



*"A three-fold cord is not quickly broken" (Eccl. 4:12).*

## HOPE Triple Cord CSA Summer 2017 Organic Produce Program, London Community Shared Agriculture – Our 9th Season



**Summer 2017**  
**22 weeks of**  
**Fresh, Quality Organic Produce, delivered**  
**to London every Thursday**  
**June 1st, 2017**  
**to October 26th, 2017**

Our Community is cultivated by a fellowship with the people who produce our food and the other eaters in our CSA. We have common interests in **Eating Healthy, Fresh, Local, Seasonal and Organic**, in supporting local and ethical forms of agriculture and in diverting our dollars directly to the producers of our food.

### **Large Box**

Post Dated Cheque or Money Order for **June 1, 2017**  
 Total.....\$680.00

### **Instalment Plan**

5 post dated cheques for June 1, June 29, Aug 3, Aug 31, Oct 5.....\$136.00

### **Medium Box**

Post Dated Cheque or Money Order for **June 1, 2017**  
 Total.....\$450.00

### **Instalment Plan**

5 post dated cheques for June 1, June 29, Aug 3, Aug 31, Oct 5..... \$90.00

\*cheques and money orders can be made out to: **Ira Stoll**

Every Week,

A **Large Box** will consist of 10–14 organic items, enough to sustain a family of 4 through the entire summer months.

A **Medium Box** will contain 8–10 items of quality organic produce perfect for a single person, or a couple.



CSA stands for Community Supported Agriculture. It's a partnership with your farmer focusing on producing and providing high quality organic foods using ecologically sound methods of farming. CSA members support the budget of the farm and in return receive a share of what's in season. Both the farmer and the member share in the risks and rewards of production. Both parties are at risk from inclement weather and natural disasters and both share the rewards of superior conditions and bumper crops.

*Food is more than production....it is what sustains all of us.*

We invite you and your family, friends, coworkers and neighbours to share the benefits of the Summer garden with us. **Family Farm days will be the 3rd Saturday** of every month June - Oct.

HOPE Triple Cord CSA is a family of local and area Organic Farmers who agree to produce certified organic food for our predetermined group of customers. The families who grow this fresh local organic produce are Amish, and live in Aylmer Ontario. The pick-up delivery day in London is **every Thursday between 4 pm and 6 pm, JUNE 1st 2017 until OCTOBER 28th, 2017 at 42 Southview Place, London N6J 1S2.**

Each share holder is assigned a reusable CSA box. **Should you not like a particular vegetable or fruit that is brought in, you can opt not to take it and use the swap box to trade for another piece of produce, one item per visit.** Occasionally, we will be supplied with extras, which are free of charge.

Google **Lady Locavore** to view **Triple Cord CSA Organic Produce blog** for recipe ideas and information.

Should you feel that this is too much food for you, consider finding someone with whom to split your share cost and produce. Consider creating your own CSA carpool with neighbours and coworkers.

Farm fresh eggs can be purchased, at an extra charge, at \$4.50 per dozen prepaid or \$5.50 per dozen on pick up day.

Boxes can not be customized. **It is mandatory that produce be picked up on time.** Anything left or not picked up will be forfeited by 10am the next day Friday. If you will be away, **please have a friend or neighbour pick up for you.**

**Sign up a Friend and receive an extra special treat from the Farm!**

----- cut and retain top portion for your information -----

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell phone \_\_\_\_\_

Email address \_\_\_\_\_

How did you find us? \_\_\_\_\_ Member who referred me \_\_\_\_\_

**Money Order or Post Dated Cheque for June 1, 2017 made out to IRA STOLL**  
send completed form and payment to:  
**105-255 West Avenue North, Hamilton, ON L8L 5C8**, the administration office.

Circle your Share Size and Egg order option:

**Regular Box \$680.00**  
**Medium Box \$450.00**

**Regular Instalment plan, 5 cheques @ \$136.00**  
**Medium Instalment plan, 5 cheques @ \$90.00**

<b>Eggs:</b>	<b>1 dozen/week</b>	<b>2 dozen/week</b>	<b>3 dozen/week</b>	<b>4 dozen/week</b>
	\$99.00	\$198.00	\$297.00	\$396.00

For More Information, email: [locavorelady@gmail.com](mailto:locavorelady@gmail.com) or leave message at 289-775-4865

EAT HEALTHY, EAT LOCAL, EAT ORGANIC