



# FIDDLE FOOT FARM



CSA \* REGISTRATION 2014  
\* COMMUNITY SUPPORTED AGRICULTURE

## Become a member of the Fiddle Foot Farm CSA and share in the bounty of our farm!

The CSA model is a mutually beneficial arrangement between producers and consumers. It allows people to become members of a farm and in so doing, engage in their agricultural community. After growing vegetables in partnership with CSA members for 6 years, we recognize the importance of this arrangement both financially and socially in building a sustainable and local agriculture. It is unlikely that we would be farming today if it were not for the Community Supported Agriculture model. Find out more on our website.

## HOW THE FIDDLE FOOT FARM CSA WORKS

Our CSA will run for 20 weeks, beginning on approximately the 3<sup>rd</sup> week in June and ending the last week in October. These dates are approximate, depending on the weather and the season.

### FARM MEMBER BENEFITS:

- You will eat locally and organically and biodynamically grown produce at its peak of freshness.
- You have the chance to connect with the people and the land that grow your food.
- You can connect with other members, share recipes, visit the farm.

### FARMER BENEFITS:

- Allows us to plan our season's crops more accurately and with less speculation than the farmers' market.
- Allows us to harvest and deliver vegetables more efficiently and therefore spend more time on the farm.
- Gives us a sense of fulfillment to know the people who are eating the food we have produced.

### FARM MEMBER AGREES TO:

- Support the farm by paying for your share in advance.
- Pick up your weekly share at the correct location and during the allocated times.
- Accept the uncertainty of the season along with the farmer.

### FARMER AGREES TO:

- Plan the season and provide the freshest and most diverse selection of vegetables from our farm.
- Offer members suggestions as to proper storage and preparation of their weekly vegetables.
- Use organic and biodynamic growing practices to enrich our farm environment and our community.

Below is a list of our **pick-up locations:**

DAY of the WEEK	LOCATION	TIME
Saturday	Orangeville Farmers' Market - at our table	8 am - 1 pm
Saturday	Creemore Farmers' Market - at our table	8:30 am - 12:30 pm
Weekends	Fiddle Foot Farm	To be arranged individually
Wednesday	Soaring Heart Wellness, Shelburne	1 pm - 5:30 pm
Wednesday	Natural Choice (205 Broadway), Orangeville	1 pm - 6 pm
Wednesday	Fiddle Foot Farm	1 pm - 7 pm

## SUMMER VEGETABLE SHARES

We are trying something new this year in an effort to be accommodating while remaining efficient! We are offering two share sizes as well as the option to pick-up weekly or bi-weekly. Therefore the options are:

<b>Large -</b>	<b>Weekly (\$800)</b>	20 shares in 20 weeks
	<b>Bi-weekly (\$450)</b>	10 shares in 20 weeks
<b>Small -</b>	<b>Weekly (\$450)</b>	20 shares in 20 weeks
	<b>Bi-Weekly (\$275)</b>	10 shares in 20 weeks

Note: If you were a Mini Share member last year, consider a Small Bi-Weekly share this year.

The small share is suitable for a small family, two people who eat fewer vegetables or a single person who eats a lot of vegetables. The large share provides twice the quantity of the small share and feeds a family of four or two people who eat a lot of vegetables. Consider buying a large share if you would like to preserve vegetables (freeze, can, dry, make soups, etc.) for the winter. If you know that you will be away or on vacation, we prefer if you arrange with family or friends to pick up your share.

Shares change with the seasons to include the freshest harvest - here are three example small shares throughout the season:

<u>Sample Early-Season</u> <b>SMALL Share</b> (Large Share is double the quantity of the same items)	<u>Sample Mid-Season</u> <b>SMALL Share</b> (Large Share is double the quantity of the same items)	<u>Sample Late-Season</u> <b>SMALL Share</b> (Large Share is double the quantity of the same items)
1/4 lb arugula 1 bunch beets greens 10 garlic scapes 1 bunch green onions 1 bunch swiss chard 1 quart snap peas 1 bunch turnips 1 head bok choy	1 head broccoli 1 bunch carrots 1 bunch leeks 1 cucumber 1 head lettuce 2 summer squash 1 quart tomatoes 2 lb. new potatoes	1 bunch beets 1/4 lb. garlic 1 bunch fresh oregano 2 lb. onion 2 lb. parsnip 2 lb. potatoes 1 squash 1 bunch kale

## FULL GREENS SHARE - \$220, HALF GREENS SHARE - \$125

This can be a nice complement to a regular vegetable share or enjoyed all on its own! A Full Greens Share will cost **\$220** and will include an average of 1 lb. of greens per week, including lettuce mix, head lettuce, mesclun mix, spinach, arugula, mustard mix, kale and more. **NEW THIS YEAR** - We are offering a Half Greens Share for **\$125** which will consist of 1/2 lb. of greens each week. The Greens Share will be offered for the same duration as the regular summer shares (20 weeks). If you or your family enjoy eating a lot of greens, we recommend signing up for a Greens Share. In exchange for allowing us to plant, grow and harvest greens more efficiently, you pay less for these greens than you would at our market table.

## NEW - WEEKLY EGG SHARE

By popular demand, we have increased the numbers of our laying flock this year to offer eggs to more of our members. If you enjoy fresh eggs from hens raised on certified organic grain and plenty of grass, insects and vegetable scraps, consider an egg share. Eggs can be collected on a weekly or biweekly basis along with your vegetable share. Sign up for as many egg shares as you need to meet your family's needs.

<b>Egg Share (1 dozen per week)</b>	<b>\$120</b>
<b>1/2 Egg Share (1 dozen biweekly)</b>	<b>\$60</b>

## FREEZER SHARE - \$100 - BEST VALUE!!

There are times throughout the season when the garden is particularly generous! If you are interested in doing some preserving to enjoy the summer's bounty during the winter months, we will be all too happy to help you out with this! When there is a bounty, we will add extra quantities of items well-suited to being frozen in your weekly share. Freezer share vegetables may include: beans, peas, sweet corn, broccoli, cauliflower, spinach, swiss chard, kale, sweet peppers, tomatoes, squash, and more!

## WORK SHARES - \$100 OFF YOUR SHARE PRICE + 20 HOURS IN THE GARDEN

For the 2014 season, we are offering a small number of work shares. By committing to 20 hours of work on the farm, you can reduce the cost of your share by \$100. The Work Share provides an opportunity for learning and involvement in our team. Working times must be scheduled ahead of time for Tuesdays-Fridays between 8am - 5pm.

### Two Easy Ways to Sign up for 2014!

#### On-line Registration

1. Read this complete document.
2. Submit your application on the CSA Page of our website: [www.fiddlefootfarm.com](http://www.fiddlefootfarm.com)
3. Send us an e-Transfer (electronic money transfer) or send a cheque by mail.

E-Transfer: to [fiddlefootfarm@gmail.com](mailto:fiddlefootfarm@gmail.com)  
(please call or email with the answer to your security question)

#### Registration by Mail

1. Read this complete document.
2. Fill out the 2014 CSA Application and send it by mail.
3. Either enclose payment with your Application, or send an e-Transfer.

Cheques payable to: Fiddle Foot Farm

Mail To: Fiddle Foot Farm  
796530 3rd Line EHS  
Mulmur, ON  
L9V 0H4

**\*\* Shares will be accepted on a first-come, first-served basis. \*\***

## WINTER SHARES

Last winter, we offered shares of storage and root vegetables during November, December and January. We will be offering Winter Shares again next winter. Sign up sheets will be sent out during the summer season. Crops could include potatoes, shallots, carrots, parsnips, beets, turnips, rutabagas, onions, celeriac, leeks, garlic and cabbage and greens. Winter Share details will be provided throughout the season.

## COMMUNITY SHARE FUND

Last year's Community Share Fund was able to subsidize one CSA share for members of our community who needed some financial support. We are hoping to raise funds to provide more subsidized shares this season. We believe that nutritious and locally grown produce should be accessible to all members of our community. While this fund will by no means reach all those in need, we would like to do what we can. If you would like to support this effort, please add your contribution to the total on your membership application. Consider that a small share costs roughly \$20/week, any small amount that you can contribute is greatly appreciated. Please consider making a donation.

## VOLUNTEER OPPORTUNITIES

Throughout the season, we will communicate a number of volunteer opportunities to our CSA members. This is by no means mandatory, but is simply an option for those CSA members who would like to develop a closer connection to the farmers and the farm that is producing their food. We feel this is an important way to continue the get-to-know-you process and tighten the gap between producers and consumers. If you would like to discuss particular or regular volunteer arrangements or if you have particular interests, please let us know.

CSA members are most welcome to visit the farm to experience the farm first-hand - in fact, we encourage it! Please call ahead and understand that if we are busy, your tour may be self-guided!

## COMMUNICATION WITH MEMBERS

Communication throughout the season with CSA members will be through weekly emails as well as through our website: [www.fiddlefootfarm.com](http://www.fiddlefootfarm.com) where we will post newsletters, recipes, volunteer opportunities, upcoming events and photos. There is an option on the website to sign up to *Follow Our News*. This means that you will automatically receive an email if we add something new to the homepage. We highly recommend this, as it is a great way to stay informed about what is happening on the farm.

We have created a collection of favourite recipes on our website. We encourage members to submit their own recipes to be shared with the rest of the farm members. Nothing fancy required, because the better the ingredients, the simpler the recipe, right?

## PAYMENT DETAILS

Farms incur most of their costs at the beginning of 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. An installment option is provided to break up your costs if necessary; however, we encourage you to pay the full amount as soon as possible. Payment can either be made in full by cash, cheque or electronic money transfer or through post-dated cheques of three separate payments according to the payment schedule outlined below. If you require an alternative payment schedule, please contact us so we can accommodate you.

		Small Share (bi-weekly)	Small Share (weekly)	Large Share (bi-weekly)	Large Share (weekly)
OPTION #1	One Payment	\$275 - On Sign Up	\$450 - On Sign Up	\$450 - On Sign Up	\$800 - On Sign Up
OPTION #2 Post-dated Cheques (NOT e-transfers)	Deposit	\$100 - On Sign Up	\$150 - On Sign Up	\$150 - On Sign Up	\$300 - On Sign Up
	2 <sup>nd</sup> Payment	\$100 - due May 1st	\$200 - due May 1st	\$200 - due May 1st	\$300 - due May 1st
	3 <sup>rd</sup> Payment	Remaining balance - due June 1st	Remaining balance - due June 1st	Remaining balance - due June 1st	Remaining balance - due June 1st

**\*\*\*Please make all cheques payable to Fiddle Foot Farm \*\*\***

**Mail to: Fiddle Foot Farm ~ 796530 3rd Line EHS ~ Mulmur, ON ~ L9V 0H4**

**Stay Tuned for Up-to-Date News**

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

*(Sign up to Follow Our News on our website  
to receive updates automatically by email.)*

# FIDDLE FOOT FARM 2014 CSA APPLICATION FORM

Name: .....  
 Address: .....  
 .....Postal Code:.....  
 Phone: (.....).....Bus: (.....).....  
 Email:.....

For Farm Use Only:

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

Payment Received

Notes:

Please select your share size:

- Small - bi-weekly      \$275 ..... \$ + \_\_\_\_\_
- Small - weekly      \$450 ..... \$ + \_\_\_\_\_
- Large - bi-weekly      \$450 ..... \$ + \_\_\_\_\_
- Large - weekly      \$800 ..... \$ + \_\_\_\_\_
- Work Share      (subtract \$100 for 20 hours) . \$ - \_\_\_\_\_

- Add:
- Greens Share      \$220 ..... \$ + \_\_\_\_\_
  - Half Greens Share      \$125 ..... \$ + \_\_\_\_\_
  - Egg Share      \$120 ..... \$ + \_\_\_\_\_
  - Half Egg Share      \$60 ..... \$ + \_\_\_\_\_
  - Freezer Share      \$100 ..... \$ + \_\_\_\_\_
  - Community Share Fund Donation ..... \$ + \_\_\_\_\_

**Total \$** \_\_\_\_\_

Please select the day and location you prefer to pick up your share:

- Saturday - Orangeville Farmers' Market (8am - 1pm)
- Saturday - Creemore Farmers' Market (8:30am - 12:30pm)
- Weekends - Fiddle Foot Farm (To Be Arranged Individually)
- Wednesday - Soaring Heart Wellness, Shelburne (1pm - 5:30pm)
- Wednesday - Natural Choice, Orangeville (1pm - 6pm)
- Wednesday - Fiddle Foot Farm (1pm - 7pm)

Are you interested  
in a **Winter Share?**  
(no obligation)

Yes    No

If you are a **new member**, how did you hear about us?

Please check one:

- I have sent an electronic money transfer to **fiddlefootfarm@gmail.com**
- I have enclosed full payment     Cash     Cheque
- I have enclosed post-dated cheques according to the schedule of payments

**NOTE: Please make all cheques payable to Fiddle Foot Farm**

**Mail To:**                      **Fiddle Foot Farm**  
    **796530 3rd Line EHS**  
    **Mulmur, ON**  
    **L9V 0H4**