



The Cutting Veg Organic Farm CSA Program

Farm fresh, local, organic produce
delivered weekly to your community!



parkroadhealingarts



Cultivating Personal, Social, Environmental, and Economic Health through Organic Agriculture.



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647-388-7444

The Cutting Veg is thrilled to offer numerous Community Supported Agriculture (CSA) Programs in the GTA for 2012. The Cutting Veg Organic Farm grows and sources local, organic produce, and community members come to their chosen depot to pick up their weekly share. Joining a CSA means you and your family will enjoy the health, community, and environmental benefits of eating fresh, local, organically grown produce! Join the countless communities across North America that have already committed to putting their purchasing power behind our local farmers. Become a part of the food movement today!

If you would like more information, please feel free to contact Daniel Hoffmann at The Cutting Veg at (647) 388-7444, or daniel@thecuttingveg.com or **register online** at www.thecuttingveg.com/CSA

PRI ADAMAH CSA 2012

A joint project of Temple Sinai and The Cutting Veg Organic Farm

Season: June 6 to October 31, 2012

CSA Day: Wednesdays (*to occur on Monday, September 24th, not 26th, to accommodate the Jewish holiday*)

Pickup Time: between 2:30pm and 6:30pm

Location: Temple Sinai at 210 Wilson Avenue (west of Avenue Road)

HOLY SPROUTS CSA 2012

A joint project of Holy Blossom Temple and The Cutting Veg Organic Farm

Season: June 5 to October 30, 2012

CSA Day: Tuesdays (*to occur on Thursdays, from Sept 20 to Oct 11, to accommodate Jewish holidays*)

Pickup Time: between 2:30pm and 6:30pm

Location: Holy Blossom at 1950 Bathurst St. (south of Eglinton)

PARK ROAD ORGANIC HARVEST CSA 2012

A joint project of Park Road Healing Arts and The Cutting Veg Organic Farm

Season: June 7 to November 1, 2012

CSA Day: Thursdays

Pickup Time: between 4pm and 7pm

Location: Park Road Healing Arts Clinic at 28 Park Road (just North-East of the Yonge and Bloor intersection)

KAVANAH CSA 2012

A joint project of Shoresh's Kavanah Garden and The Cutting Veg Organic Farm

Season: June 7 to November 1, 2012

CSA Day: Thursdays

Pickup Time: between 3pm and 7pm

Location: Kavanah Garden, 18 Lebovic Campus Drive (near Bathurst and Rutherford Road)

ELM GROVE CSA 2012

A joint project of Elm Grove and The Cutting Veg Organic Farm

Season: June 5 to October 30, 2012

CSA Day: Tuesdays

Pickup Time: between 2:30pm and 6:30pm

Location: Elm Grove Farm, 535 Catering Road, Sutton

SHALOM HARVEST CSA 2012

A joint project of Shaar Shalom Synagogue and The Cutting Veg Organic Farm

Season: June 6 to October 31, 2012

CSA Day: Wednesdays (*to occur on Monday, September 24th, not 26th, to accommodate Jewish holidays*)

Pickup Time: between 3:30pm and 7pm

Location: Shaar Shalom, 2 Simonston Blvd. (near Don Mills and Steeles)



Join today!

You can register and pay online at www.thecuttingveg.com/CSA but before doing so, please decide the following:

The Early Bird Gets the Bonus!
Sign up before the "Spring Thaw" (by April 20th) and receive 22 weeks of veg for the price of 20!

1. Share Size:

REGULAR \$27/week (8 - 10 items weekly)

LARGE \$37/week (8 - 10 items weekly, 40% more than regular share)

please see Program Details Page in package for more information

2. How many weeks you are participating:

The CSA lasts 22 weeks. You can choose to participate for 20, 21 or the complete 22 week season. Upon registration, you will be able to indicate which weeks you would like to opt-out of due to your summer vacation or other reasons.

| Weeks you're participating | Regular Share | Early Bird Regular | Large Share | Early Bird Large |
|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 20 | <input type="radio"/> \$576 | <input type="radio"/> N/A | <input type="radio"/> \$776 | <input type="radio"/> N/A |
| 21 | <input type="radio"/> \$603 | <input type="radio"/> N/A | <input type="radio"/> \$813 | <input type="radio"/> N/A |
| 22 | <input type="radio"/> \$630 | <input type="radio"/> \$576 | <input type="radio"/> \$850 | <input type="radio"/> \$776 |

\$36 membership fee is already included in the cost indicated above. This fee allows us to provide the extras that make our CSA so special, such as our weekly newsletter "Farm Talk", access to recipes, free homegrown sunflowers, special partner offers and discounts and a CSA members day at the farm.

HOW TO SIGN UP

Once you have decided your share size and weeks of participation, please to go to www.thecuttingveg.com/CSA to register online. If you would like to pay by cheque, please call Daniel Hoffmann at 647-388-7444 or email daniel@thecuttingveg.com for a registration form.

If you would like to join, and require financial support, or alternatives for payment, please contact Daniel (647-388-7444) to make arrangements.



Program Details

Weekly Pick-ups: Every week on your designated CSA day, your produce will be available for pick-up. What you get in your weekly share will be predetermined, based on what's in season. Additionally, there will be a trade box, enabling you to trade items that you prefer less for more of your favourites! Please note that The Cutting Veg specializes in growing organic vegetables and herbs. Thus, there will be a minimal amount of fruit available.

Share Size: Members can sign-up for either a **Regular Share** (\$27/week), or a **Large Share** (\$37/week). Regular share members receive 8 - 10 items per week, and Large share members will receive the same items, but larger quantities of some of them. *If at any point during the season you decide you want to change the size of your membership, you are free to do so, and you will either pay or be refunded the difference.*

How much Veg do you get?

Each week, you will receive 8 - 10 items of produce, from among the following. Here's what we'll be growing, and the quantities regular share members will receive (Large share members to receive at least 40% more). Please note that all organic farmers experience some crop failure every year. Part of being a CSA member is sharing in the risk with the farmer. Thus, if, for example, our basil crop doesn't work out, you will receive no basil.

Spring

Arugula (200 grams)
Asian Greens (200 grams)
Carrots (1 Lb bunch)
Cilantro (1 Lb bunch)
Dill (1 Lb bunch)
Garlic Scapes (1 Lg bunch)
Green Garlic (1 Lg bunch)
Green Onions (1 bunch)
Kale (1 Lg bunch)
Radishes (1 Lg bunch)
Rhubarb (1 Lg bunch)
Salad Mix (200 grams)
Salad Turnips (1 Lg bunch)
Snow/Snap Peas (1 quart)
Spinach (200 grams)
Swiss Chard (1 Lg bunch)

Summer

Basil (1 Lg bunch)
Beans (1 quart)
Beets (1 Lb bunch)
Bell Peppers (Multi-Coloured)
Cantaloupe (1)
Carrots (1 Lb bunch)
Cherry Tomatoes (1 pint)
Corn (3 - 6 cobs)
Cucumbers (1 or 2)
Eggplant (1 unit)
Garlic (1 or 2)
Honeydew (1)
Hot Peppers (several)
Kale (1 Lg bunch)
Onions (1 - 2 Lbs)
Parsley (1 Lg bunch)
Salad Mix (200 grams)
Summer Squash (1 or 2)
Sunflowers (1 or 2)
Swiss Chard (1 Lg bunch)
Tomatoes (1 quart)
Watermelon (1)

Fall

Arugula (200 grams)
Asian Greens (200 grams)
Basil (1 Lg bunch)
Beans (1 quart)
Beets (large bunch)
Carrots (1 Lb bunch)
Cucumbers (1 or 2)
Eggplant (1 or 2)
Garlic (1 or 2)
Kale (1 Lg bunch)
Leeks (1 Lg bunch)
Onions (1 - 2 Lbs)
Parsley (1 Lg bunch)
Parsnips (1 Lg bunch)
Potatoes (2 Lbs)
Radishes (1 Lg bunch)
Salad Mix (200 grams)
Sweet Potato (2 Lbs)
Swiss Chard (1 Lg bunch)
Tomatoes (1 quart)
Turnips (1 Lg bunch)
Winter Squash - Acorn, Butternut, Spaghetti (1)

| Cost Comparison | Typical Regular Share from The Cutting Veg | Equivalent Produce Cost from Leading Healthy Supermarket <i>(which is lower quality, not nearly as fresh, or necessarily local)</i> |
|---|--|--|
| SPRING: Apples, Salad Mix, Swiss Chard, Green Onions, Spinach, Kale, Arugula, Basil, Mushrooms | \$27 | \$35 |
| SUMMER: Green Pepper, Heirloom Tomatoes, Cucumber, Zucchini, Cherry Tomatoes, Garlic, Apples, Basil, Salad Mix, Red Pepper | \$27 | \$36 |
| FALL: Bok Choy, Eggplant, Salad Mix, Beets, Heirloom Tomatoes, Basil, Parsley, Cabbage | \$27 | \$35 |



Why should I join?

The Taste: The flavour is just so much better. Once you've tasted our Organic Apples, Heirloom Tomatoes, Carrots, etc, your taste-buds will burst with pleasure.

Your Health: Organic foods are more nutritious, richer in vitamins, minerals, anti-oxidants, and essential fatty acids than non-organic. And because our produce is grown without use of any chemicals (no pesticides, herbicides, or chemical fertilizers), you can feel 100% confident that you are putting only natural, healthy food into your body.

The Environment: The soil. The air. The water system. The birds and butterflies. The deer. Humans. Organic Farming nurtures our eco-system --- providing a healthy environment in which all living creatures can thrive.

Your Community: The Cutting Veg CSA allows you to connect with both an organic farm in your area, and the members of your community. At each CSA pick-up, you have the opportunity to spend time with community members who share your values.

The Kids: The Cutting Veg supports children and youth to develop healthy relationships with food. CSA members whose children help choose their veggies at the CSA pick-up, notice their kids develop a greater love and appreciation for produce and healthy eating. Further, kids thrive on the farm, and parents who bring their children to the farm to volunteer, rave about the positive impact it has on their lives.

The Food Donations: An exciting part of our CSA is the donation component. Each week, The Cutting Veg donates remaining produce to your CSA's donation partner, supporting folks in our community who are most in need of highly nutritious food. In addition, whenever a member doesn't show up to pick up their produce, it is automatically donated on their behalf.

The Opportunity to Get Involved: The Cutting Veg Organic Farm offers farming volunteer opportunities each week --- an opportunity for people to grow veggies, and connect with nature, community members, and themselves. Also, you can choose to help out at the depot site - an activity that members love and find very meaningful.

Membership has it's bonuses!

Each week, CSA members receive our weekly e-newsletter "CSA Farm Talk", which keeps you updated with what's happening on the farm, recipes, and lets you know what produce to expect at the upcoming pick-up. And, wait until you take our sunflowers home with you...they are FREE! CSA Members also receive exclusive offers and discounts from community partners. We are delighted that the following companies are extending special offers to all 4 of our CSAs, effective immediately. Take Advantage!

Young Urban Farmers : \$100 off setup, installation & planting of edible container garden www.youngurbanfarmers.com

Marni Wasserman: 10% off all cooking classes and consults www.marniwasserman.com

Ecoexistence: 10% off all purchases www.ecoexistence.ca

Garden Jane: 10% off all workshops www.gardenjane.com

Backyard Urban Farm Company: 10% off raised garden bed installations www.bufco.ca

Orb Candles: 15% off sets of Manuka Beeswax Shabbat Candles www.orbcandles.com

Shoresh Jewish Environmental Programs - 10% off all workshops www.shoresh.ca



Please speak with each community partner offering deals below about the details and terms and conditions.



A few of the kind words we have received...

"I am just loving being a part of this CSA! Veggies have never tasted as good! I have to say that my husband was a little skeptical, but he has become a huge veggie fan so that makes it even more of a success in my mind. I look forward to seeing what I get each week, and I've tried some new recipes but have found that most things taste just wonderful with very simple preparation."

"My kids are eating more vegetables...and enjoying it! And my husband too!"

"You have no idea how excited my parents were about this. My mom is a cancer survivor and my dad is on dialysis several times a week. We are always trying to find nice things to do together. Now we have something special to look forward to each week."

"We are enjoying the CSA and are delighted with our choice to participate this year. The flavours and textures have added to our family dining conversations. Thank you."

"Another amazing dinner tonite thx to Daniel's veg! I'm vegan, so the thrills I get with food are the innovative ways to cook fresh organic produce - when I cook with your produce, I'm always so pleased with the taste and quality! This is really the first time I've been excited about cooking with veg (and I really taste the difference b/t what you offer and what grocery stores or even local markets in Woodbridge offer). Just finished preserving the garlic scapes you gave me (which are a family favorite). Thanks again for the freebies!"

"Hey Daniel, last night I roasted my potatoes (phenomenal) and used the green garlic for a gorgeous pasta. Wow- so fresh and delicious!!! I plan to make rhubarb muffins today! I love it!"

"I can't tell you how much it does for my emotional well-being just suddenly being around such a wonderful group of kind, down-to-earth, good-natured, like-minded people! I love being out on the farm! I could not think of a nicer way to spend my day. I love being outside every day, I love being active which I know is so good for my health, and I love being a part of growing things, all the while being around such a great group of people! And the reward is delicious food to eat, which is also awesome for my health. I don't know If I can ever convey to you what this opportunity does/has meant to me. I think it will have changed and inspired me to pursue this path in life for sure, but I am also so inspired by your model of doing things, and also your over-whelming kindness. You inspire me Daniel, and I can't thank you enough!"

"Mmmmmm...we have just finished dinner and ate your potatoes, which we thought were delicious!! Who would have thought we would say this about potatoes!!"

"Thank you Daniel for your warm welcome...I know that my bod is appreciating the copious amount of Vitamin D, exercise and the wonderful fresh veggies to which I am being introduced...and I feel good being a part of this type of community activity."

About The Cutting Veg

The Cutting Veg (TCV) is an eco-social enterprise rooted in organic farming. TCV runs 3 programs aimed at cultivating personal, social, environmental, and economic health. TCV grows a variety of vegetables, fruit, and herbs, which are sold at farmers markets, and through Community Supported Agriculture programs (CSA). In addition to cultivating mixed produce, TCV runs the "Global Garlic Project." Specifically, TCV grows approximately 20 varieties of garlic from around the world, including Tibetan, Persian, Italian, Russian, Korean, and Israeli. TCV also provides Food Coaching Services, which offers garden & composting project support, educational workshops & farming internships, and agri-biz training. Collectively, these programs are helping TCV towards the achievement of its quadruple bottom line: Personal health, Social health, Environmental health, and Economic health.



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and Economic Health through Organic Agriculture.*



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