

2012 CSA Registration Form

Visit www.cedardownfarm.ca to sign up online!



Sign me up for the 2012 CSA season!

Name _____

Address: _____

Phone: _____

Email: _____

Circle Location and Size of Share:

Location	Share Size	Price
Hanover/Paisley	Regular	\$435
	Large	\$655
Guelph	Regular	\$445
	Large	\$665

Send form and cheque for full payment,

OR

\$100 deposit and 2 post-dated cheques for the remainder dated April 1 and June 1.

Add a \$_____ donation to the cost of my share towards Cedar Down's "community share" program.
(Suggested donation - \$10).

To:
Cedar Down Farm
222145 Concession 14 RR#1
Neustadt, ON
N0G 2M0

For questions or to discuss an alternative payment option please contact the farm.

Some of the benefits of CSA:

For member families:

- exceptionally fresh, locally-produced, delicious vegetables
- a direct relationship with a local vegetable farm and the farmers who grow your food
- a chance to learn about new vegetables, share recipes, and expand your culinary horizons
- reliable, regular access to quality organic vegetables at a reasonable price
- the chance to learn more about organic agriculture
- the opportunity to visit the farm, get to know your farmers and be connected with your food's origins
- a chance to share in the abundance as well as the risks inherent in each farming season

For the farmers:

- a guaranteed market for farm products throughout the season
- timely financial support to help cover production expenses
- a close relationship with loyal customers and new friends
- a means to build strong communities with ties to local agricultural production
- the ability to share some of the risks inherent in each farming season
- a great sense of satisfaction through direct contact with the families we help feed



Support a local farmer
and eat great food!



Weekly deliveries of organic
vegetables to Hanover, Paisley and
Guelph, Ontario

www.cedardownfarm.ca



Cedar Down Farm CSA

Cedar Down Farm is family-run business, growing organic produce for the local community. Our goal as farmers is to promote soil health and biodiversity, minimize our ecological footprint and build community. We are deeply committed to growing high quality food in a way that respects ecological principles and brings people together around food. We believe in honest and open communication with our community of eaters and strive to make fresh and nutritious food available to everyone.



What is Community Shared Agriculture?

CSA (Community Shared Agriculture) is a relationship of mutual support and commitment between a local farmer and community members. Members commit to the farm by paying an up-front membership fee in the spring, and in turn receive a weekly share of the farm's fresh produce. CSA is a mutually beneficial relationship; the farm supports the community's needs for fresh, nutritious food, while the community's support allows a farmer to devote his/her energies toward farming sustainably.

Our "Community Shares" Program

We believe everyone should have access to good, nutritious food. Cedar Down Farm works with local community service organizations to make our food available to those who can't afford the cost of a share. Your donation to our *Community Shares* program allows more people in our community have access to fresh, organic produce. If you are able, please consider adding a small donation to the cost of your share. Please contact the farm for more information.

How does it work?

Cedar Down Farm members receive a weekly share of seasonal vegetables grown here on the farm. The veggies are harvested the day before or the morning of your pick-up and brought to one of our drop-off sites for members to pick up.

The **Summer Share** is 20 weeks long, beginning mid- June and running through to the end of October.

Regular Share	Large Share
Suits a couple or a veggie lovin' individual	Suits a family of four or two veggie lovers
\$435 in Hanover/ Paisley	\$655 in Hanover/ Paisley
\$445 in Guelph	\$665 in Guelph

- The drop off is "farmers market style"- veggies are displayed in bulk so you can choose the lettuce or bunch of carrots that appeals to you and swap items that you don't want with others
- Members bring their own bags and containers to bring their food home in.
- Each week, members receive a farm newsletter, updating them on farm goings-on and sharing recipes, info and stories.

*Members pick-up weekly in Hanover, Paisley or Guelph
Check website for exact locations.*

Check out our website for details on our Winter CSA!!

A glimpse of what you will be getting...



June: lettuce mix, spinach, broccoli, kohlrabi, bok choy, turnips, peas, radishes, cabbage, herbs

July: beets, carrots, lettuce, green onions, fava beans, chard, spinach, fennel, zucchini, garlic, herbs



August: zucchini, carrots, peppers, new potatoes, green beans, tomatoes, garlic, onions, melon, lettuce, herbs



September: Leeks, carrots, onions, kale, spinach, tomatoes, squash, greens, garlic, herbs

October: potatoes, carrots, beets, rutabaga, cabbage, leeks, squash, onions, greens, garlic... and more!

Contact Info:

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Neustadt, ON N0G 2M0

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519-665-2008

www.cedardownfarm.ca