



# Green Flame Gardens Food Box (CSA) Program

Healthy, organically grown produce harvested weekly for you and your family.

GFG has a Food Box Program where you pay once and get your share of the harvest every week for the entire season. These are known as CSA shares (Community Supported Agriculture). The Program begins mid June and runs for 20 weeks. Each week you will pick up your food box of fresh produce at one of our locations.

The variety of produce varies week to week depending on what is growing at the time. Crops to expect:

Tomatoes, carrots, celery, cucumbers, greens, herbs, beans, cabbage, broccoli, cauliflower, edible flowers, melons, peppers, potatoes, squash, watermelon, peas, parsnips, tomatillos, and more.



**The fee is 425\$. That is 21.25\$ worth of fresh produce each week. When there is extra produce available, the customer may add to their box with a 5% discount. Ideal for those in Kemptville and surrounding areas. For more information and the application form go to [GreenFlameGardens.ca](http://GreenFlameGardens.ca) or email [greenflamegardens2018@gmail.com](mailto:greenflamegardens2018@gmail.com)**