

SEATTLE TILTH

good food bag



seattle tilth
produce

Subscribe to **Good Food Bags**
and get weekly bags of organic,
local fruits, vegetables and herbs.

Support Seattle Tilth, new farmers and local food systems!

Pay only \$5
each week
and pick up
your bag at
Tiny Tots.

seattletilth.org

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Frequently Asked Questions

What is a Good Food Bag?

Good Food Bags are affordable bags of fresh produce grown in the community for the community. They make eating fresh food exciting and convenient for you and your family.

- Pay just \$5 and get \$10 worth of produce.
- Save time and money by picking up at Tiny Tots.
- Bags typically weigh 5-10 pounds and are great for families.

What comes in a Good Food Bag?

Every week is different and changes with the seasons. You can expect great quality and diversity of items in your bag every week of the year. Discover something tasty you've never tried before! Each week's bag contains:

- A variety of fresh and organic local fruits, vegetables and herbs.
- Delicious and fun recipe ideas.
- Useful kitchen tips and nutrition information.

Where does the produce come from?

Your food comes from a number of local sources including:

- New and immigrant farmers in the Seattle Tilth Farm Works program in Auburn.
- Rainier Beach Urban Farm and Wetlands in the Rainier Valley.
- Seattle Youth Garden Works green jobs training program.
- Other regional farm partners.

We use only organic and ecological practices to grow your food.

KIND to the earth. **FAIR** for farmers. **GOOD** for you!



Sign-up now:

seattletilth.org