

**We are now signing up for our 2018 CSA Harvest Shares!**

## **What does Community Supported Agriculture (CSA) mean to our farm?**

*A CSA is a way to connect eaters and growers and to embrace the risks and rewards of farming together.*

**Our CSA is all about you getting to:**

**Share the harvest:** Enjoy a wide selection of high quality, certified organic produce that is all grown at our farm and brought to Squamish for you to take home throughout the harvest season

**Embrace local, seasonal eating and minimize waste:** Regular emails with cooking and storage tips to make the most of your share and market-style pickups mean less packaging and more choice for you

**Connect people, food, and farms:** chat with your farmer and fellow CSA members on pickup days in Squamish, and come for a visit to tour the farm in Pemberton where your food is being grown

**“Walk the walk” of strengthening our food system:** Purchasing a harvest share is not simply buying vegetables. Joining our CSA means a commitment to financially support the farm for the season knowing that there are risks (wild weather) and rewards (bumper crops) as part of the deal.

**Support a farm that believes in healthy soils and community:** We are certified organic, apply biodynamic principles, believe in fair labour practices, and work with draft horses as part of our commitment to using less fossil fuels and building regenerative farm systems for the future. Commitment to our CSA members is the foundation of our farm.

## How does it work?

- Check out our website at [www.fourbeatfarm.ca](http://www.fourbeatfarm.ca) to read more and make sure that our CSA is going to work for you.
- Sign up and provide a deposit so we can reserve your spot. This allows us to invest in seeds and supplies to get the farm growing in the spring.
- Pickup your share of the harvest every second Wednesday in Squamish from late July to the end of October.
- We grow over 30 different vegetables from summer salad greens to sweet fall carrots, so there is plenty of variety. Everything is certified organic and grown at our farm with quality and freshness in mind.
- You will receive regular emails with tips and tricks to cook and properly store your vegetables.
- A share costs \$580 and is designed to feed 2-3 people for the whole season plus an extra helping of storage crops to fill your fridge well into November. There is also an option to join just for the autumn harvest months.
- Pickups are market-style, so you get to bring re-useable bags and have some choice and flexibility when selecting your vegetables.
- We also have an early-bird discount for signing up by January 31<sup>st</sup>, and all CSA members receive a discount on our produce at the Pemberton Farmers' Market which starts up in June just to tell you how much we appreciate you.

Remember:

*A CSA is a way to connect eaters and growers and to embrace the risks and rewards of farming together.*

*We love our CSA members and are excited to grow for next season!*