## What's Available?

For first year members, your program starts mid June and runs to mid October and/or when the product runs out. We grow sprouts in our small greenhouse all year and each year we have been getting better at storage. If we have it, we will get it to you. Each week you'll order from a variety of in-season vegetables harvested off the field, usually the day before delivery! We grow many different crops and with many different varieties some you may have never seen before (I know I hadn't). Everything we grow is open pollinated and, where they still exist, heirloom. At the markets our focus has been on the above-ground crops, Tomatoes, Peppers, Beans, Cucumbers Lettuce, Greens, etc. In our CSA we have a broader focus, adding root veg and sometimes a bit of fruit. With the variety we grow there should never be a problem finding something you like.

## Sign up request form

Our Self-Directed Box program is a little different from your regular CSA (Community Supported Agriculture) program. It's similar in that our goal is to provide quality local produce. It's different because with our program you decide what's in your order on a weekly basis.

What you spend is based on what you order. For more info and an FAQ about the program, visit www.cedarhedgefarm.ca

If you want to sign up, send an e-mail to Chris@cedarhedgefarm.ca and Chris will send you the member agreement form.

