



## CONTACT US

Andrea Evelsizer  
319-325-4222  
northiowafreshandrea@gmail.com

[www.northiowafresh.net](http://www.northiowafresh.net)

Employers, ask how the Bounty can be part of your Workplace Wellness program.



*The Bounty pilot program is supported through a 2017 USDA Local Food Promotion Program grant.*



Connecting workplace wellness with North Iowa's local food network

The North Iowa Fresh Bounty program helps connect workplace wellness with North Iowa's local food network. It's also a fantastic way for employers to invest in the health of their employees, while simultaneously supporting North Iowa's farmers, producers, and economy.



# About the Program

Area workplaces and employees can now take part in the bountiful harvest of North Iowa by enjoying fresh, locally grown, seasonal vegetables, fruit, and more. Purchase a share of the Bounty that fits your budget and schedule, and boxes brimming with fresh produce and other goods will be delivered directly to you at your place of employment. It was never so easy to make fresh, healthy meals for your family!

## PURCHASE A SHARE OPTION

Start with any of these four share plans  
(Mid-May through mid-October)

**Bounty Deluxe: \$840 / 22 weeks**

*\*Bounty Deluxe includes Bread & Fruit Share*

**Bounty Box: \$675 / 22 weeks**

**Bounty Lite: \$365 / 11 weeks (every other week)**

**Bounty Flex: \$36 per week\***

*\*Bounty Flex requires a min. 7 week commitment*

## THEN ADD ON:

**Bread Share: \$6 per week**

Weekly: \$132 / 22 weeks

Bi-weekly: \$66 / 11 weeks (every other week)

Flex: \$6 per week (7 week minimum)

**Fruit Share: \$50**

*Delivered to purchasers with each box as soon as available*

2 qt. strawberries, 3 half-pint raspberries,

1 pint blackberries & 6 lbs. apples



# Seasonal Selections

## MAY - JUNE

Green, fresh early-season crops

Starting in mid-May, enjoy lettuce, spinach, mustard & Asian greens, asparagus, radish, green onions, kale, broccoli & cauliflower.

## JULY - AUGUST

High season at our local farms

Seasonal bounty includes green beans, zucchini, carrots, potatoes, tomatoes, peppers, onions, garlic, beets & sweet corn.

## SEPTEMBER - OCTOBER

Wrap up the goodness of the season

Continue receiving many high season crops, as well as sweet potatoes, leeks, and winter squash, and enjoy the comfort foods of fall.

## SEASON-LONG BENEFITS

- Convenient delivery to your workplace
- Weekly e-newsletter with Bounty details, recipes and nutrition information, and stories from our farmers & partners.
- Access to our Bounty food team, which provides additional cooking support.