



firmly rooted farm



Do you want to be part of our 2018 CSA?

CSA - Community Supported Agriculture

When you join our CSA you are choosing to invest in our farm at a time when we most need support. You pay up front for a share of vegetables, delivered weekly (or bi weekly) to your chosen pick up site, and we use these funds to order the supplies we need to grow your food.

You are also committing yourself to eating healthy, local, organic food for a whole season. We think that makes you pretty fantastic!

We will do our best to help you get the most out of your membership through newsletters, recipes and lots of opportunities to chat with us, your farmers!

How does it work?

Our 2018 CSA will run for 18 weeks from the week of June 4th to the week of October 1st. Each week we will assemble your harvest box and deliver it to your selected pick-up location. The box will be packed with a balanced assortment of salad greens, cooking greens, root crops, fruiting vegetables, and culinary herbs. **If there is something in your box you don't like, you can swap it for an item of similar value.**

What are the share sizes?

We offer three share sizes, each are available weekly (18 weeks) or biweekly (9 weeks). Biweekly shares are a good idea for those that go away a lot, or those that do not go through their vegetables very quickly.

Size	No. of Items	Weekly Value	Total 18 Wk Price	Total 9 Wk Price	Recommended For
Regular	8	\$25.00	\$435.00	\$220.00	Couples or one veggie lover
Medium	12	\$36.00	\$620.00	\$310.00	Small families or couples that typically cook and eat in
Large	16	\$48.00	\$800.00	\$400.00	A family, couples that eat a ton of veggies, or people that preserve

What does a share look like? Take a peek at the sample regular share below:

Spring (mid June- early July)	Summer (late July- August)	Fall (September - Early October)
Spinach (1/3 lbs)	Baby lettuce (1/3 lbs)	Mesclun mix (1/3 lbs)
Head lettuce (1 piece)	Fresh onion (1 bunch)	Cauliflower (1 head)
Baby bok choy (3/4 lbs)	Bunched rainbow carrots (1 bunch)	Cooking onion (2 lbs)
Beets (1 bunch)	Beans (3/4 lbs)	Potatoes (2 lbs)
Garlic scapes (1/2 lbs)	Cucumber (2 fruits)	Parsnips (1 bunch)
Green onion (1 bunch)	Cherry tomato (1 pint)	Winter squash (1 fruit)
Snap peas (1 pint)	Peppers (2 fruits)	Garlic (2 heads)
Radish (1 bunch)	Broccoli (1 bunch)	Beefsteak tomatoes (2 lbs)
Dill	Basil	Kholrabi

Below are some of the crops we plan on growing in 2018:

Fresh greens: spinach, arugula, asian greens, baby lettuce, head lettuce, pea shoots

Cooking greens: bok choy, kale, baby kale, chard, baby chard, beet greens, cabbage, napa cabbage

Fruiting vegetables: beans, snap peas, cherry tomatoes, heirloom

tomatoes, peppers, hot peppers, eggplant, cucumber, zucchini, winter squash

Stems: celery, garlic scapes, green onions, Brussels sprouts, kohlrabi, leeks, broccoli, cauliflower

Roots: onion, garlic, carrots (multiple colors), beets (multiple colors), parsnips, radish, salad turnip, potatoes (multiple colors)

Herbs: parsley, basil, rosemary, mint, thyme, oregano, cilantro, dill

Share pickup locations

We'll deliver your shares late each week to central locations in Clinton, Bayfield and Goderich. You can also pick up from the walk in cooler on our farm in Belgrave. Below are the times and locations:

City/ Town	Location	Weekday	Timing
Clinton	Clinton Veterinary Services	Thursday	Early evening (5:00 - 5:30)
Bayfield	At market (Clan Gregor Square)	Friday	Afternoon/ Evening (3:00 - 7:00)
Goderich	At market (on the Square)	Saturday	Morning (8:00 - 12:00)
Belgrave	Walk in cooler	Thurs- Sunday	At your convenience (self serve)



Missing a share/ Vacations

If possible have a friend or family member pick up your share in your absence, otherwise please let us know you'll be away so we don't pack a box for you that week. **You can miss up to two shares with prior notice** and we'll give you gift certificates for the value of those shares which you can redeem over the remainder of the season. Some members use points from missed shares to purchase bulk vegetables for preserving. If you are going to be away a lot, consider signing up for the biweekly share or splitting a share with a friend.

How do I know if the CSA is right for me?

There are lots of ways to get your hands on fresh, local, organic produce so make sure that being part of a CSA is really what you want before signing on. CSA membership can be an awesome experience but only if it is the right fit, so ask yourself:

Are vegetables a big part of your diet, or are you interested in incorporating more of them? Do you eat salad greens at least once a week? Are you flexible in planning your meals? Do you currently eat seasonally, or are you interested in doing so? Do you value foods that are fresh, local, and organically grown? Are you interested in supporting sustainable, small scale agriculture?

If you answered yes to these questions then welcome aboard!

How do I sign up?

Signing up is simple, just fill in the attached application and email or mail it to us, we also offer electronic sign up on our website (www.firmlyrooted.ca). Because space is limited we do ask for a deposit to hold your spot. Payment schedules and other details are included in the application form. If you have any questions at all please get in touch with us.



KNOW YOUR FOOD, KNOW YOUR FARMER

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