

# FOSTER FAMILY FARM'S 2024 CSA INFO SHEET

## WHAT IS A CSA?

Community Supported Agriculture (CSA) consists of a community of individuals who pledge support to a farm operation so that the farmland becomes the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. CSA aims to close the gap between the farmer and consumer, as consumers purchase locally grown food directly from the farmer.

## FOOD BOX VEGGIES

Each food box will contain in season vegetables.

## DURATION

Our 2024 season will run from *approximately* the beginning of July to *approximately* the middle of October for a total of 16 boxes.

## FOOD BOX SHARES

We offer 3 share sizes and the option to pick up your boxes weekly or biweekly.

**Single Share (Grocery bag size)** - Geared toward a single adult or couple who do not eat a lot of produce.

**Half Share (1/2 bushel box)** - Geared toward families with young children or two adults that eat a moderate amount of produce.

**Full Share (1-bushel box)** - Geared toward families with growing children or two vegetarians.

## BIWEEKLY SHARE OPTIONS \*NEW IN 2024

New this year we have added the option to purchase any size share on a bi weekly rotation. Please note all share sizes are available (single, half and full). Also note that the **biweekly share will not have eggs included** in the share. Eggs can be purchased at an additional cost.

Biweekly share options will be available for pick up on 2 schedules.

### Option 1

Biweekly odd weeks, starting Week 1 (ie. Your pick up would be on weeks 1, 3, 5, 7, 9, 11, 13 and 15)

### Option 2

Biweekly even weeks, starting Week 2 (ie. Your pick up would be on weeks 2, 4, 6, 8, 10, 12, 14 and 16)

## EGG SHARE

We offer farm-fresh eggs in the **weekly** food boxes at no extra charge to you. Please note that **eggs are NOT included in the biweekly CSA shares**. They can be purchased at an additional cost.

### **Weekly Single & Half Share boxes**

1 dozen eggs every **other** week starting Week 1.

### **Weekly Full Share boxes**

1 dozen eggs every week.

Extra dozen eggs are available for purchase at an additional charge of \$6.75/ dozen.

## PICK UP DATES AND LOCATIONS

Food boxes can be picked up Monday through Saturday. For a full list of our drop off locations and times, go to our online sign up form.

<https://csa.farmigo.com/join/fosterfamilyfarm/2024SummerCSA>

## DELIVERY DETAILS

Front door delivery is available at an extra charge of \$250.00/season. Please contact us for those delivery areas.\*\*\* Delivery charge will be waived if there are 10 or more boxes to be delivered to one area (i.e. drop off to one central location).

## VACATION

It will be **your responsibility** to arrange for someone to pick up your food box at your pick up location while you are away during the season. **Any boxes missed will not be refunded or made up upon your return.**

## PAYMENT OPTIONS

**Paid in Full by June 30, 2024**

\*Payment is for the full CSA Season (16 weeks for full, 8 weeks for Bi-weekly)

### **FULL SEASON (Early Bird)**

Single Share - \$399.20

Half Share - \$554.08

Full Share - \$908.08

### **FULL SEASON (Regular)**

Single Share - \$410.93

Half Share - \$577.52

Full Share - \$937.80

### **BI-WEEKLY (Early Bird)**

Single Share - \$186.56

Half Share - \$266.40

Full Share - \$441.12

### **BI-WEEKLY (Regular)**

Single Share - \$196.56

Half Share - \$286.40

Full Share - \$471.12

Payments can be made by cheque (payable to Mel Foster) or email money transfer.

## WHAT VEGETABLES WOULD I GET THROUGHOUT THE CSA SEASON?

Please refer to <http://fosterfamilyfarm.ca/calendar.html> 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.

### 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

#### NOTE:

*\*This is just an example of what you may find in your boxes. Vegetables may vary from week to week. We cannot guarantee that you will receive this exact list of vegetables in your boxes.*

#### NOTES:

\*No refunds given after week 4 of the CSA season or in the event of crop failure.

\*\*\*Front door delivery is NOT available in all areas. Please contact us at [csa@fosterfamilyfarm.ca](mailto:csa@fosterfamilyfarm.ca) to see if we can provide delivery to your front door.

## WANT TO GET FREE VEGETABLES? WE'LL TELL YOU HOW!

Foster Family Farm (FFF) would like more people in our community eating fresh, locally grown vegetables. For this reason, FFF would like to give our loyal customers a week's worth of free CSA food box.

#### How does FFF's referral program work:

- You must be a full season customer. That means you have completely paid for your CSA food box by June 30, 2023
- FFF will give you **one week's worth of vegetable free\*** for every new customer you refer who signs up for the CSA program and pays in full by June 30, 2023.
- So for every new customer who signs up and pays for the full season, you receive **one week's worth of vegetables free\***. If you have 5 referrals who sign up and pays in full by June 30, 2023, you receive **5 weeks' worth of vegetables free\***
- The customer you refer must provide your name in order for you to receive your free box.
- Each new customer that you refer, equals one week's CSA food box in the year of referral.

*\*CREDIT CAN BE USED TOWARDS EXTRA VEGETABLES PURCHASED FROM OUR ONLINE FARMIGO STORE THIS YEAR OR CAN BE DEDUCTED FROM YOUR 2024 CSA FOOD BOX.*



PO BOX 196, NORTH GOWER, ON K0A 2T0

[CSA@FOSTERFAMILYFARM.CA](mailto:CSA@FOSTERFAMILYFARM.CA)

[WWW.FOSTERFAMILYFARM.CA](http://WWW.FOSTERFAMILYFARM.CA)

SIGN UP: <https://csa.farmigo.com/join/fosterfamilyfarm/summer2023>