



## APPLES

- \_\_\_\_\_ Mixed High Country Apples, 10 lb, non-cert. \$22.00 RAVEN ROCKS  
*Varieties will include Summer Rambo, Horse and San Jacinto. The summer-bearing **San Jacinto**, named after the decisive 1836 battle that guaranteed Texas' independence from Mexico, is satisfactory for fresh-eating, but it excels as applesauce. Like most summer apples, the **Summer Rambo** is an excellent cooking apple. The fruit remains green when ripe, with an occasional blush on the sunny side.*
- \_\_\_\_\_ Paducah Apples, 10 lb, non-cert. GREEN DREAMS  
*Raised in Chatham County, Paducah is a Southern-style Macintosh, great for baking. **SALE!** Buy 3 or more, \$20/ea.*

## LOCAL FARM

## BEANS

- |                                     |            |
|-------------------------------------|------------|
| _____ French Filet, 10 lb, non-cert | COTTLE     |
| _____ Gita Yardlong, 10 lb          | TIMBERWOOD |
| _____ Green Beans, 10 lb, non-cert  | COTTLE     |
| _____ Green Beans, 25 lb, non-cert  | COTTLE     |
| _____ Green Beans, 25 lb            | TIMBERWOOD |
| _____ Red Noodle Yardlong, 10 lb    | TIMBERWOOD |
| _____ Yellow Beans, 10 lb           | TIMBERWOOD |
| _____ Yellow Beans, 25 lb           | TIMBERWOOD |

## BOK CHOY

- |                            |             |
|----------------------------|-------------|
| _____ Baby Bok Choy, 10 lb | RAVEN ROCKS |
| _____ Bok Choy, 18 lb      | RAVEN ROCKS |

## EGGPLANT

- |   |                |
|---|----------------|
| _____ Globe, 28 lb                          | HILLTOP/COTTLE |
| _____ Japanese Dark, 10 lb, non-cert        | RARE BIRD      |
| _____ Japanese Neon, 10 lb, non-cert        | RARE BIRD      |
| _____ Rosa Bianca Heirloom, 10 lb, non-cert | RARE BIRD      |
| _____ Rosa Bianca Heirlooms, 28 lb          | HILLTOP        |
| _____ White (Casper) Globe, 10 lb, non-cert | RARE BIRD      |

## GARLIC

- |                                     |          |
|-------------------------------------|----------|
| _____ German Stiffneck Garlic, 2 lb | SOMERSET |
|-------------------------------------|----------|

## GREENS

- |                                      |                  |
|--------------------------------------|------------------|
| _____ Baby Collards, 5 lb—SO TENDER! | COTTLE'S TIP TOP |
| _____ Collards, 24 ct                | COTTLE/PINE KNOT |

*Eastern Carolina Organics is a grower-based marketing and distribution service for local organic family farms. Thank you for supporting sustainable agriculture in the Carolinas.*



## HERBAL EDIBLE FLOWERS

_____	<b>Anise Hyssop</b> Flowers, 25 ct	HERBAN MEADOWS
_____	<b>Garlic Chive</b> Flowers, 25 ct	HERBAN MEADOWS
_____	Nasturtium Flowers, 25 ct	HERBAN MEADOWS
	<i>Any variety of edible flowers at 50 ct for \$9</i>	

## HERBS

_____	Basil, 1 lb	HM & TIMBERWOOD
	<b>SALE! Buy 3 or more, \$9/lb.</b>	
_____	Basil, 6 ct	HM & TIMBERWOOD
_____	<b>Thai Basil, 1 lb</b>	HERBAN MEADOWS
_____	<b>Purple Basil, 1 lb</b>	HERBAN MEADOWS
_____	Garlic Chives, 1 lb	HERBAN MEADOWS
_____	Garlic Chives, 12 ct	HERBAN MEADOWS
_____	Lemongrass, 1 lb	HERBAN MEADOWS
_____	Lemon Verbena, 1 lb	HERBAN MEADOWS
_____	Peppermint, 1 lb	HERBAN MEADOWS
_____	Pineapple Mint, 1 lb	HERBAN MEADOWS
_____	Rose-Scented Geranium, 1 lb	HERBAN MEADOWS
_____	Rosemary, 1 lb	HERBAN MEADOWS
_____	Rosemary, 6 ct	HERBAN MEADOWS
_____	Sage, Pineapple, 1 lb	HERBAN MEADOWS
_____	Sorrel, 1 lb	HERBAN MEADOWS

## OKRA

_____	Okra, 10 lb	HILLTOP
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## ONIONS

_____	Scallions, 12 ct	TIMBERWOOD
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## PEAS – SHELLLED!

_____	Crowder, 4 lb, non-certified	COTTLE'S TIP TOP
_____	Crowder, 8 lb, non-certified	COTTLE'S TIP TOP
_____	Crowder, 4 x 8 lb, non-certified	COTTLE'S TIP TOP
	<i>Last harvest until next Spring!</i>	

## PEPPERS

_____	Banana, 5 lb	TIMBERWOOD
_____	Cayenne, Red, 2 lb	TIMBERWOOD
_____	Green Bells, 10 lb	TIMBERWOOD
_____	Hungarian Hot Wax, 5 lb	TIMBERWOOD
_____	Mixed Colored Bells, 10 lb	ZYDECO MOON
_____	Sweet Italia, Red & Green 5 lb	TIMBERWOOD



## POTATOES

*A Guide to ECO's potato sizing:*

Grade A: full size for that variety      Grade C: Golf-ball size      Minis: Marble-size

Fingerling varieties tend to be long & slender. Let us know if you have any questions or special needs!

_____	Mini-Yukon Roaster, 12 x 1.5 lb	WARD
_____	Red Norland, 20 lb, grade C	WATAUGA RIVER
_____	Rose Finn Apple Fingerlings, 10 lb <i>Delicious HEIRLOOM variety!</i>	SOMERSET/HONEYSUCKLE
_____	Yukon Gold, 20 lb, grade A	WARD

## SQUASH

_____	Acorn, 35 lb	COTTLE/SOMERSET
_____	Blue Hubbard, 35 lb	SOMERSET
_____	Butternut, 35 lb	SOMERSET

## TOMATOES

_____	Heirlooms—GERMAN JOHNSON, 10 lb	FAUCETTE
_____	Salad Size, 20 lb	FAUCETTE
_____	Slicing Tomatoes, 20 lb	FAUCETTE

*Why 'NON-CERTIFIED'??? ECO is proud to work with a number of farms, from the coast to the High Country, that are currently transitioning to certified organic production or for whom the organic label isn't relevant for their operation. We are pleased to support small, medium and large family farms in the Carolinas that are making the commitment to produce healthy, nutritious, environmentally-grown food for fellow Carolina residents. 'NON-CERTIFIED' on our forms means that they are either in the 3-year transition to organic certification or that they primarily market directly to consumers but have an extra-abundance of quality fruits/veggies that we know our customers would enjoy! Our hydroponic friends are still waiting for organically-approved suppliers that gives their plants the fertility they need through a water-soluble input. In all cases, you can rest assured that nothing ECO represents has any synthetic pesticides, fungicides, and only use untreated seeds. We hope you'll feel free to ask us any questions about ECO farms and their production methods. Thank you for your understanding & support.*