



Amaranth Springs Farm

www.AmaranthSprings.ca
We sell real, organically grown foods
that taste great!

Sign up now for 2017 CSA

Our CSA provides a weekly selection of organic produce, fresh from our farm from mid-June to Thanksgiving (17 weeks).

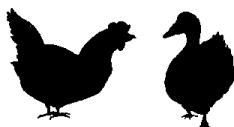
519-942-4716

Also Available

Eggs (\$5/dz): March – Nov

Chicken (\$6/lb): Now (frozen)

Duck (\$6/lb): Now (frozen)



554090 Mono-Amaranth Tline
Amaranth, ON L9W 0T1
1 km North of Sideroad 10
3 km West of Hwy 10

Fresh Produce for 2017

Order your farm-fresh produce for the summer season. Our CSA (Community Shared Agriculture) allows you to purchase produce right after it was harvested! We plant, grow and harvest a **HUGE** variety of high-quality produce throughout the growing season. Members pick up their share at the farm from Mid-June to Thanksgiving! Sign up and support local, sustainable farming!



Benefits of joining our CSA

- Real Food! **Heritage** seeds grown in real soil (no chemicals, no gmo seeds, our varieties are bred for their taste!)
- Local Food! Your produce isn't tired from driving.
- Farm-fresh! More vitamins, better taste.
- Health benefits! It's easier to eat more vegetables when they taste great.
- Family benefits! Children will often eat fresh what they dislike canned, frozen or shipped.
- Community benefits! Supporting local sustainable agriculture for now and the future.
- Recipes! We'll share our favourites.



What's in my Share?

You can expect somewhere between 5-15 varieties of fresh produce weekly. You choose the amount you would like (share size); we are in charge of growing and harvesting it for you! Our shares always include baby salad greens, and a selection of seasonal produce. In June, strawberries, spinach, peas, and green onions are ready. As summer progresses, tomatoes, peppers, garlic, new potatoes, sweet corn, squash, and much more become available. We are committed to growing the best quality and tastiest varieties of fruits and vegetables that we can!



Example share from June!

Limited quantities of shares are available, sign up today!

Deb or Chris 519-942-4716
CSA@AmaranthSprings.ca

****CSA Membership Form****

Amaranth Springs Farm

Please return ASAP to guarantee your share!
along with a \$100 deposit

Name: _____

Address: _____

Phone # _____

e-mail _____

Pick-up Time - Choose one

- | | | |
|----------|-------------------------------|--------------------------|
| 4-6pm | Tuesdays | <input type="checkbox"/> |
| 12-2pm | Saturdays | <input type="checkbox"/> |
| Other... | We are <u>very</u> flexible!! | |

Share Size and Price - 17 weeks of produce

- | | | | |
|-------------------|-----------|----------|--------------------------|
| Regular | 30\$/week | \$510.00 | <input type="checkbox"/> |
| Large | 40\$/week | \$680.00 | <input type="checkbox"/> |
| Small | 25\$/week | \$425.00 | <input type="checkbox"/> |
| Salad-lover | 10\$/week | \$170.00 | <input type="checkbox"/> |
| *NEW Winter Share | | \$100.00 | <input type="checkbox"/> |

Mail in: 100\$ Deposit to sign up.

Pay in Full by April 1 and deduct 10\$

Pay in Full by July 1st

Farm work in exchange for share

Mail this form to: Amaranth Springs CSA
554090 Mono-Amaranth Tline
Amaranth, ON L9W 0T1

We will be in touch with you shortly.
Thank you for your participation!

CSA Membership Details



Share pick-up

Come to the farm on Tuesdays or Saturdays. If these times don't work for you, just let us know and we can find a time for you to come!

If you are unavailable to pick up your share (you are on vacation, etc.) you can send someone to pick it up for you, or call and we can arrange something.

Share Sizes

We offer a variety of share sizes to match our members' needs. Our regular share is designed to provide weekly fresh produce to a family of 4, but would also suit 2 vegetable lovers. Our large share is available for the larger or vegetable-loving family. The small share, suitable for 2 people, can also be a great way for a family to experiment with belonging to a CSA. Still unsure? Try our 'salad-lover' share; this option gives you weekly predictability: fresh mixed baby greens and a small selection of fresh salad ingredients.

Feel free to share a share with a friend!

**** Refer a friend and get one week free ****

Just have them put your name on their sign-up sheet.

Other Farm Products

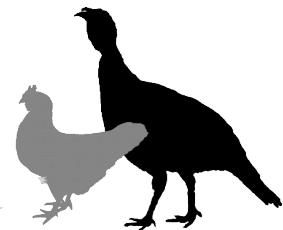
Grass-Fed Beef

Available again this fall! Find out why everyone wishes they had ordered more!



Pastured Poultry

High quality delicious free-range chickens and turkeys. Place your order today!



Eggs -- Free-range

Chicken and Duck eggs (March - Nov.)

Our customers have told us that once they tried our eggs they can't go back to store-bought!

Did you know... Duck eggs can be used in all your recipes the exact same way as chicken eggs. They taste the same, but the yolks are a little bit larger. They are preferred for baking by chefs! Duck eggs are higher in protein and lower in cholesterol than chicken eggs.

Why aren't eggs available in winter? We give our layers their natural break by not providing them with artificial light through the winter. This gives us a nice break as well!

Amaranth Springs Farm thanks you for your support!

Amaranth Springs Farm
554090 Mono-Amaranth Tline
Amaranth, ON L9W 0T1
Deb or Chris 519-942-4716
www.AmaranthSprings.ca

Fill out the Membership Form and mail it today.