

INDIAN ROCK PRODUCT 4/23/19



EGGPLANT FUN FACT - IT IS A NIGHTSHADE GROWN FOR ITS EDIBLE FRUIT. EGGPLANT IS A BERRY, JUST LIKE BLUEBERRIES, WATERMELON, OR TOMATOES. CULINARILY, IT'S A VEGETABLE, AS IT'S USED IN MAIN DISHES AND NOT EATEN FOR SWEETNESS



FAVA BEAN FUN FACT- IT HAS BEEN FOUND IN THE TOMBS OF EGYPTIAN RULERS. IN ANCIENT GREECE. PHILOSOPHER PYTHAGORAS BELIEVED THAT FAVA BEAN CONTAINS SOULS OF DEAD PEOPLE. HE, & HIS FOLLOWERS, EXCLUDED FAVA BEAN FROM THEIR DIET



B&W RED RUSSIAN KALE- KALE OFFERS UNMATCHED CULINARY VERSATILITY. NAME ANOTHER GREEN THAT YOU CAN WHIP INTO A SMOOTHIE, TOSS INTO A SALAD, AMP UP YOUR JUICE, SAUTÉ AS A SIDE, BAKE AS A CHIP, OR MIX IN A COCKTAIL.



NATURES STRAWS (EDIBLE STRAWS)

3 DAY ORDER LEAD *FROM FARM TO TABLE**



TINY RED OR YELLOW ONION

3 DAY ORDER LEAD * FROM FARM TO TABLE**

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