

# FOSTER FAMILY FARM'S 2025 CSA INFO SHEET

## DURATION

Our season will run from July to October for a total of 16 boxes.

## FOOD BOX SHARES

We offer 3 share sizes and the option to pick up your boxes weekly or biweekly.

**Single Share (Grocery bag size)** - Geared toward a single adult.

**Half Share (1/2 bushel box)** - Geared toward families with young children or two adults.

**Full Share (1-bushel box)** - Geared toward families with growing children or two vegetarians.

## FOOD BOX SHARES

### WEEKLY SHARES

Shares will be available for pick up every week for 16 weeks. **Eggs are included at no extra cost in the weekly shares.** Single and Half shares will receive 1 dozen eggs every other week starting the first week. Full shares will receive 1 dozen eggs each week.

### BIWEEKLY SHARES

We have added the option to purchase any size share on a biweekly rotation. Please note **eggs are NOT INCLUDED** in the biweekly shares and can be purchased at an additional cost.

Biweekly share options will be available for pick up on 2 schedules.

#### Option 1

Biweekly odd weeks, starting Week 1 (Pick up on weeks 1, 3, 5, 7, 9, 11, 13 and 15)

#### Option 2

Biweekly even weeks, starting Week 2 (Pick up on weeks 2, 4, 6, 8, 10, 12, 14 and 16)

## PICK UP DATES AND LOCATIONS

Food boxes can be picked up Monday through Saturday. For a full list of our drop off locations and times, go to our online sign up form.

<https://csa.farmigo.com/join/fosterfamilyfarm/2025SummerCSA>

## DELIVERY DETAILS

Front door delivery is available at an extra charge of \$288.00/season.

Please contact us for those delivery areas.\*\*\* Delivery charge will be waived if there are 10 or more boxes to be delivered to one area (i.e. drop off to one central location).

## VACATION

It will be **your responsibility** to arrange for someone to pick up your food box at your pick up location while you are away during the season. **Any boxes missed will not be refunded or made up upon your return.**

## EXTRA SHARES

### EGG

We offer farm-fresh eggs from Bekings in the **weekly** food boxes only at no extra charge to you. Please note that **eggs are NOT included in the biweekly CSA shares.** Extra dozen eggs can be purchased at an additional charge of \$6.75/dozen.

### FETA CHEESE

We offer locally processed, farm-fresh cheese from Milk House Dairy to add to your weekly or biweekly share as an option for \$11.25 for 150 grams of delicious goat cheese feta.

### MUSHROOMS

We offer locally grown, farm-fresh mushrooms as an option from Carleton Mushroom Farm at a cost of \$2.90 for an 8oz. bag.

These extra shares can be purchased on a weekly, biweekly or individual schedule.

## PAYMENT OPTIONS

### EARLY BIRD PRICING (ENDS MARCH 31, 2025)

#### WEEKLY

Single Share - \$423.20

Half Share - \$581.78

Full Share - \$945.08

#### BI-WEEKLY

Single Share - \$197.75

Half Share - \$279.72

Full Share - \$458.76

**Must be paid in Full by March 31, 2025 to qualify for early bird pricing**

\*Payment is for the full CSA Season (16 weeks for weekly, 8 weeks for Bi-weekly)

### REGULAR PRICING (APRIL 1- END OF SEASON)

#### WEEKLY

Single Share - \$435.58

Half Share - \$606.39

Full Share - \$975.31

#### BI-WEEKLY

Single Share - \$203.54

Half Share - \$291.53

Full Share - \$473.45

Payments can be made by cheque (payable to Mel Foster) or email money transfer.

## WHAT VEGETABLES WOULD I GET THROUGHOUT THE CSA SEASON?

Please refer to <http://fosterfamilyfarm.ca/calendar.html> for a complete list of vegetables we grow on our farm. There may be some vegetables in your box that are not listed on our website. That is because we strive to grow vegetables as suggested by our customers.

### WEEK 1 FOOD BOX\*

Radishes, beets, lettuce, green beans, peas, eggs

### WEEK 7 FOOD BOX\*

Cucumbers, beets, beans, lettuce, carrots, broccoli, cauliflower, zucchini, potatoes, field tomatoes, corn, eggs

### WEEK 14 FOOD BOX\*

Carrots, potatoes, tomatoes, squash, Brussels sprouts, eggs

#### NOTE:

*\*This is just an example of what you may find in your boxes. Vegetables may vary from week to week. We cannot guarantee that you will receive this exact list of vegetables in your boxes.*

#### NOTES:

\*No refunds given after week 4 of the CSA season or in the event of crop failure.

\*\*\*Front door delivery is NOT available in all areas. Please contact us at [csa@fosterfamilyfarm.ca](mailto:csa@fosterfamilyfarm.ca) to see if we can provide delivery to your front door.

---

### WANT TO GET FREE VEGETABLES?

### WE'LL TELL YOU HOW!

Foster Family Farm (FFF) would like more people in our community eating fresh, locally grown vegetables. For this reason, FFF would like to give our loyal customers a week's worth of free CSA food box.

#### How does FFF's referral program work:

- You must be a full season customer. That means you have completely paid for your CSA food box by June 30, 2025
- FFF will give you **one week's worth of vegetable free\*** for every new customer you refer who signs up for the CSA program and pays in full by June 30, 2025.
- So for every new customer who signs up and pays for the full season, you receive **one week's worth of vegetables free\***. If you have 5 referrals who sign up and pays in full by June 30, 2025, you receive **5 weeks' worth of vegetables free\***
- The customer you refer must provide your name in order for you to receive your free box.
- Each new customer that you refer, equals one week's CSA food box in the year of referral.

\*CREDIT CAN BE USED TOWARDS EXTRA VEGETABLES PURCHASED FROM OUR ONLINE FARMIGO STORE THIS YEAR OR CAN BE DEDUCTED FROM YOUR 2025 CSA FOOD BOX.



PO BOX 196, NORTH GOWER, ON K0A 2T0

[CSA@FOSTERFAMILYFARM.CA](mailto:CSA@FOSTERFAMILYFARM.CA)

[WWW.FOSTERFAMILYFARM.CA](http://WWW.FOSTERFAMILYFARM.CA)

SIGN UP: <https://csa.farmigo.com/join/fosterfamilyfarm/2025SummerCSA>