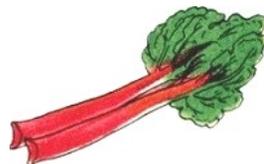


## Welcome

Welcome to Corwhin Herbs and Produce. We specialize in growing herbs and non-traditional vegetables on reclaimed land. We grow like we're going to eat what's in the garden (we probably will).

## C.S.A

- ♣ CSA stands for “community supported/shared agriculture”. Also known as a “veggie box”.
- ♣ It is a way for a family to get produce, fresh from the garden, from a farmer right in their community. Buying into the program before the season begins lets the farmer know how much to grow and for whom. A farmer can plan for those clients, then the clients share the bounty.
- ♣ Benefit 1: The client gets to know where their food is coming from and can see it grow.
- ♣ Benefit 2: the food is picked when it is ready, not when the transport truck is ready to leave.
- ♣ The client doesn't have to have a garden to get garden fresh food



Don't think of a CSA as a grocery store, it's an experience.

## Our Practices

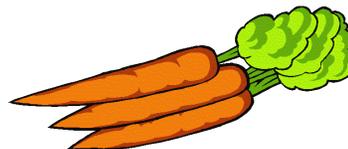
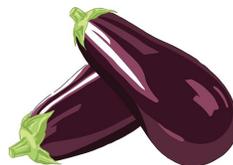
- ♦ Organic growing methods used
- ♦ Use reclaimed land, some plots may be a triangle, but it works
- ♦ Practice companion gardening
- ♦ Use lots of compost and cover crops
- ♦ Control weeds by smothering and pulling

## Availability

- ♦ Most vegetables are only ready for harvest at certain times of the year
- ♦ Check what's available on the Availability Chart on the CSA page of our website

## Items To Expect In A Season

- ♣ Arugula
- ♣ Basil
- ♣ Beets
- ♣ Beans
- ♣ Cabbage
- ♣ Carrots
- ♣ Cut flowers
- ♣ Cut herbs
- ♣ Eggplant
- ♣ Garlic (and scapes)
- ♣ Hot peppers
- ♣ Kale
- ♣ Lettuce
- ♣ Mint
- ♣ Okra
- ♣ Onions
- ♣ Rutabaga
- ♣ Squash
- ♣ Sweet peppers
- ♣ Sweet potatoes
- ♣ Tomatoes
- ♣ Zucchini

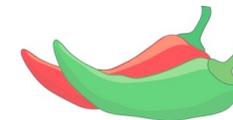


## Packages

18 weeks of produce \$690

### ♠ Add-Ons ♠

- ♥ With 1 dozen eggs (weekly) \$45
- ♥ With 1 turkey (October) \$45
- ♥ Preserves/canning work-bee \$55
- ♥ With local meat (TBD) \$815



- ♣ A wooden box is provided at first pickup
- ♣ Pick up time will be Sundays 2-5 pm at the farm (special requests can be discussed)
- ♣ The produce is harvested, prepped and set up in containers at the pick-up site for the client to fill their share each week, early arriving clients get first choice of the produce
- ♣ Frozen turkey in time for Thanksgiving
- ♣ Trade unwanted items for another in the swap box on pick-up day
- ♣ New is a work-bee to get your canning/preserving done as a group, experience not required, you bring the jars, vegetables supplied
- ♣ To support other businesses and add to what is in a share, we add locally sourced items such as eggs, honey, mushrooms and sweet corn
- ♣ Compost drop off available
- ♣ Client sign-ups before May 1st get a bonus of asparagus, rhubarb and maybe spinach (they are in season before the Farm share pick-ups start)

## **Where is Corwhin?**



## **Why choose Corwhin?**

- 1) Because you like food. Fresh food. And it's important where it comes from.
- 2) You want to support a local rural business.
- 3) You want to reduce your food footprint.
- 4) You can visit the farm!

Whether it's the farmers market, a roadside stand or a CSA farm share, you can find out that Ontario is a great place to grow and can grow just as good as anywhere else.

## **Extra Facts**

- ♥ One of the largest rhubarb growers in Puslinch Township
- ♥ The Nap family has farmed in Corwhin since 1958 and gardening has always been a family activity
- ♥ 2019 is our third year offering a CSA/ Farm Share
- ♥ One of the largest herb growers in Wellington County

## **CSA Timeline**

March: Seedlings are started indoors  
May: Planting starts  
Late June to October: Farm share pick-ups  
Early August: Canning work-bee  
Late August: CSA partners' potluck  
Mid October: Turkeys delivered  
Late October: Garlic planted



Weather has a big say in when things are ready to start and when we are forced to call an end to the season. The goal is 18 weeks of shares, anything more is an added bonus.

## **Contact**

Grower/Proprietor - Barclay Nap



4402 Concession Road 11, Moffat



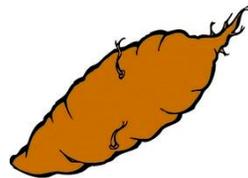
[corwhinherbsandproduce.ca](http://corwhinherbsandproduce.ca)

519.223.1287

[corwhinherbs@gmail.com](mailto:corwhinherbs@gmail.com)



Also on Twitter & Facebook



## ***Weekly Box Of Produce, Right From The Farm***



***"It's like having a garden but someone else does the work"***