

What does a CSA share look like?

Throughout the season, we aim to provide a minimum of eight items per week including core “staple” items (onions, carrots, tomatoes, garlic, lettuce etc.) as well as a diversity of other delicious veggies (such as bok choy, fennel, kohlrabi, hot peppers and much more). All veggie offerings are season-dependent but you are guaranteed lots of diversity and deliciousness every week!

| June | August | October |
|-------------------------|--|--------------------------------|
| 1 lettuce | 1 head lettuce | 2lbs potatoes |
| 1/2lb lettuce mix | 1 bunch carrots | 1.5lbs carrots |
| 1/2 lb spinach | 2 sweet peppers | 3 onions |
| 1 bunch radishes | 2lbs new potatoes | 1 cabbage |
| 3 kohlrabi | 1lb green beans | 1 head garlic |
| 1 bunch green onions | 3 onions | 1 winter squash |
| 1 head broccoli | 3lbs tomatoes | 3 leeks |
| 1 bunch bok choy | 1 head garlic | 1 lettuce |
| Free Choice: | Free choice: | Free choice: |
| Dill, cilantro, parsley | chard | kale |
| Arugula | hot peppers | Parsley, sage, thyme, rosemary |
| | herbs (such as basil, cilantro, thyme, tarragon) | |

***We also offer a lovely diversity of free choice (take what you want) seasonal cut flowers at your weekly pickups.

***Cedar Down Farm teams up with our neighbours at Green Being Farm to offer weekly egg shares to members as well. Contact Tarrah at Green Being - greenbeingfarm@gmail.com - if you want to sign up for an egg share!

