** - the option that packages the Bounty Box with a Bread and Fruit Share – provides a \$17 savings on this packaged Share.

The beauty of a worksite delivery, it you can find the best priced option and share with a co-worker – saving money and learning together!

What if I get items I don't know how to use?

Stretching your experience with a wider diversity of vegetables involves a willingness to try new foods. We, at North Iowa Fresh, are committed to helping you have the best experience. We provide a weekly e-newsletter with information about the vegetables and a recipe to fit each week's delivery. We also plan to provide a hands-on cooking demonstration at each of our customer's worksites. As a worksite wellness program, the Bounty program is also a great opportunity to swap and share vegetables together.

Where does the food come from?

Products are sourced from our **13** North Iowa Fresh producers whose farms are located all across North Iowa – from Floyd County to Hancock County to Kossuth County. Products are coordinated through our One Visoin partners in Clear Lake and delivered to our worksite customers. We are proud of this network of experienced and skilled producers and partners. The majority of our producers practice low to no chemical practices. One is certified organic. Profiles of all our producers are available at www.northiowafresh.net.

Food safety is one of our top priorities. All North Iowa Fresh producers are required to have had training and our Broker/Manager provides updates annually. In addition, our Broker/Manager is developing a food safety plan for our aggregation center.

For more information, contact northiowafreshandrea@gmail.com