

## What is Community Supported Agriculture (CSA) ?

A CSA operated farm distributes its products to local area members on a shared basis.

Members receive a box of seasonal, local produce each week. The variety can vary depending on the progress of the growing season.

A CSA is a great way to support your local farmer and ensure you eat fresh local produce throughout the season!

*"I loved the extras you built in like the flowers, soap, and recipes: it was so sweet!" - Shoni Litinsky*

### Why Join Us ?

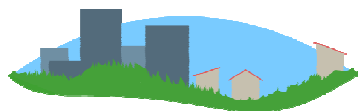
- ✓ Get the freshest produce available
- ✓ Eat locally and in season
- ✓ Eat healthier, natural food
- ✓ Support small local farms and farmers
- ✓ St. Norbert is just a few food miles from you
- ✓ Develop relationships in the community
- ✓ Try new vegetables, with hints on how to use them

Almost Urban Vegetables is run by Marilyn Firth, Bruce Berry and their sons who farm at the southern edge of Winnipeg in St. Norbert.



### What we grow for you

Over 40 varieties of greens, root crops and herbs. Please find a complete listing at our website (below)



**Almost URBAN Vegetables**

[www.almosturbanvegetables.com](http://www.almosturbanvegetables.com)

[vegetables@mts.net](mailto:vegetables@mts.net)

(204) 275-0253



**Almost URBAN Vegetables**  
**CSA**



**Enjoy fresh, local and naturally grown produce all season**

**Join Us This Year !**

*"You and Marilyn are wizards! Our food box was amazing" - Chris Barkman*

## Our Practices

Produce comes from the gardens of Almost Urban, and will include a seasonal variety of leafy greens, root vegetables and herbs.

We practice sustainable, all-natural, environmentally sound principles on our farm. We use NO pesticides, herbicides, fungicides, or artificial fertilizers.



We're certified under Local Food Plus, which is committed to growing, local sustainable food systems.

*"We've really felt fortunate to have such high quality food and it was so rewarding to have such a clear connection to the local food system" - Sharon Taylor*

## What we Grow

We grow a wide variety of produce, including lettuce, carrots, potatoes, tomatoes, eggplant, beets, kale, Swiss chard, peppers, peas, squash, radishes, beans, green onions, melons, garlic, rhubarb, etc. A full list is on our website!

## Please SEND this info and deposit:

Name(s): \_\_\_\_\_  
Street: \_\_\_\_\_  
Code: \_\_\_\_\_ Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

Members pick up their vegetables starting at 4 pm at the agreed upon location.

**Pickup Locations** (please check one):

- Wolseley (Tues - Wolseley Ave)
- Downtown (Tues - Sherburn St)
- River Heights (Wed - Warsaw)
- Our farm in St. Norbert (Tues)

Signature(s): \_\_\_\_\_

Date: \_\_\_\_\_

We require a deposit to hold your share. The 16 week season choices are:

- Regular box cost is \$520 (deposit \$50)
- "Bring It On" box is \$870 (deposit \$80)

You can choose to split your payment into two or more parts. All payments are due no later than June 1.

We accept cash, cheque or Interac e-Transfer payable to:

Almost Urban Vegetables  
3893 Pembina Hwy  
Winnipeg, MB R3V 1X3



## How Our CSA Works

Our CSA share is intended to feed a family of four. Eating habits vary, so while a vegetable loving couple may enjoy a full share, others may choose to divide a share between two families.

You'll receive 16 weekly deliveries of vegetables, from mid-June to October. Each week, vegetables are harvested, cleaned, and delivered in individual boxes to the pickup locations. You agree to pick up your weekly share on the delivery day.

If you are going to be away on a pick up day, you must make arrangements for someone to pick up your share on your behalf, and tell Marilyn or Bruce who that person will be.

We also very much appreciate your feedback!