



TIKKUN ADAMAH CSA

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

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

FOR YOUR HEALTH. FOR YOUR PLEASURE. FOR YOUR COMMUNITY.



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



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647-388-7444

TIKKUN ADAMAH CSA 2011

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Season: June 2 to October 25, 2011

CSA Day: Thursdays *(During week #2, pick-up will be on Fri, June 10th, not June 9th. Also, we will switch to Tuesdays from Sept 27th onward. These changes are to accommodate Jewish holidays.)*

Pickup Time: between 3pm and 7pm

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

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

What is a CSA? A Community Supported Agriculture (CSA) program is one in which individuals or families become members of a farm for a season, and receive a weekly share of the harvest. Produce is delivered once a week to the pick-up location, where members CHOOSE THE PRODUCE YOU WANT while connecting with the farmer and members of the community.

Why is joining a CSA a "Jewish" thing to do? When God finished creating the world, God placed Adam in the Garden of Eden and commanded Adam, "l'ovdah u'l'shomra," to "till and tend" the earth. When we purchase local organic produce, we are choosing to support a food system that cares for our natural world, our health, and our community - we are honouring our role as stewards of God's creation! Join the 60+ other Jewish communities across North America that have already committed to putting Jewish purchasing power behind our local farmers! Do your part to cultivate personal, social, environmental, and economic health. Become a part of the new Jewish food movement today!

Tzedakah/Food Donations: An exciting part of the Tikkun Adamah CSA is the Tzedakah (donation) component. Each week, The Cutting Veg and The Kavanah Garden donates remaining produce to Ve'ahavta (www.veahavta.org) --- a Canadian humanitarian organisation that assists those in need at home and abroad. Each week, through the Tikkun Adamah CSA, produce is provided to Ve'ahavta's chef, who prepares the food for people in need. Thus, your participation in the Tikkun Adamah CSA directly supports 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.

About the Kavanah Garden: The Kavanah Garden is the flagship programming space of Shoresh Jewish Environmental Programs. Established in April 2009 at the Joseph and Wolf Lebovic Jewish Community Campus in Vaughan, the Kavanah Garden offers hands-on educational programs that are rooted in Judaism's deep ecological and agricultural wisdom. Since opening, the Kavanah Garden has hosted over 3000 community members through its innovative and transformative programs, community events, and workshops, and grown almost 1000 pounds of produce for tzedakah. Featuring over 100 varieties of organic vegetables, herbs and wildflowers; educational signs in both Hebrew and English; and wheelchair accessible garden spaces, the Kavanah Garden offers diverse community members opportunities to explore and experience their Jewish identity in real and meaningful ways. For more information about Kavanah Garden educational programs (including day school and congregational school programs), Kavanah Garden community events, and volunteer opportunities, please visit Shoresh's website at www.shoresh.ca or contact Risa Alyson Cooper at 416-805-8382 or risa@shoresh.ca.

Betay'avon!



Join today!

You can register and pay online at

www.thecuttingveg.com

but before doing so,

please decide the following:

1. Share Size:

REGULAR \$27/week (13 points)

LARGE \$37/week (18 points)

please see Program Details Page in package for more information

The Early Bird Gets the Bonus!
Sign up before the "Spring Thaw" (by March 31st) and receive 22 weeks of veg for the price of 20!

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 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 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. A selection of freshly harvested organic produce will be available to choose from, with the amount of variety dependant on the season. The produce will be displayed on tables, and members will be free to choose the produce that best serves their dietary needs. Please note the The Cutting Veg Organic Farm specializes in growing 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 will be allotted 13 “points” per week, and Large Share members will receive 18 “points.” Each week, signage will be displayed allocating point values to the available produce (eg. bag of salad greens = 2pts, cucumber = 1pt). This system allows members to choose the produce that best serves their needs, and members are free to take multiple servings of a favourite vegetable. *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, approximately 10-12 items will be available to choose from

Spring	Summer	Fall
Apples (1pt)	Basil (1.5pts)	Apples (1pt)
Asian Greens (2pts)	Beans (2pts)	Basil (1.5pts)
Asparagus (3pts)	Beets (1.5pts)	Beans (2pts)
Beets (1.5pts)	Broccoli (2pts)	Beets (1.5pts)
Carrots (2pts)	Cabbage (1.5pts)	Cabbage (1.5pts)
Chard (1.5 pts)	Carrots (2pts)	Carrots (2pts)
Garlic Scapes (1pt)	Chard (1.5 pts)	Chard (1.5pts)
Kale (1.5pts)	Corn (1pt)	Cucumbers (1pt)
Mushrooms (2pts)	Cucumbers (1pt)	Garlic (1pt)
Peas (2pts)	Eggplant (1.5pts)	Kale (1.5pts)
Radishes (1.5pts)	Garlic (1pt)	Onions (1pt)
Rhubarb (1.5pts)	Mushrooms (2pts)	Peppers (1pt)
Salad Greens (2pts)	Onions (1pt)	Potatoes (2pts)
Spinach (2pts)	Peppers (1pt)	Salad Greens (2pts)
Spring Onions (1pt)	Potatoes (2pts)	Tomatoes (2pts)
Turnips (1.5pts)	Salad Greens (2pts)	Winter Squash (1.5pts)
	Tomatoes (2pts)	Zucchini (1pt)
	Zucchini (1pt)	

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, Asparagus, 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 YOUR FARMER and connect 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 all services 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 a community-health promotion enterprise rooted in organic farming. TCV runs 3 programs aimed at promoting personal, social, environmental, and economic health. TCV grows a variety of vegetables and herbs, which are sold at farmers markets, and through Community Supported Agriculture programs. In addition to cultivating mixed produce, TCV runs the "Global Garlic Project." Specifically, TCV grows 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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The Cutting Veg

