

## How CSA Programs Work

Community Supported Agriculture (CSA) shares give you a direct connection with our farm where your vegetables are grown and with the farmers who grow them. We give you fresh, delicious, organic produce throughout the growing season.

By buying shares of the future harvest while the ground is still frozen, you allow us to purchase the seeds and equipment needed in the spring. Once the season begins, usually by mid-June, we harvest fresh vegetables for you to enjoy each week, or bi-weekly if preferred, until mid-October. The produce available will change each week based upon what's in season.

Members thus agree to share the risks as well as the bounty of the harvest, allowing our farm managers to focus on growing. That is what we do best!

In using farming practices that respect the land as a living entity we hope to create a better world for future generations.



Aric Aguonie of Earth Haven Farm

## What is a CSA?

CSA stands for Community Supported Agriculture. Becoming an Earth Haven Farm CSA member gives you a direct relationship with us, your farmers! Your membership provides you with much more than the weekly joy of receiving ultra-fresh, organic and locally grown produce. It provides you with education, the opportunity to try new foods, and pride in the knowledge that you are reducing your environmental footprint and directly contributing to sustainable, organic farming within a short drive from where you live. Members are encouraged to bring their own bags, baskets or containers to take the bounty home.



We use only sustainable organic and biodynamic farming practices Demeter Certified, since 2008

For more information on how we farm, workshops, seasonal availability and more, visit us at

**EARTH HAVEN**  
FARM

1619 Vanderwater Road,  
Thomasburg, Ontario, K0K 3H0

613-478-3876

[info@earthhaven.ca](mailto:info@earthhaven.ca)

[www.earthhaven.ca](http://www.earthhaven.ca)



# Join Our CSA Program!

From our fields to your table



**EARTH HAVEN**  
FARM

Earth Haven's CSA program makes eating local affordable, convenient and satisfying. Our fresh and tasty organic produce is grown with utmost attention to nutritional value and agricultural integrity.

## How Our CSA Program Works

Earth Haven Farm CSA program is a rewarding experience that includes a weekly or bi-weekly box of freshly harvested organic produce, containing 7 to 12 items, depending on share size. Produce changes throughout the growing season.

Small Size - Suitable for a single person or couple with minimal produce requirements. The average worth of the small share size is \$24.  
9 week bi-weekly program \$216  
18 week weekly program \$432

Regular Size - Ideal for a vegetarian, a couple, or a small family. The average worth of the regular share size is \$34.  
9 week bi-weekly program \$306  
18 week weekly program \$612

Large Size - Ideal for families that love their greens, for vegetarians, juicers, cooks and people that like to entertain. Large share sizes can be pre-ordered for specific weeks and would be worth \$44. (You would pay an extra \$10 for the share that week).



(an example of a regular sized share)

## Value Added Additions

Over and above your CSA box, we offer the following items to you at an extra cost, pending availability. These items are paid for at time of pick-up or delivery.

Free Range Eggs - From free range chickens raised on organic grain, plenty of grass, insects and vegetable scraps making these eggs very high in protein and nutritional quality. Our chickens are raised from day old chicks. Eggs may be fertilized as there are always roosters in the flock.

Grass Fed Beef - From purebred Scottish Highland Cattle who are 100% grass fed, free of hormones and antibiotics. We do not butcher on a regular basis, so meat is not always available and, when it is, it is in high demand. Quantities and cuts of meat are limited.

Dried Black Turtle Beans - A product of our three sisters planting (corn, beans, squash). The beans are allowed to dry on the vines out in the field. They are harvested once the pods are dry, then husked and cleaned. These beans are a great staple product and will keep for months, even years, stored in your cupboard. Great for many recipes.

White Corn Flour - Grown from Mohawk seed along with the traditional teachings. This corn is grown in the traditional three sisters planting of corn, beans and squash. It is harvested, dried and then ground into flour which can be used in cooking and baking.

Other products - We produce many handcrafted products here at Earth Haven Farm in addition to partnering with other biodynamic and organic farmers. Examples of some of the value added products that may be offered are wild rice, maple syrup, rolled oats, spelt, red fife and dark rye flours and herbal teas.

Follow us on facebook, instagram and visit our website often to see what is seasonally available.

## How to Join Our Program

Contact us and we will send you an agreement form. Let us know if you would prefer a hard copy or an email version.

Option A – contact Emily VanderWey, CSA Manager at [emilyvanderwey@gmail.com](mailto:emilyvanderwey@gmail.com) and indicate that you are interested in joining our CSA program.

Please provide your contact information.

Option B – Visit our website at [www.earthhaven.ca](http://www.earthhaven.ca) and fill out the contact form indicating that you are interested in joining our CSA program.

Option C – Complete the information form below and send it in the mail.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Send to:

Earth Haven Farm  
1619 Vanderwater Road, R. R. #1  
Thomasburg, Ontario, K0K 3H0

Pick up and/or delivery days and locations are still a work in progress, depending upon location of customers, etc. Payment is required at the time you sign up to become a member. We accept cash, cheque or e-transfer. Installments can be arranged.