

# CSA Harvest Box Program 2017

We're super excited for this year's CSA! It's a great way to support local small-scale agriculture, while also reaping the benefits of super-fresh, nutritiously-dense, tasty, high-quality organic produce straight from the farm. We've been running a CSA program for 5 years now, and we really enjoy it!



The program runs for **16 weeks**, from the **beginning of June** to **late September**, with box pickup days every **Monday** in **Lumby & Vernon**.

We offer an easy-to-use recipe book, with helpful tips on how to store and prepare the wide array of vegetables you'll receive throughout the CSA season (see *registration form below*). It's a great way to learn more about the produce, as well as helping you to cook and enjoy all these tasty treats!

We'll email you the night before pickup day, to let you know what you'll be receiving in your boxes that week. So you know what to expect, and to help with meal planning.

We communicate with our CSA members throughout the season via email. You can also check out our Facebook page, where we post farm news, photos, and more!

The following FAQ outlines all the program details, and how it operates. If you're interested in participating in this year's program please fill out and sign the registration form, and mail it to us with your payment, or contact us if you would like to drop it off here at the farm.

Spaces are limited, and are valued on a first come first serve basis.

Please feel free to contact us at **250-547-2400**, or email us at [yourlocalfarmacy@outlook.com](mailto:yourlocalfarmacy@outlook.com), if you have any questions.



# CSA Harvest Box Program 2017

## Frequently Asked Questions

### What is a CSA?

Community supported agriculture (CSA) is a partnership between farmers and the local community, providing mutual benefits and reconnecting people to the land where their food is grown. Members sign up in the spring for a share of the harvest, which helps the farmer during a time when cash flow is low. In exchange, the farmer grows high-quality, super-fresh, affordable produce for the member which is then delivered weekly to a convenient pickup location.

### What can I expect in my Veggie Box?

You'll receive a wide variety of delicious, seasonal organic vegetables & herbs throughout the program. Such as: Basil, Beans, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Dill, Garlic, Kale, Leafy greens, Onions, Parsley, Peas, Potatoes, Radishes, Romaine lettuce, Salad Mix, Scallions, Shallots, Spinach, Squash, Tomatoes, Watermelons, and Zucchini.

Worried you won't know what to do with some of these items? Then our easy-to-follow recipe book is for you! It has nutritional info, storage tips and common preparation methods, and some of our favorite recipes for over 20 different vegetables. Just check off the Recipe Book option on the registration form and you'll receive it with your first box of the season!

The following are examples of boxes you'll receive throughout the season: (box contents change weekly, with available seasonal produce.)

<u><b>June</b></u>	<u><b>July</b></u>	<u><b>Aug</b></u>	<u><b>Sept</b></u>
2x heads Romaine	1x head Cauliflower	1x bunch Basil	1lb Tomatoes
1x bunch Kale	1/4lb Salad Mix	1x bunch Fresh Onion	2x Lrg White Onion
1x bunch Baby Carrots	1lb Beans	5x Corn	1x bunch Carrots
1x bunch Bok Choy	1lb Zucchini	2x Cucumbers	1lb Shallots
1/4lb Salad Mix	1x bunch Carrots	1 bunch Celery	2lb Potatoes
1/4lb Spinach	1x head Broccoli	2lb Potatoes	1x Winter Squash
1 bunch Radishes	1x head Cabbage	1/4lb Salad Mix	1 bunch Beets

### Do the vegetables come pre-washed & ready to eat?

All salad mixes & greens come pre-washed & ready to eat. The bulk of the soil is removed from vegetables, but we recommend that you treat our produce like you pulled it from your own garden; wash it at home before consuming.

### Can I pick and choose what vegetables I want?

You will receive a wide variety of seasonal produce each week; however, you will not get to choose which items you receive. **That said, if you receive an item you don't want or cannot use, simply place it in the Exchange Bin at your pickup location and take something from the bin that you will use.** (Exchange bins not available at special office pickup locations, due to delivery logistics).

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## Frequently Asked Questions

### What kind of box do the veggies come in?

We use Rubbermaid bins to pack individual shares for the CSA program (as they stack nicely in the cooler, and transport well to the pickup location). Then, you'll bring your reusable bags with you to pickup and transfer your produce into your bags (we have plastic bags available if you forget yours). Easy Peasy!

### Where & when do I pick up my Veggie Box?

**Pickup day is Mondays, starting on June 5 - Sept 18, 2017.** There are two pickup locations to choose from (please choose only one):

- Mondays between 3 - 5pm **in Lumby** (*in the parking lot of the Dollar Store/Lumbys' Comm. Market*)
- Mondays between 3:30 - 5:30pm **in Vernon** (*parking lot of the Kin Race Track, next to KalTire Place*)
- Special Office Pickup: we offer special pickups for the employees of KalTire's Head Office and Valley First in Vernon - Mondays delivered between 2:30 - 3pm.

### How long does the program run for?

Our CSA program runs for 16 weeks, starting on June 5th and ending Sept 18nd, 2017.

### What happens if I am late, or miss my Pickup?

If you know you are going to miss a pickup, or be late, please call or email us ahead of time to let us know so we can make alternative arrangements (**it is your responsibility to contact us if pickup is missed**). Or you could have someone else, maybe a friend or family member, pick it up for you. Any boxes not picked up at the end of the day get put back in the cooler, and will be donated to a local family/organization in need if not claimed. Sometimes pickup day gets forgotten, it happens! But, not to worry, just call or email us as soon as you remember and make alternative arrangements to pick up your box on another day (from the farm, or the following week at the next pickup).

### What happens if we go on vacation?

Let us know at least 3 days before your next pickup date and we'll refund the weeks you missed at the end of the season. Refunds are issued with the last box of the season. If you do not notify us at least 3 days before the pickup date, you will not receive a refund for those weeks missed. This is so that we have sufficient time to amend our Harvest & Packing lists.

### When is payment due?

**We accept cash, cheques (payable to Your Local Farmacy Inc), credit card payments (PayPal) and Email Money Transfers.** Those who choose the credit card option will receive an invoice from us through PayPal once your registration has been processed. And are liable for any PayPal transaction fees on top of their balance (approx \$9). **If you have questions about these payment options please contact us.**

- We require a minimum, non-refundable, \$50 deposit towards your balance to hold your spot in the program. The remainder of the amount due is to be paid before May 1, 2017.

# CSA Harvest Box Program 2017

## Frequently Asked Questions

### Why do I have to pay the full amount at the beginning of the season?

We ask that you pay the full amount at the beginning of the season, because we need a firm commitment from you that you are going to buy the produce that we are going to plan, plant, maintain, harvest, process and distribute to you throughout the season. The CSA model was developed to help alleviate financial pressure on farmers by sharing their costs at the beginning of the growing season when money is needed the most.

### About us:

Hi, we're Shauna & Nevin Gavigan of Your Local Farmacy. Our certified organic farm is located on Mabel Lake Rd, just north of Lumby, BC. We are very passionate about farming organically, and as sustainably as possible. We are currently in our 8<sup>th</sup> year of farming, and have been running a CSA program for 5 years now. You can check out more about us at our website: [www.yourlocalfarmacy.ca](http://www.yourlocalfarmacy.ca), or at our blog: [yourlocalfarmacy.blogspot.ca](http://yourlocalfarmacy.blogspot.ca).

### What can I expect to receive as a Member?

- 16 weeks of locally-grown, high-quality organic produce straight from our farm
- An invitation to visit the farm (during scheduled CSA Tours throughout the season)
- Convenient pickup locations in downtown Lumby or Vernon.
- A direct connection to the farm and the farmers
- A fair price, direct from the farmer. No middle men!
- Knowledge that your food is grown organically and as sustainably as possible
- An easy-to-use Recipe Book with tips on how to store and cook your vegetables
- Insider deals on bulk produce throughout the season

### Is there any risk involved in becoming a Shareholder?

As with any business endeavor, there is always some degree of risk. Farming is primarily a weather dependant business; as well there are factors like disease and pest infestations. We take every precaution before the season starts, when planning our crops, to anticipate and plan for losses due to extreme weather conditions and other disturbances. We carefully and realistically create a budget that will cover every foreseeable situation. So that we are prepared in the rare event that something doesn't go to plan. As well, we use preventative measures such as crop rotations, green manures and companion planting to ensure crop health and soil fertility. And the wide diversity of crops that we plant ensures that if one thing doesn't do well, there are a myriad of other crops that will do just fine.

So, as an example, let's say that one year the majority of the bean crop is wiped out by some extreme circumstance. Well not to worry, because that's not going to stop us from giving you a full, fresh, delicious and diverse box of vegetables just as we intended in the first place. So unless a hurricane comes in and takes out the entire farm, you can always count on a full box of vegetables, as scheduled throughout the season 😊

### What is your Refund Policy?

- If a CSA member decides to cancel the program before the first pickup date, they will receive a full refund, minus the non-refundable \$50 deposit fee.
- If you have to back out of the program once it has started, we will refund any weeks missed at the end of the season.
- Those who notify us at least 3 days prior to a pickup date, regarding missed pickups due to vacation/other will receive a refund for those weeks missed with the last box at the end of the season.

# CSA Harvest Box Program 2017

## Registration Form

Name(s):	
Street:	
City:	
Postal Code:	
Phone #:	
Email:	

### Box Size:

<input type="checkbox"/>	<b>Regular Box</b>	<b>\$320</b> (\$20/week for 16 weeks)	<b>\$20</b> Administration Fee	<b>Total: \$340</b>
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### Pick Up Location: (please choose only one pickup location)

<input type="checkbox"/>	Monday's 3 - 5pm	<b>Downtown Lumby</b> (parking lot of the Dollar Store/Lumbys' Comm. Market )
<input type="checkbox"/>	Monday's 3:30 - 5:30pm	<b>Downtown Vernon</b> (parking lot of the Kin Race Track, next to KalTire Place)
<input type="checkbox"/>	Special Office Pickup (Mon)	I am part of a pre-arraigned special office pickup group Business Name: _____

### Recipe Book: (No extra cost)

<input type="checkbox"/>	<b>Your Local Farmacy CSA 2017 Recipe Book</b>	Those that choose this option will receive their recipe book with the first box of the season.
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### Payment Options:

A minimum deposit of \$50 (non-refundable) towards your balance is required with registration to hold your spot in the program.  
Fees are to be paid in full on or before May 1, 2017.

We accept Cash, Email Transfer, Credit Card, & Cheques (payable to Your Local Farmacy Inc.)

### How will you be paying?

(Those that choose the credit card option will receive an invoice from us through PayPal, once your registration has been processed.

And will be liable for any PayPal transaction fees: approx \$9.

Those that choose Email Money Transfer will receive an email from us once registration has been processed.)

<input type="checkbox"/> <b>Cash</b>	<input type="checkbox"/> <b>Cheque</b>	<input type="checkbox"/> <b>Credit Card</b>	<input type="checkbox"/> <b>Email Transfer</b>
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You can email ([yourlocalfarmacy@outlook.com](mailto:yourlocalfarmacy@outlook.com)), or mail your registration form and payment to: 714 Mabel Lake Road, Lumby BC V0E 2G5, or you can drop it off here at the farm (please call/email, to make an appointment)

Signature: \_\_\_\_\_

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

By signing this document it means that you have read, understood, and agree to the program details as outlined in the CSA Harvest Box 2017 program information.