



foster family farm
FEEDING THE NATION'S CAPITAL
fruits • vegetables • produce

PO BOX 196, NORTH GOWER, ON K0A 2T0 * www.fosterfamilyfarm.ca * CSA@FOSTERFAMILYFARM.CA

WHAT VEGETABLES WOULD I GET THROUGHOUT THE CSA SEASON?

Please refer to <http://www.fosterfamilyfarm.ca/harvest-calendar/> for a complete list of vegetables we grow on our farm. There may be some vegetables in your box that are not listed on our website. That is because we strive to grow vegetables as suggested by our customers.

FOOD BOX SHARES

We offer 3 share sizes:

Single Share (Paper grocery bag size)

Geared toward a single adult or couple

Half Share (1/2 bushel basket)

Geared toward families with young children or two adults

Full Share (1 bushel basket)

Geared toward families with growing children or two vegetarians

EGG SHARE

We offer farm fresh eggs in your food boxes at no extra charge to you.

Single & Half Share boxes receive 1 dozen eggs every other week.

Full Share boxes receive 1 dozen eggs every week.

Extra dozen eggs are available to purchase for \$6.25/dozen.

WEEK 1 FOOD BOX*

Radishes, beets, lettuce, green beans, peas, eggs

WEEK 7 FOOD BOX*

Cucumbers, beets, beans, lettuce, carrots, broccoli, cauliflower, zucchini, potatoes, field tomatoes, corn, eggs

WEEK 14 FOOD BOX*

Carrots, potatoes, tomatoes, squash, Brussels sprouts, eggs

This is just an example of what you may find in your boxes.
Vegetables may vary from week to week.