

Consumer Benefits:

- fresh nutritious produce harvested at the peak of ripeness, flavour and vitamin and mineral content
- strong connection between you, your food and the people who grow it
- eat in harmony with local seasons

FRESH PRODUCE

csadesbarats@gmail.com

Each week, the packers will include 7-8, In-season items for weekly delivery.

Farmer/Grower Benefits

- stable, predetermined market
- financial support throughout the season
- greater farm share
- keeping food dollars in the local economy

JUNE

Beets
Chard
Garlic Tops
Green Onions
Herbs
Kale
Leaf Lettuce
Mini Cucumbers
Peppers
Radishes
Rhubarb
Spinach
Tomatoes

Pickles: beans, beets, sauerkraut, carrots and cucumbers

Optional Items:

Maple Syrup (various sizes)
Jams (250 ml)
Honey (various sizes)
Stone Ground Flour
Beef
Chicken
Eggs
Rabbit

- ✓ Some early vegetables will be available from our greenhouses.
- ✓ Optional items may be substituted depending on the growing season.

JULY

Beans
Beets (3 varieties)
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower
Chard
Garlic
Green Onions
Herbs
Kale
Leaf Lettuce
Peas in pod
Edible pea pods
Peppers (hot & sweet)
Potatoes
Radishes
Rhubarb
Spinach
Strawberries
Tomatoes
Zucchini

AUGUST

Beans
Beets (3 varieties)
Blueberries
Broccoli
Cabbage
Carrots
Cauliflower
Chard
Corn
Cucumbers
Currants
Dill
Dried onions
Egg Plant
Garlic
Green Onions
Herbs
Kale
Melons
Peas
Peppers (hot & sweet)
Potatoes
Raspberries
Squash
Tomatoes
Zucchini

SEPTEMBER

Beans
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Chard
Corn
Cucumbers
Dried onions
Egg Plant
Garlic
Green Onions
Kale
Leaf Lettuces
Leeks
Peppers (hot & sweet)
Potatoes
Squash
Sweet Potatoes
Tomatoes
Watermelons

- ✓ In season, apples, peaches & plums – Aug. Sept. Oct. Direct from Southern Ont. Orchards
- ✓ Farm fresh graded EGGS available weekly
Free range, GMO Free

OCTOBER

Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Chard
Garlic
Herbs
Kale
Leeks
Leaf Lettuces
Onions
Parsnips
Potatoes
Pumpkin
Radishes
Spinach
Squash
Sweet Potatoes
Tomatoes
Turnips



FRESH SEASONALLY GROWN VEGETABLES and FRUIT

Delivered to designated locations
(\$6.00 delivery Included in subscription)

WEDNESDAYS: West to Sault Ste. Marie

THURSDAYS: East to Elliot Lake
and points in between.

- **18 Week Program:**
 - **Mid June – Mid October**
 - **3 Plans Available**
 - **2 Payment Options:**
 - Entire Season - **DUE: JUNE 1ST**
 - 3 Equal Installments
- DUE: JUNE 1ST / JULY 9TH / AUGUST 20TH**

Plan A	\$ 27 x 18 weeks \$ 486-entire season or \$162 each of 3 installments
Plan B	\$ 32 X 18 weeks \$ 576 -entire season or \$ 192 each of 3 installments
Plan C	\$ 38 x 18 weeks \$ 684-entire season or \$ 228 each of 3 installments

Secure a Spot: Complete and send sign-up form with a \$20 deposit by **April 30th, 2023.** (remember to deduct deposit from first payment)

Mail: **3S Inc**
5445 Government Road
Bruce Mines, ON P0R 1C0

E-mail or e-transfer:
csadesbarats@gmail.com

Re-cycle And Save!

**There will be an additional \$2 charge
if the box is not returned weekly.**

CSA Desbarats is supported by a team of growers and 3S Inc.(coordinators), working together to supply locally grown and reasonably priced produce directly to you, the consumer.

“Our family of 4 loves the fresh, local variety of vegetables and fruit included in the Desbarats CSA boxes. It reduces our grocery bills and provides us with the opportunity to experiment with new foods and recipes. Anything we can’t eat right away gets blanched and frozen to allow us to enjoy those local delicious vegetables through the winter”.

~R.P. from S.S.M.

“I'm looking forward to another season with CSA Desbarats. I really feel the health benefits of eating fresh and local plus I can feel good about my choices to support local farmers. I must admit that I get a little excited every week when I get to open my new box and see what's inside. I know for sure that it is always going to be fresh and wonderful”.

~P.F. from S.S.M.

Join our extended family and enjoy the many benefits of eating quality nutritious produce that is locally grown by local farmers.

Available to add to your weekly order:

EGGS

(Free Range, Graded)

BEEF

CHICKEN

(all Government Inspected)

Helping us to serve you better!

Contact: Edith (3S Inc)

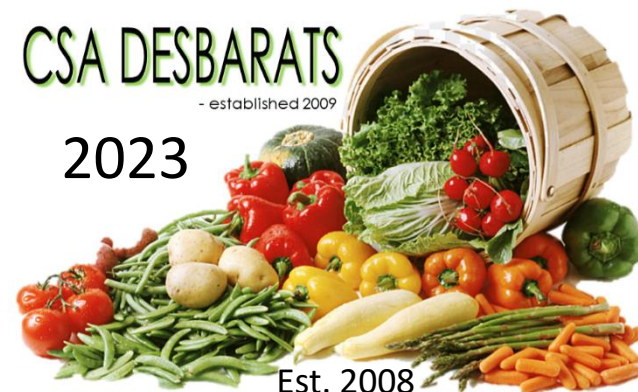
csadesbarats@gmail.com

705-541-1886

CSA DESBARATS

- established 2009

2023



If knowing **how**, **who** and **where** your food is grown is important to you, then CSA Desbarats may be the program for you!

Offers: Locally grown Produce

- ✓ **18 weeks / June 14-Oct. 12**
- ✓ **Choice of 3 sizes**
- ✓ **Seasonal subscriptions – paid in full or in 3 equal installments**
- ✓ **Delivered to a location near you**
- ✓ **Allowances made for:**
 - ✓ **Food Sensitivities**
 - ✓ **Vacation time**
- ✓ **Farm fresh graded eggs available at an added weekly cost**
- ✓ **\$6.00 delivery included to Sault Ste. Marie and to Elliot Lake with many points in between**

Support Local!

Communications, Marketing & Accounts
Receivable coordinated by 3S Inc.