



2025 Summer Shares Available Now!

Community Supported Agriculture



Joining a CSA provides more than fresh, healthy food for your family, it also helps support local farmers and their families. In addition, you will find that you explore more ways to prepare and eat vegetables as you sample some of the different crops that we grow - some of which you may never have tried before! You will learn more about the different fruits and vegetables that can be grown locally and by “eating with the seasons” you will learn how to become less reliant on the corporate food system. Your weekly boxes will change throughout the season - early spring greens such as spinach and green onions, summer bounties of tasty tomatoes, cucumbers, and peppers and then into fall as the root veggies and winter squashes ripen and our focus turns more towards storage crops.

kwilds@telus.net
www.wildhavenpermaculture.ca
250-320-4935 (text only please)

Scan QR for more info!



What is a CSA?

CSA stand for **Community Supported/Shared Agriculture**. When you sign up for a CSA share you become part of a group that shares in the seasons harvest. You will receive your share of the harvest in weekly boxes containing a portion of whatever is in season that week. Some weeks, particularly in the early spring, your basket might only contain a few items. Later in the season as crops mature your basket will likely contain more produce and more variety.

When/where will I receive my weekly basket of produce?

Boxes will be available for pickup on Wed. afternoons at The Stir, located at 185 Royal Ave.

How much does a CSA share cost?

2025 shares are \$700 for 18 weeks (\$38/week.) The first box will be available the first or second week of June and then weekly until mid October. Start up will depend on the spring weather and how quickly crops get established. Unlike most CSA's where you are expected to prepay for the whole season, Wildhaven CSA shares will be split into a non-refundable deposit of \$100.00 (payable with registration) and 4 monthly payments of \$150.00 due on the 1st of June, 1st of July, 1st of August, and 1st of September.

Can I choose what will go in my basket each week?

Each shareholder receives the same allotment of whatever vegetables are ready for harvest in any given week. We realize that some people have certain favourite vegetables and others that no one in their family will eat. We don't like to see vegetables go to waste so we will try to have an assortment of extra vegetables each week for people to "swap out" with stuff they may not like. This "swap box" will be on a limited trial basis in 2025 as we work to establish client relationships and get to know our families and their eating habits! We will also include recipes in our weekly CSA facebook post to help you prepare the more unusual vegetables. Keep an open mind and you never know what treasures you will discover in your box!

So what will be in my box?

We will be growing many different vegetables including potatoes, green beans, lettuces, spinach, carrots, parsnips, beets, turnips, snow peas, broccoli, cauliflower, winter squash, zucchini, melons, onions, herbs (basil, cilantro, parsley, oregano, dill, savory and more) corn, cabbage, celery, peppers (sweet and hot), tomatoes, kale and more!

Boxes will look different nearly every week as crops mature and change through the season. An early spring box will be smaller and might contain 1-2 bags of mixed salad greens, lettuce, 1-2 bunches green onions, 1 bag of spinach, 1-2 lbs rhubarb and a few sprigs of fresh herbs. A typical summer box might include green beans, a bag of salad greens, 1-2 lbs of cherry tomatoes, 4-5 slicing tomatoes, 1 head of broccoli or cauliflower, 1-2 cucumbers, snow peas, 1 zucchini, 2-3 onions, some carrots and fresh herbs. A fall box might contain potatoes, beets, kale, broccoli, cabbage carrots, parsnips, squash, mixed salad greens and herbs.



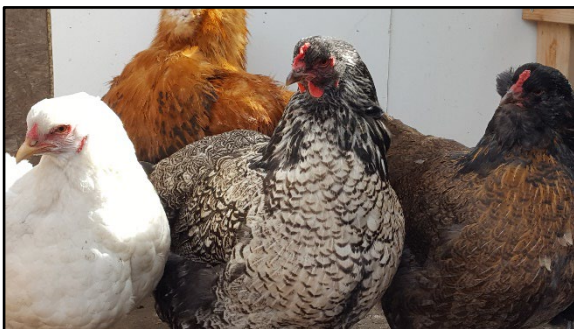
What About Eggs!? Or Goat Milk!? Or Meat!?



Yes we have an optional egg add-on! Our eggs are normally \$7/dozen. Signing up for the egg add-on at the beginning of the season means you only pay \$6/dozen. Egg add-ons need to be prepaid in full at the time of registration. You will receive your eggs with your weekly vegetable share.

Goat milk . . . nope. Unfortunately, the rules around selling any kind of dairy products are too restrictive to be a viable option for us at this time. We do keep a herd of beautiful, friendly, registered Nubian dairy goats that we milk for our own use and we have young stock for sale every spring. If you have a bit of land and think you might like to give milking goats a try, we would LOVE to introduce you to our girls and chat about options!

Meat plans are underway! We will be adding more livestock back into the farm in 2025. We won't have much extra for sale as we work to re-establish our sheep, rabbits and meat chickens, but let us know if you are interested in meat . . . a weekly meat share is a possibility for 2026!





Karin Wilds

250-320-4935/kwilds@telus.net

Please be sure to read through the CSA information provided with this registration form. If you have any other questions you can contact me by email or text.

Quantity	Description	Cost/unit	Total
	Full Share (suitable for an average family of 4)	\$700	
	Half Share (suitable for an individual or couple.)	\$350	
	Eggs Add-On (1 doz/week)	\$100	

Name: _____

Phone number: _____

Email: _____

What are some of the vegetables that you typically use a lot of? _____

Are there any veggies you cannot eat due to allergies or dietary restrictions? _____

Date: _____

\$100 non-refundable deposit due with registration (\$50 for half share), balance to be paid in monthly installments of \$150 (\$75 for half share) June-September. Egg add-on is due in full at time of registration.

Payment can be made through etransfer at kwilds@telus.net

We will also have additional bulk crops available periodically for those interested in canning/freezing etc. These crops are separate from the main CSA shares but will be available to CSA members before being sold elsewhere and availability will be communicated through email and our facebook group.