



With the success of the 2015 Veggie Box pilot project, Hope Farm Healing Centre is proud to present the Community Supported Agriculture (CSA) produce box: The Seed Family Box! With his passion and experience in growing healthy, wholesome food, Tim Sparrow has been tasked with launching this year's CSA box.

Community Supported Agriculture is a connection between a nearby (local) farmer and the people who eat the food that the farmer produces. Although CSA's take many forms, their foundations are built upon a shared commitment to building a more local and equitable agricultural system, one that allows growers to focus on land stewardship and still maintain productive and profitable small farms. The CSA consists of a community of individuals who pledge support to a farm operation so that the farmland becomes the community's own farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production.

Those that purchase a 'share' of this year's harvest will be provided a box of 'in season' vegetables every week from the beginning of July to the end of October, a total of 16 weeks. Below is a chart which shows what Hope Farm is planning to harvest throughout the year and what, the Lord and weather permitting, we can expect to see in your boxes.

Hope Farm will be offering a 'full share' which is designed to provide for a family consisting of two adults and two children. In addition, they will be offer a 'half share' more suitable to a single parent with a child or two adults who choose to eat veggies sparingly throughout the week. Deviations from this 'best case' will in all likelihood happen despite our best efforts but be assured that you will receive an excellent selection of good wholesome vegetables along with a few recipes and a bi-weekly update on the happenings on the farm every time you pick up your box.

### **2016 CSA 'Seed Family' program for 2016.**

- **What you will receive:**
  - Every week starting the first week of July and ending the 2nd week of October for a total of 16 weeks you will pick up a box of fresh, organically grown, seasonal and wholesome vegetables worth between \$25 and \$30 at one of our designated pick up sites.
- **Pick-Up Dates and Locations:**
  - At this point our drop off site in Victoria for staff, family and friends will be at either Hope Farm or the Mustard Seed Queens Ave location. The pick-up date has yet to be determined as we work with schedules and transportation
- **Cost of the CSA Box:**
  - A full share of vegetables will cost \$400.00 which can be split in two equal payments of \$200.00. The first payment due on application and the other due before the first box is delivered.
  - A half share of vegetables will cost \$200.00 which can be split in two equal payments of \$100.00. The first payment due on application and the other due before the first box is delivered.
- **Payments:**
  - Payment can be made via cash, cheque or credit card.
- **Substitutions:**
  - If you are able to pick up your box from Hope Farm we can make arrangements on an 'available' basis. For boxes that are picked up at other locations we are unable to accommodate substitutions.
- **Vacations:**
  - As summer is when we all try to take some time off, we will allow for a "farm store credit" for up to 2 weeks of vegetables payable at the end of the season. If the season allows we also make available a box at the tail end of the season if desired.



**Growing Chart for 2016**

○		July	August	September	October
	Beans				
	Beets				
	Broccoli				
	Cabbage				
	Carrots				
	Chard				
	Cucumbers				
	Garlic				
	Green Onions				
	Herbs				
	Kale				
	Lettuce				
	Onions				
	Peas				
	Peppers				
	Potatoes				
	Radishes				
	Salad Greens				
	Spinach				
	Squash				
	Strawberries				
	Tomatoes				
	Zucchini				

If you have any questions or concerns please feel free to contact me at:

**Tim Sparrow**

[tims@hopefarm.ca](mailto:tims@hopefarm.ca)

(250) 415--7936