



# **IS A CSA RIGHT FOR ME?**

**FIND OUT IN THESE 7 QUESTIONS:**

CSA - Community Supported Agriculture- is just one of the many ways customers who believe in “real, transparent food” can support a farmer. **But it’s not the only way.**

We think this is a great way to eat, but we admit that a **CSA is not a good fit for everyone**, and you shouldn’t feel bad if it’s not a match for you. (Then just come find us at the market!)

## **1. Do you want a relationship with your farmer?**

#KnowYourFarmer – Want to join the trend?

It’s all the rage these days and for good reason! Along with plenty of healthy, fresh, affordable food, getting to know local farmers (like us!) also feels pretty darn good. Knowing your hard-earned dollars are helping support a farming family that’s growing great-tasting food for you is rewarding.

We focus on the farmer-customer relationship at Grovenland Farm. We’ll invite you out to the farm, tell you about your food’s journey from pasture or field to plate, share cooking methods and our favourite recipes.

It’s all part of the rich, connecting experience that comes with your CSA subscription.

## **2. Do you value quality ingredients?**

Ask any top chef and they’ll tell ya – quality ingredients make the best-tasting food!

Grovenland Farm’s are vegetables bursting with flavour! That’s because we grow our veggies in quality soil, without any chemicals and deliver it all fresh – often within hours of being picked.

Just beware of impending food snobbery... after our customers experience how a homegrown carrot really tastes, they can’t go back to the watered-down “baby carrots” grocery store version.

If you’re just looking for basic celery and carrots at the cheapest price — *this may not be your gig.*

If you really love eating and value taste, then you will LOVE joining our CSA. We’re all about high-quality, home-grown vegetables that make your home dining experience feel like an event.

Hey! That also saves you money on eating out, right?

## **3. Do you enjoy trying new foods?**

A Grovenland Farm CSA subscription helps you try new foods and get creative in the kitchen.

We may put veggies in your box that you’ve never seen before, but we also teach you how to eat them. You’ll get all the classic cozy comforts, like potatoes and carrots. And you’ll get unusual outliers, like kohlrabi and fennel. Salad greens and fresh herbs are included weekly too.

You’ll discover heaps of new favourite veggies ... and maybe some you don’t like all that much.

Our goal is to help you (and your kids!) develop diverse tastes by eating delicious, nutritious seasonal food.



Holding Fennel



Cucumbers -a weekly staple



Red Cabbage

## 4. Do you like flexibility in your menu planning?

If you enjoy spontaneity, a Grovenland CSA is right for you! Because you don't know what you'll get in your box each week, flexibility is key.

If you get stressed at not being able to make your regular spinach lasagne on Wednesday night because your box didn't have spinach that week, then a CSA subscription may not be the best fit for you. And that's ok! It doesn't work for everyone.

Our CSA is best for those who see their kitchen as a creative space. Our vegetables are the "paint" for the canvas. You like a little spontaneity and are willing to experiment with new ingredients to make old meal templates come alive in different ways!

## 5. Do you want to try eating in-season?

We still remember our first summer buying a CSA subscription (before we had a farm of our own).

We had an entire crisper of beets left at the end of the season. But by year 2, we found a great soup recipe and had no trouble eating all those tasty beets. The experience also taught us a lot about how important weekly recipes are for our customers.

It takes time to adjust to seasonal eating. Our advice? Come into the experience with curiosity and an adventurous spirit. Set realistic goals and go easy on yourself.

You may have "super chef" intentions to maximize the CSA tasting experience... and then real life sets in and it's too hectic to cook it all.

It can sometimes feel like you're failing in your original goal to change the way you eat. Realize that if seasonal eating is your goal, it takes time to learn the skill sets. Don't worry, we'll teach it all to you! If you're committed to learning, you can do it!





## 6. Are you looking for a “deal”?

How much does it cost? It’s a fair question for the cost-conscious consumers out there! While we give you great value for your CSA share, our prices are likely more than what you’ll find in the weekly deals bin at large, chain grocery stores.

However, we offer you something you won’t find at any grocery store.

Every one of our vegetables and meat products has its own story to tell. It’s a rich and unique story of how that food was raised, grown and harvested in sustainable conditions that benefit the health of both the land and humans.

It’s a story about our family farm and how your support enables us to grow this nutritious food. It’s also a story about your own local food journey and getting to know your farmer.

## 7. Will you be traveling a lot in the summer?

If you’re going to miss several weeks of the 15-week season due to traveling or cottage life - you shouldn’t sign up for our CSA. But we do offer you to **split your share** with someone else and pick up every other week (we’ll even find someone for you if needed). We also offer Harvest Shares of just the last 5 weeks in the fall.

### **So, what do you think? Is our CSA for you?**

A CSA is just one model out there for getting fresh farmer food onto your table. There’s no shame in passing on CSA and instead buying regularly from a farmer’s market.

**We want this to be the right fit for you and to set you up for success.**

**We want our CSA to be a great eating experience for you!**

**If your ready sign up now! Go to [www.grovenlandfarm.ca/csa](http://www.grovenlandfarm.ca/csa)**

