

## Organic Fresh Vegetables – Verduras Frescos

All of our vegetables are picked in the early morning and delivered that same day to our valued customers.

Todas nuestras verduras se recogen temprano en la mañana y se entregan ese mismo día a nuestros valiosos clientes.

All prices listed in Cordobas/Todas los precios en Cordobas.  
For larger volumes please contact Mike at 50557575093

There are many new products being tested and added on an ongoing basis, message Mike if you would like him to grow anything in addition to the below list, or if you would like to be put on a new products “try out” list.

Availability is dependent on many factors, firstly we have a wet and dry season, both come with growing challenges that we have many years of experience, but at times, weather patterns do arrive that are not favorable to growing, so though items can be marked all year, some weeks product may not be available. Seasonal products are generally listed either due to a new product and production is not at 100% due to (seed harvesting, weather challenges, or growing challenges that are being overcome). If you want to know more about seasonal availability its best to contact Mike as he can answer your questions directly.

Yocate's Farm Grown Products - 100% Organic, no synthetic fertilizers, no chemical sprays, every single organic spray used is made on Yocate's farm by Mike, seeds are no GMO, with over 90% harvested and managed by the farm.

| Product                          | Availability | Price in Cordoba  |
|----------------------------------|--------------|-------------------|
| Kale – Col Rizada                | All year     | 200/lbs/454 grams |
| Arugala – Rucula                 | All year     | 80/100 grams      |
| Mustard Leaf/Hoja de Mostaza     | All year     | 80/100 grams      |
| Chinese Spinach / Espicana China | All year     | 70/lbs/454 grams  |
| Bok Choi Baby                    | All year     | 120/lbs/454 grams |
| Leaf Lettuce                     | Seasonal     | 100/lbs/454 grams |

|                                     |          |                   |
|-------------------------------------|----------|-------------------|
| Chard                               | Seasonal | 200/lbs/454 grams |
| Collards                            | All year | 200/lbs/454 grams |
| Cherry Tomato Red                   | Seasonal | 140/lbs/454 grams |
| Spring Onion / Cebollin             | All year | 70/bunch/momo     |
| Large White Onion                   | Seasonal | 70/bunch/mono     |
| Cilantro                            | All year | 80/100 grams      |
| Basil - Albahaca -                  | All year | 80/100 grams      |
| Dill – Eneldo                       | All year | 80/100 grams      |
| Lovage - Apio                       | All year | 50/100 grams      |
| Chives – Gringo Cebollin            | Seasonal | 80/bunch/mono     |
| Garlic Chives – Cebollino de Ajo    | All year | 80/bunch/mono     |
| Tumeric – Curcuma                   | Seasonal | 40/100 grams      |
| Ginger – Jengibre                   | Seasonal | 40/100/grams      |
| Galangal                            | Seasonal | 40/100/grams      |
| Lemon Grass                         | All year | 40/bunch/mono     |
| Thyme                               | All year | 80/40 grams       |
| Rosemary / Romero                   | Seasonal | 80/60 grams       |
| Rainbow Carrots–Zanahorias Arcoiris | All year | 100/lbs/454 grams |
| Sweet Potato/Batata                 | All year | 70/lbs/454 grams  |
| Cucumbers-Pepino                    | All year | 70/lbs/454 grams  |
| Avocados                            | Seasonal | 60/unit/unidad    |
| Limes/Lemon                         | Seasonal | 15/unit/unidad    |
| Strawberry Apple Bananas            | Seasonal | 10/unit/unidad    |

Discounts can be applied to larger specific spice orders, please contact.

Los descuentos se pueden aplicar a pedidos de especias específicas más grandes, comuníquese con nosotros.

## Meat, Vinegars, Oils and Sauces / Carnes, Vinagres, Aceites y Salsas

|                                                      |                                                       |
|------------------------------------------------------|-------------------------------------------------------|
| Bacon                                                | -----330/1lbs or 290/1lbs (if ordering 10lbs minimum) |
| Beef Jerky                                           | -----90g/250 cords or 454g/910 cords                  |
| Jalepeno Cheddar Sausage                             | -----425/pack                                         |
| Breakfast, Bratwurst, Italian, Beef, Chicken Sausage | -----345/pack                                         |
| Blackbean Burgers                                    | -----300/(pack)                                       |
| Mozzarella Cheese/Quesso Mozza                       | -----130/lbs                                          |
| Cherry Tomato Wine Vinegar                           | -----450/750 ml                                       |
| Basil Pesto – Pesto Albahaca                         | -----Seasonal-----250/220ml                           |
| Onion Leaf Pesto - Pesto de Cebolla                  | -----250/220ml                                        |
| Thai Chili Hot Sauce                                 | -----220/250ml                                        |
| Pure Coconut Oil - Aceite de Coco                    | -----600/1000ml                                       |
| Breadfruit Flour/Pan de Fruta (No Gluten)            | -----180/lbs                                          |
| Unpasteurized Honey                                  | -----250/500 ml                                       |
|                                                      | -----400/1000 ml                                      |
| Fermenting Molasses                                  | -----200/500 ml                                       |
|                                                      | -----300/1000 ml                                      |
| Kikoman Soy                                          | -----400/1000 ml                                      |

Freerange, hormone free Lamb (bloodline is from England)

|                          |                                    |
|--------------------------|------------------------------------|
| Rack                     | -----16 USD / lbs / 454 grams      |
| Loin                     | -----13 USD / lbs / 454 grams      |
| Whole Leg/Shoulder Roast | -----10 USD / lbs / 454 grams      |
| Leg/Shoulder Steaks      | -----10 USD / lbs / 454 grams      |
| Ground Lamb              | -----10 USD / lbs / 454 grams      |
| Ribs                     | -----6.50 USD / lbs / 454 grams    |
| Shanks                   | -----7.50 USD / lbs / 454 grams    |
| Stew Meat                | -----14 USD / 2 lbs / 908 grams    |
| Lamb Bones               | -----5 USD / lbs / 454 grams       |
| Organic Chicken (whole)  | -----130 Cordoba / lbs / 454 grams |

## Liquor / Espiritu

|                 |                   |
|-----------------|-------------------|
| Coconut Liqueur | -----14 USD/750ml |
|-----------------|-------------------|

|                          |                      |
|--------------------------|----------------------|
| Coconut Rum              | -----14 USD/750ml    |
| Spiced Coconut Rum       | -----16 USD /750ml   |
| Coco Kaboom Rum Coconuts | ----- 7 USD per unit |