



## 2019 Weekly Veggie Box Program June to October



*Let us fill your plates with freshly harvested, organic veggies all summer long!*

By signing up for a weekly veggie box, you are guaranteeing yourself fresh, healthy vegetables for your meals all summer long. You won't have to speculate about how long your vegetables have been sitting in a cooler and you won't have to worry about how many miles they traveled to get to your plate.... you will have freshly harvested, locally and organically grown vegetables reserved just for you!

| Regular Share  | Family Share                |
|--|-----------------------------|
| <b>\$330.00</b>  | <b>\$630.00</b>             |
| 4-6 veggie items each week   | 8-12 veggie items each week |
| \$18/week for 18 weeks   | \$35/week for 18 weeks      |
| <i>**\$30.00 discount if you pick up your veggie box at the farm**</i> |                             |

Investing in our weekly veggie box gets you more than just veggies!

- 18 weeks of fresh, great tasting, sustainably grown, certified organic veggies.
- The option to customize your box through email ordering.
- Free healthy recipes and meal plan suggestions.
- The flexibility to skip a week if you plan a vacation and get a makeup box at the end of the season.
- Information about veggies you may not recognize. We can be your guide to new flavours and meal experiences!
- Access to our members-only Facebook group with video tutorials about cooking and more!
- Tips about the best ways to store different veggies so they stay fresh until you are ready to use them.
- Training on how to preserve veggies so that you will have plenty of options to choose from in your pantry over the winter months.
- An invitation to our farm on designated days throughout the season so you can see how we grow your food!

### PICKUP LOCATIONS

**At the farm:** Fridays 3pm-6pm and Saturdays 9am-5pm  
**Kemptville:** Friday afternoons  
**Brockville:** Saturdays at the market 8am-1pm  
**Dunrobin:** Greenland Road, Thursdays 6:00-6:30pm

**Tunney's Pasture:** Tuesday 11:45am-12:15pm  
**Downtown:** 331 Cooper St, Tuesdays 12:30-1:00pm  
**Nepean:** Colonnade Road, Tuesdays 4:00-4:30pm  
**Nepean:** GoodLife Fitness Ottawa Hunt, Tuesdays 5:00-5:30pm

Contact Marnie for more information! **613-914-5572 - [contact@fairsunfarm.ca](mailto:contact@fairsunfarm.ca)**

## Harvest Chart

This is a list of what veggies we are planning to grow in 2019. The orange boxes represent when we anticipate being able to harvest each crop.

| Crop  | May | June | July | Aug | Sept | Oct | Nov |
|---|-----|------|------|-----|------|-----|-----|
| Basil                                       | May | June | July | Aug | Sept | Oct | Nov |
| Beans (green)                               | May | June | July | Aug | Sept | Oct | Nov |
| Beets (striped, purple, golden)             | May | June | July | Aug | Sept | Oct | Nov |
| Brussels Sprouts                            | May | June | July | Aug | Sept | Oct | Nov |
| Carrots                                     | May | June | July | Aug | Sept | Oct | Nov |
| Chard (rainbow)                             | May | June | July | Aug | Sept | Oct | Nov |
| Collards                                    | May | June | July | Aug | Sept | Oct | Nov |
| Corn (sweet)                                | May | June | July | Aug | Sept | Oct | Nov |
| Cucumbers                                   | May | June | July | Aug | Sept | Oct | Nov |
| Eggplant                                    | May | June | July | Aug | Sept | Oct | Nov |
| Fennel                                      | May | June | July | Aug | Sept | Oct | Nov |
| Kale (green and purple)                     | May | June | July | Aug | Sept | Oct | Nov |
| Kohlrabi                                    | May | June | July | Aug | Sept | Oct | Nov |
| Leeks                                       | May | June | July | Aug | Sept | Oct | Nov |
| Lettuce (romaine)                           | May | June | July | Aug | Sept | Oct | Nov |
| Lettuce (spring mix)                        | May | June | July | Aug | Sept | Oct | Nov |
| Onions (yellow)                             | May | June | July | Aug | Sept | Oct | Nov |
| Onions (green)                              | May | June | July | Aug | Sept | Oct | Nov |
| Peppers (sweet and hot)                     | May | June | July | Aug | Sept | Oct | Nov |
| Potatoes (baby)                             | May | June | July | Aug | Sept | Oct | Nov |
| Pumpkins                                    | May | June | July | Aug | Sept | Oct | Nov |
| Radishes (french breakfast)                 | May | June | July | Aug | Sept | Oct | Nov |
| Salad Turnips                               | May | June | July | Aug | Sept | Oct | Nov |
| Spinach                                     | May | June | July | Aug | Sept | Oct | Nov |
| Strawberries                                | May | June | July | Aug | Sept | Oct | Nov |
| Tomatoes (cherry, beefsteak, slicing, roma) | May | June | July | Aug | Sept | Oct | Nov |
| Watermelons                                 | May | June | July | Aug | Sept | Oct | Nov |
| Winter Squash                               | May | June | July | Aug | Sept | Oct | Nov |
| Zucchini (green, patty pan, ronde de nice)  | May | June | July | Aug | Sept | Oct | Nov |

## Customization

Members will have the option to customize their veggie box each week. It will be done through email and there will be a cut-off time to get your selections submitted (because we can't be modifying boxes at the last minute!). If you don't submit your selections before the cut-off, you'll still get veggies but they will be chosen by us.

Here's an example, you'll be able to choose one from each row:

- spinach or salad mix or romaine
- kale or swiss chard
- radishes or salad turnips
- carrots or baby beets
- cherry tomatoes or beefsteak tomatoes
- cucumbers or baby eggplant
- green zucchini or patty pan zucchini
- hot peppers or sweet peppers

There will be less choice in the first and last couple boxes, but plenty to choose from in mid-summer when everything should be abundant!



## Sign Me Up!

Here are the steps to get you officially signed up for our Weekly Veggie Box Program:

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### AGREE TO THE TERMS

Read, fill out and send back the agreement form.

②

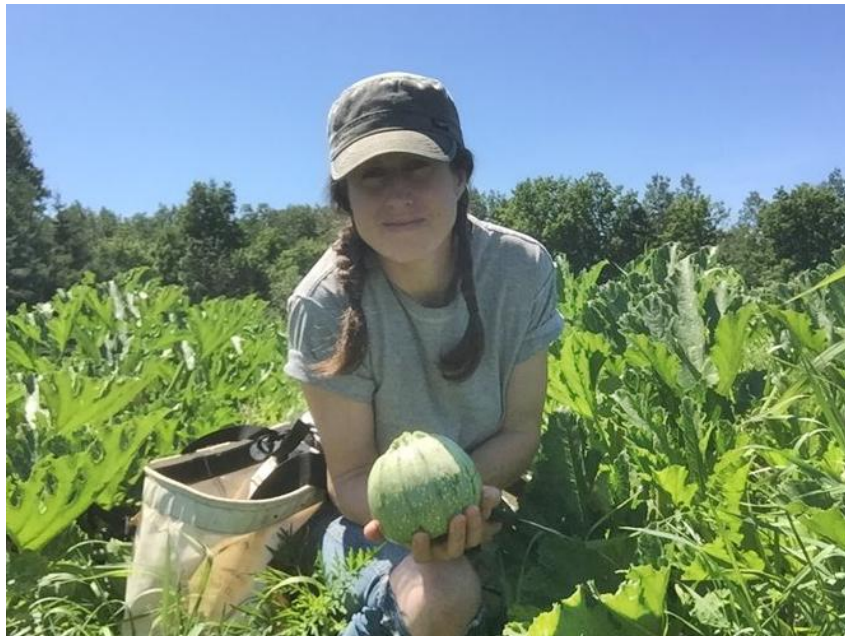
### PAYMENT

Choose a payment method and follow the instructions.

③

### EAT AND ENJOY!

Enjoy a summer full of fresh, organic veggies!



*We look forward to welcoming you into our “farm family”!*



## 2019 Payment Options

We require at least a 50% deposit upon signup and the remaining balance to be paid before June 1, 2019.

We are flexible with payment amounts between signup and June 1, so feel free to send small amounts rather than a lump sum. We will keep track of your payments and send invoices for your records when they are received.

We are able to receive payments by the following methods:

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### E-TRANSFER

This is the method we prefer, so please choose it if possible!

Send to [contact@fairsunfarm.ca](mailto:contact@fairsunfarm.ca)

Use the password "veggiebox"

Please write your full name and your selected share size in the comment section.

We are able to send you an e-transfer request!

Let us do the work and all you'll have to do is click through to accept it...this will save you the hassle of setting us up in your online banking as a payee. Ask us about!

②

### CASH OR CHEQUE

We can accept cash in person at the farm (come for a visit!)  
or mail us a cheque payable to Fair Sun Farm.

Fair Sun Farm  
3015 County Road 21  
Spencerville, ON  
K0E 1X0

③

### CREDIT CARD

We are able to charge a [Visa](#) or [Mastercard](#) credit card using our Square card reader.

We get charged a hefty fee, so we try to avoid this method.

Please don't send your card number to us in an email...we'll do it over the phone!

Call Marnie (613) 914-5572

# 2019 Member Agreement

I agree to the following terms and conditions of Fair Sun Farm Weekly Veggie Box Program:

1. I agree to pay at least 50% of the balance immediately, and the full amount before June 1, 2019, unless other arrangements are made with the farmers.
2. I will receive a veggie box for 18 weeks starting in early June. I understand that during the first few weeks of the season, I should expect my box to be less diverse. This is due to the fact that there are fewer varieties of produce that can grow in the early season.
3. If I have a planned vacation during the harvest season, I can either:
  - a) Share my box with a friend on the week I am away. **or**
  - b) Skip a week and receive an additional box at the end of the 18 week. The farmers must be notified at least two weeks before the skipped week.
4. I understand that the pick-up times are strictly enforced. If I fail to pick up my box within the window specified for my site, my box will likely be donated to the local Food Bank that day. If something comes up that prevents me from picking up my box, I must make arrangements with a friend or family member to pick it up for me.
5. As a member, I share in the abundance of the harvest, as well as in the risks that come with farming. When joining this program, I agree to accept the fact that with natural systems, there can never be guarantees, and I agree to accept the consequences that come with taking this risk. It is possible that in any given year, our farm may become a victim to Mother Nature, and we may lose a crop to drought, disease, bugs, hail, or other unforeseeable events.
6. If I am for any reason dissatisfied with my membership this year, or it is not what I expected, I will communicate that to my farmers, so they can try to address it. If I am still not satisfied after communicating with my farmers, Fair Sun Farm will arrange a refund on a pro-rated basis.
7. I understand my email address will be the primary way the farm will communicate with me on a weekly basis during the season. It is my responsibility to read these emails if I want to stay informed of what is happening on the farm.
8. I understand that customizing my weekly box is done through email and has a cut-off time after which any orders submitted will not be accepted for that week. I understand that customization will have some limits due to crop sizes.
9. I understand that the contents of the weekly boxes are all certified organic.

**Select Share Size:**

- Regular Share (\$300.00)
- Family Share (\$600.00)

**Select Pickup Location:**

- At the farm
- Kemptville (\$30.00)
- Brockville (\$30.00)
- Dunrobin (\$30.00)
- 331 Cooper St. (\$30.00)
- Nepean Collonade(\$30.00)
- Nepean GoodLife (\$30.00)
- Tunney's Pasture (\$30.00)

**If you agree to these conditions, please fill in the spaces below and email this page to [contact@fairsunfarm.ca](mailto:contact@fairsunfarm.ca).**

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Name Email

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Mailing Address Phone Number (preferably cell)

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Signature Date