



♣ **Local to Aberfoyle, Brookville, Guelph, Mountsberg, Milton, Hespeler and Rockwood ♣**

♥ **2017** ♦

Welcome

Welcome to Corwhin Herbs and Produce. We specialize in growing herbs and non-traditional vegetables and are moving to a CSA. We grow like we're going to eat what's in the garden (we probably will) and like to try new things.

Our Practices

- ◆ Use reclaimed land, some spots may be a triangle, but it works
- ◆ We're in Puslinch Twp, so we are constantly picking stones
- ◆ Pests are dealt with using traps, squishing, pulling or just giving up and not growing that plant
- ◆ Drip irrigation is used
- ◆ Companion planting is practiced
- ◆ Black plastic mulch is used to create microclimates and suppress weeds; a cover crop is used in between the rows to keep weeds to a minimum and reduce water erosion
- ◆ There are lot of herbs grown, lots!
- ◆ Compost is piled up each fall and worked into the soil each spring



Extra Facts

- ♥ One of the largest rhubarb growers in Puslinch Twp
- ♥ One of the more successful growers of okra north of Hwys 2 & 5 in South-central Ont
- ♥ The Nap family has farmed in Puslinch since 1958 and gardening has always been a family activity
- ♥ 2017 is our first year harvesting asparagus
- ♥ One of the largest herb growers in Wellington Cty

C.S.A

CSA is where members from the community support a farm business by getting their produce there through the purchase of a share. Fruits of the harvest are paid for in advance and a collection of what's ready is provided each week.



CSA stands for “community supported agriculture” or “community shared agriculture”. A share-holder buys into the program, sharing the bounty and the risks of harvest. It's easier to plan for a grower as they know who they are growing for. It's easier for the share-holder to know where their food is coming from as they can talk to the grower in person and even visit the gardens, pastures and fields.



You never know how harvest will be until the day you are harvesting. Share-holders share the risk of poor harvest and gamble on their being a bumper crop.

Because of the differences in time of when certain plants are ready to be harvested, plants that are ready in the spring will be frozen to be provided in the summer. Produce will be prepared each week for pickup at the farm. Share-holders get to fill their boxes of the recently harvested produce. A "swap bin" option will be used for anyone wanting to swap out and swap in other items.

In addition, we will be supporting other local agriculture businesses by supplying locally sourced honey, eggs, pickles and possibly maple syrup at different times of the seasons.

Where is Corwhin?

Located in Puslinch Township, Corwhin is a former train station, half-way between Milton and Guelph. The train station, general store and blacksmith shop no longer exist, but a sign still stands, giving reference to its past.

What is Corwhin Herbs & Produce?

- ◇ CH+P is a hobby that grew
- ◇ It is an extension of the knowledge and lifestyle of how produce was and still is grown for the Nap family
- ◇ A focus on herbs led to the adoption of growing world crops, plants that are used for food in other countries but are not traditionally grown in Canada
- ◇ The produce is grown on the family farm, once a dairy farm it now is home to a mixture of farming
- ◇ Land used is reclaimed farm field pieces that were left out of modern farm uses due to its size, shape or topography, the unwanted is now given love

Why choose Corwhin?

Why should you be a customer? Firstly because you like food. Fresh food. Food that helps keep the nickels and dimes in the province. Secondly because you want to support local. Thirdly because you want to reduce your footprint.

Whether it's the farmers market, a road-side stand or a CSA share, you can find out that Ontario is a great place to grow and can grow just as good produce as many places we import food from.

Available in spring

mid-May to mid-June

- ♣ Asparagus
- ♣ Chives
- ♣ Garlic scapes
- ♣ Oregano
- ♣ Spinach
- ♣ Rhubarb



Summer-Fall C.S.A.

18-20 weeks: mid-July to mid-October

- ♣ Arugula
- ♣ Basil
- ♠ Beets
- ♠ Beans
- ♠ Chives
- ♣ Dill
- ♠ Eggplant
- ♠ Garlic
- ♠ Hot peppers
- ♠ Kale
- ♠ Leafy greens
- ♠ Okra
- ♠ Onions
- ♣ Oregano
- ♣ Parsley
- ♠ Peas
- ♠ Squash
- ♠ Sweet peppers
- ♠ Sweet potatoes
- ♣ Tarragon
- ♠ Tomatoes
- ♠ Turnip
- ♠ Zucchini



Spring items will be included frozen for the summer's CSA. If we can fit in more, we will do it!

Packages

Couple ♠\$350♠

Family ♣\$600♣



Share pick up will be Sunday afternoons/evenings each week. If your can't pick-up a share, consider a proxy helping you out. Fill your own share-box contents with each week's harvest!

(special requirements can be accommodated)



Contact

Grower/Proprietor - Barclay Nap
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