



# SHARE THE VEG!

**ORGANIC, LOCAL, SEASONAL**



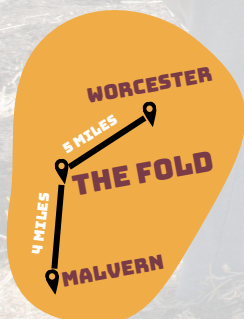
Join us at The Fold on April 29th to launch our exciting Community Supported Agriculture (CSA) membership scheme.



CSA members benefit from a **weekly share of our delicious harvest** all year round.

There are also great community events and opportunities to connect with the land through volunteering on the farm.

The planet benefits too, as we use organic and minimum-till methods to **promote soil health and biodiversity**. By eating locally, you will save the fossil fuel emissions from foods imported from as far as New Zealand or Kenya.



**SIGN UP!**   
**THEFOLD.ORG.UK/FARM**

**First veg share boxes  
available in June!**



The Fold Community Farm



csa@thefold.org.uk



# what is a veg share?

Members of the Fold Community Farm purchase a share of our harvest, which gives you a weekly box of gorgeous veg straight from the field. Your share commitment helps us plan and manage the farming risks.

## HOW IS THIS DIFFERENT FROM A VEG BOX?

In a veg box scheme, you have no engagement except purchasing the box. As part of our CSA, you can become an **involved member** of the Fold Community Farm. You can get your hands in the dirt by volunteering on the farm, vote on how the CSA operates and attend fun community gatherings, farm tours and workshops.

## WHAT DOES A VEG SHARE COST?

Veg shares can be paid weekly, monthly, or yearly.

A weekly small share for 1-2 people will be approx. £12/week.

## WHAT DOES A VEG SHARE LOOK LIKE?

Abundance & variety **vary with the seasons**, as nature intended.

**A large summer share may include 10 varieties**



chard  
aubergine  
pepper  
leek  
mixed greens  
cucumber  
potatoes  
french beans  
tomato  
courgette  
eggs (add-on)

**A small winter share may include 6 varieties**



parsnip  
celeriac  
kale  
leek  
red cabbage  
squash (half)

**LEARN MORE AND SIGN UP AT  
THEFOLD.ORG.UK/FARM**