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Beets



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada (July - April)
USA (April - Aug)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

2 lb Red Beets

50 lb

25 lbs. All sizes

Product of Canada

Product of USA

Golden Beets

25 lb

Product of Canada

Product of USA

Candy Stripe/ Golden Beets

25 lb

Product of Canada

Our Beets are cultivated in nutrient rich soil on farms in Canada and USA. Their colour, a beautiful fusion of Earth's ingredients and dedicated human care.

Beets are becoming more and more popular, but the beet is anything but new. They star in smoothies and juices of today and with their delightfully earthy, yet sweet flavour, pack a dish with nutrients. Enjoyed raw, cooked or pickled.



'Up' your salad game!



Broccoli



ATV
Farms

905.830.0333
atvfarms.com

Region

Canada (July - Oct)
USA (Oct - June)

Availability

All year

Materials

Seed in soil
- farm fresh

Specs

Broccoli Crowns

Product of Canada

Product of USA

Broccoli Stalks

Product of Canada

Product of USA

Our Broccoli is cultivated in nutrient rich soil on farms in Canada and USA. Its tree-like shape, a beautiful fusion of Earth's ingredients and dedicated human care.

Broccoli is an edible plant in the cabbage family whose large flowering head, stalk and small associated leaves are eaten as a vegetable. It is low in calories and contains a wealth of nutrients and antioxidants.



Great when roasted



Cabbage



**ATV
Farms**

905.830.0333
atvfarms.com

Region

Canada

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

Green Cabbage

All sizes

Product of Canada

Product of USA

Red Cabbage

All sizes

Product of Canada

Product of USA

Savoy Cabbage

All sizes

Product of Canada

Product of USA

Our Cabbage is cultivated in nutrient rich soil in Canada and the USA. It's purple and green hues, a beautiful fusion of Earth's ingredients and dedicated human care.

Red and Green Cabbage are large, heavy, and dense; packed with vitamins, minerals and antioxidants. The main difference between red and green cabbage is the colour of the leaves. Red cabbage is typically blanched before harvesting, which causes the leaves to take on a reddish colour. Cabbage can be eaten raw or cooked.



Try it skillet-style!



Carrots Heirloom



ATV
Farms

905.830.0333
atvfarms.com

Region

USA

Availability

All year

Materials

Seed in soil
- farm fresh

Specs

3lb

25lb

Product of USA

Our Carrots are cultivated in nutrient rich soil from the USA. Their colour, a beautiful fusion of Earth's ingredients and dedicated human care.

The Heirloom Carrot is valued for their sweet flavour and crunch. The differences between the "orange variety" of carrots and heirloom carrots, is that the heirloom variety has adapted over time to whatever climate and soil it has grown in. Nutrient rich and a colourful bouquet make any dish a work of art. Versatile in dishes from savoury to sweet: steamed, roasted, shredded. Pureed, chopped, diced and pickled.



Best when roasted!



Carrots

Red



**ATV
Farms**

905.830.0333
atvfarms.com

Region

Canada

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

25lb

Product of Canada

Product of USA

Our Carrots are cultivated in nutrient rich soil both in Canada and the USA. Their colour, a beautiful fusion of Earth's ingredients and dedicated human care.

The Red Carrot is a variety of domesticated carrot. It is characterized by a distinctive red colour and a high content of the antioxidant lycopene. Red carrots are known for there mild sweet flavour, but as they mature their sweet flavor increases as the taproot accumulates more sugars to withstand the cold. The Red Carrot is a preferred choice for making carrot juice.

Try it juiced!



Carrots Traditional

Region

**Canada (Aug - May)
USA (May - Aug)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

1 lb

Product of Canada
Product of USA

2 lb

Product of Canada
Product of USA

3 lb

Product of Canada
Product of USA

5 lb

Product of Canada
Product of USA

10 lb

Product of Canada
Product of USA

25 lb

Product of Canada
Product of USA

50 lb

Product of Canada
Product of USA

Our Carrots are cultivated in nutrient rich soil on farms in Canada and USA. Their colour, a beautiful fusion of Earth's ingredients and dedicated human care.

The Carrot is valued for their sweet flavour and crunch. Famously full of beta carotene and fibre, this vegetable is versatile: in dishes from savoury to sweet: steamed, roasted, shredded, puréed, chopped, diced and pickled.



Carrot cake for the win!



Celery



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada (July - Oct)
USA (Oct - July)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

24s / 30s

Product of Canada

24s / 30s

Product of USA

RPC/Cartons

Our Celery is cultivated in nutrient rich soil on farms in Canada and USA. Its crisp and stalky shape, a beautiful fusion of Earth's ingredients and dedicated human care.

Celery is a leaf stalk vegetable that consists mostly of water making it a great hydrator and cold pressed juice.



Try it juiced!



Lettuce



**ATV
Farms**

905.830.0333
atvfarms.com

Region

Canada

Availability

Seasonal

Materials

**Seed to soil
- farm fresh**

Specs

Romaine 24s

Product of Canada

Red Leaf 24s

Product of Canada

Green Leaf 24s

Product of Canada

Our Lettuce is cultivated in nutrient rich soil in Canada. Its leafy layers, a beautiful fusion of Earth's ingredients and dedicated human care.

Romaine Lettuce grows in a tall head of sturdy dark leaves with firm ribs down their centres. Red leaf lettuce is a group of lettuce cultivars with red leaves. Green leaf lettuce is crisp and the leaves also have a mildly sweet or semi-bitter flavour. Lettuce leaves are high in water, low calorie and nutrient rich!



Wrap it up!



Sweet Corn



**ATV
Farms**

905.830.0333
atvfarms.com

Region

Canada

Availability

Seasonal

Materials

**Seed to soil
- farm fresh**

Specs

48 ECO Bins

Product of USA

48 ECO Bins

Product of Canada

Our Sweet Corn is cultivated in soil in Canada and the USA. It's bold yellow kernels, a beautiful fusion of Earth's ingredients and dedicated human care.

Sweet corn is a specialty maize species. Its kernels are tender and delicious and packed with fibres, vitamins and minerals.



**Perfect in
a cobb salad!**



Sweet Potato



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada (Oct - April)
USA (April-Sept)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

10 lb

Product of Canada

30 lb Bulk RPC

Product of Canada

40 lb Bulk Carton

Product of Canada

40 lb Bulk RPC

Product of USA

Our Sweet Potato is cultivated in nutrient rich soil on farms in Canada and USA. Its uneven shapes, a beautiful fusion of Earth's ingredients and dedicated human care

Sweet potatoes are a type of root vegetable. A popular starchy vegetable that grows underground. Sweet potatoes are very nutritious and high in important vitamins like beta carotene, A and C. A filling, nutrient packed vegetable. Popular boiled, baked, or fried, or as a filling for pies!



A tasty pie filling



Onion Red



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada (Aug/Sept -
April)
USA (April - Aug)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

2 lb

Product of Canada
Product of USA

3 lb

Product of Canada
Product of USA

5 lb

Product of Canada
Product of USA

7lb

Product of Canada
Product of USA

10 lb

Product of Canada
Product of USA

40 lb

Bulk RPC
Product of USA

Our Red Onion is cultivated in nutrient rich soil on farms in Canada and USA. Its purply-red skin, a beautiful fusion of Earth's ingredients and dedicated human care

The Red Onion is sharp and spicy with a hint of sweetness. This onion can be enjoyed raw, but just as delicious when cooked or pickled.



Perfect to pickle!



Onion White



**ATV
Farms**

905.830.0333
atvfarms.com

Region

USA

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

2 lb

Product of USA

25 lb

Bulk RPC

Product of USA

40 lb

Bulk RPC

Product of USA

Our White Onion is cultivated in nutrient rich soil from the USA. Its sweet layers, a beautiful fusion of Earth's ingredients and dedicated human care.

White onions, as their names suggests, have white papery skin and a white interior. They're delicious and versatile, and they boast a wide range of healthy vitamins, minerals, and plant compounds. White onions are slightly milder in flavor than yellow onions, and taste a bit more sweet. If you're adding raw onions to a sandwich, salad or salsa, a white onion, rather than a yellow, may be the way to go.



**The perfect
burger topping!**



Onion Yellow



**ATV
Farms**

905.830.0333
atvfarms.com

Region

Canada (Aug - May)
USA (May - Aug)

Availability

All year

Materials

Seed in soil
- farm fresh

Specs

2 lb

Product of Canada
Product of USA

3 lb

Product of Canada
Product of USA

5 lb

Product of Canada
Product of USA

10 lb

Product of Canada
Product of USA

25 lb

Product of Canada
Product of USA

50 lb

Product of Canada
Product of USA

14x3

Yellow sweets
Product of USA

40 lb Bulk

Yellow sweets
Product of USA

40 lb Bulk

Yellow
Product of USA

Our Yellow Onion is cultivated in nutrient rich soil on farms in Canada and USA. Its sweet layers, a beautiful fusion of Earth's ingredients and dedicated human care.

The Yellow Onion is dense and bursting with flavour when raw but mellow when sautéed, roasted or caramelised. The perfect all-purpose cooking onion, so if a recipe doesn't specify, it's probably calling for one of these old faithfuls!



Caramelize them!



Parsnip



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada (Sept-May)
USA (June-Sept)**

Availability

All year

Materials

**Seed in soil
- farm fresh**

Specs

1 lb

Product of Canada
Product of USA

20 lbs

Product of Canada
Product of USA

25 lbs

Product of Canada
Product of USA

Our Parsnip is cultivated in nutrient rich soil on farms in Canada and the USA. Its whitish interior, a beautiful fusion of Earth's ingredients and dedicated human care.

The parsnip is complex and earthy. There's a lot to take in when you bite into a parsnip; starchy like potatoes, sweet like carrots, and bitter like turnips! They can be eaten raw but are often roasted, boiled, fried, or steamed.



Oven roast them!



Purple Top Turnip



ATV
Farms

905.830.0333
atvfarms.com

Region

Canada (Aug - Feb)
USA (Feb - Aug)

Availability

All year

Materials

Seed in soil
- farm fresh

Specs

25 lbs

Product of Canada

Our Purple Top Turnip is cultivated in nutrient rich soil on farms in Canada and USA. Its pale hue, a beautiful fusion of Earth's ingredients and dedicated human care.

Purple Top Turnips are white below the soil line and bright purple above the ground. The turnip is mild flavoured and their large leafy tops make delicious greens. Enjoy baked, boiled or steamed.



Mash 'em!



Rutabaga



**ATV
Farms**

905.830.0333
atvfarms.com

Region

**Canada
USA**

Availability

All year

Materials

**Seed to soil
- farm fresh**

Specs

25 lb

Product of Canada

Our Rutabaga is cultivated in nutrient rich soil on farms in Canada and the USA. It's large round shape, a beautiful fusion of Earth's ingredients and dedicated human care.

The Rutabaga is a yellow-fleshed root vegetable. It is often said to be a cross between a turnip and a cabbage. Sweet and nutrient rich with vitamins, minerals, fibre and antioxidants.



Perfect roasted!

