



Good for nature, Good for you...



Would you like to know

**where your food is
coming from?**

**Want to eat local,
organic food and**

**support sustainable
agriculture?**



Visit

Jaffari.org/csa

To learn more...

**ISIJ members are invited to join
Everdale Organic Farm and Shores
Jewish Environmental Programs at
their upcoming Community
Supported Agriculture (CSA) program
hosted at the Kavanah Garden in
Vaughan.**

**A CSA is a mutually beneficial
partnership in which individuals or
families receive fresh, local,
organically grown produce weekly,
while supporting local farmers and
sustainable growing practices.
Joining a CSA means community
members will enjoy the health,
community and environmental
benefits of eating fresh, local,
organically grown produce.**

**In addition to enjoying your
produce, you will also have weekly
opportunities to play and learn in the
beautiful Kavanah Garden with
Shores staff and volunteers during
the garden's Open Hours. For more
information [click here](#) to visit the
Kavanah Garden website.**

HOW IT WORKS

The Kavanah CSA runs from June-October, and pickup is every Wednesday afternoon from 3:30-6:30pm at the Kavanah Garden in Vaughan (18 Lebovic Campus Drive...just west of Ilan Ramon Blvd.)

Each week, members come to the CSA pickup where produce will be displayed similar to a farmers market, with each item assigned a point value (for example, one bunch of carrots is 1 point; one head of lettuce is 1 point, etc.) Depending on what share size you chose (see below) you will have a certain number of points to "spend" each week. Not a fan of cabbage? No worries! You choose whatever you want for yourself and your family! Look at the Everdale Farm site to see the variety of produce that could be available to you!

SHARE SIZES:

Extra Large (24 points)

For very big families, households with very large veggie appetites, or those who do a lot of preserving.

Cost per pick-up: \$69.60

Large (18 points)

For larger families or those who want to preserve some of the harvest.

Cost per pick-up: \$52.20

Medium (12 points)

Our most popular size! Recommended for most families.

Cost per pick-up: \$34.80

Small (8 points)

Recommended for individuals/couples.

Cost per pick-up: \$23.20



[Click here](#) for more information on share sizes, produce selection, and Everdale's commitment to CSA members!



Sign up before May 10, 2015 and receive a FREE jar of honey from Shores's bees at Bela Farm!!! [Click here](#) to register today!

Limited Spots Available!

For more information,
Please e-mail us at info@shores.ca or call Sabrina at 416-805-8382