



fresh foods from
small farms[®]

Weekly Local Produce Delivery!

Sweat Exercise Studio (Next to Tatiana's) is now a Field Goods' pick-up location for locally-grown fruits and vegetables with deliveries *every Friday!*

Sign up Through October 26th, and you'll receive a \$10 credit in your account!

Order deadline for a Friday delivery is Tuesday at 11:59 pm



Field Goods is a year-round local produce delivery service; customers receive 5 to 8 different fruit and vegetables (depending on bag size), plus optional add-ons. Bags cost \$16 to \$32 per week, and can be put on hold at any time. It's flexible!

Field Goods purchases everything directly from over 80 small farms in the region. All of the produce is non-GMO, and most is organically grown.

TO SIGN UP

1. Go to Field-Goods.com
2. Click "Order Now"
3. Select "Public Locations" and roll down the drop down menu to Catskill
4. Click the "Find Location" button
5. Choose "Sweat Fitness" and follow the prompts