



MERKABA  
ACRES

## 2022 CSA Handbook

**Welcome!! Whether you have already signed up for our CSA, or are just looking for some more information to help you decide, we hope you'll find this handbook helpful.**

If you have any other questions, you can always email us at [info@merkabaacres.com](mailto:info@merkabaacres.com), or call Tessa at 778-866-8377

# Pickup Details



Our CSA pickup is right here at the farm, giving you a chance to come and connect with the land your food is grown on. Pickup is on Tuesdays, from 3-6pm\*. If you're not going to make it to the farm in time for pickup, please text or call Tessa to let us know so we can keep your veggies fresh in the fridge! Please do make an effort to arrive during pickup hours, as we have lots on the go and have allocated that time for CSA pickup. Plus, it's a great time to connect with fellow CSA members!

When you come to the farm, we'll have your veggies ready for pickup in a reusable crate. Some of your veggies (like salad greens) will also come in smaller reusable containers. Please bring all of these back each week so we can wash them and swap them out for the following week. We're doing our best to reduce packaging waste, so your participation in the container exchange is greatly appreciated! These containers are an investment for us, so we will charge \$20 for any crates and \$5 for any containers we don't get back at the end of the season.

*\*If those hours don't work for you at all, get in touch and we'll work something out!*

# Weeks Off/Vacations

If you are going to miss a pickup, please let us know in advance whenever possible. When you need to skip a week, you can choose to receive a \$35 credit to spend at the farm store, or receive a double box at a later date (please let us know a week in advance when you want this!) Because we base our growing schedule on this weekly CSA model, there is a limit of 2 'skips' per person per season. If you already know that you are going to be away often during the summer, then a CSA might not make sense for you this year - perhaps you can support us by shopping at our farm store or at the Bobcaygeon Farmers' Market instead!

# Payment Details



The price for the 18 week CSA is \$630. This works out to \$35/week, and will include \$35-\$40 of veggies each week! (The first couple weeks might be on the lighter side, but we'll make up for it with the abundance of mid-season!)

The cost of your share also contributes to our 3 free shares, which we are offering to recipients who otherwise couldn't afford a CSA share. If you know of anyone who could benefit from this program, please nominate them by emailing us their name and email address. We will be selecting recipients randomly from those nominated. Recipients and those who nominated them can remain anonymous if they choose.

## Payment Plans

### PAY IN FULL NOW (PREFERRED)

Send us the full amount for your CSA + any add ons now, and you don't have to think about it again!

### DEPOSIT NOW, BALANCE LATER

Pay a \$100 non-refundable deposit to secure your spot, and send us the balance for your CSA + any add ons by April 15

### INSTALLMENTS

Pay a \$100 non-refundable deposit now to secure your spot, and pay the rest in installments throughout the season.

- *Upon Sign-up: \$100*
- *April 15: \$106 + full payment for add-ons*
- *May – August: \$106 per month. Due on the 15th.*

## Payment types

Our preferred method of payment is e-transfer.

You can send e-transfers to [kimiko@merkabaacres.com](mailto:kimiko@merkabaacres.com).

We also accept cheques, which can be made out to Judy K. Uchikura and mailed to: 432 County Rd. 49, Bobcaygeon, ON, K0M 1A0

# Box Contents



We are doing a “farmer’s choice” CSA, meaning that you’ll receive a curated selection of what we harvest that week. We harvest the day before and the day of pickup, so you receive the veggies as fresh as possible, and get the first pick of things when they come into season.

We try to strike a balance between variety and consistency in our boxes, so you can rely on us for staples like salad greens and onions, and also get creative in the kitchen with some more unique items like striped eggplant and Hungarian hot peppers!

Each week, we’ll send out an email on the Saturday before pickup. This email will let you know what’s in your box, and will also include recipes so you can plan your meals and shopping for the week. You can also add items from our farm store to your box - more details below.



# Add-Ons



We have a few options for items to add to your CSA box. If purchasing an egg or herb share, be sure to select it on the sign-up form!

## EGG SHARE ADD-ON - \$99

Add a dozen of our pasture-raised, organically-fed eggs to your box every week. When you purchase an egg share for the season you pay \$5.50/dozen, compared to our regular price of \$6/dozen. Our hens are fed an organic, non-GMO feed, and get to feast on foraged bugs and veggies from our garden. Their coop is moved around the farm, giving the hens access to fresh forage and providing the soil with rich fertilization. This makes for some insanely tasty and nutritious eggs!

## FLOWER PRE-ORDERS

We will once again be growing cut flowers and selling beautiful arrangements with the help of our friend Emily Norris of Grow Floral Co. When you pick up your CSA box, you can pre-order flowers for the following week, or create a standing order to receive an arrangement every week with your box. Flower season start date and more details TBA!

## HERB SHARE ADD-ON - \$105

Add even more variety to your cooking with a herb share! With this add-on, you'll get to pick from our culinary herb garden when you come to collect your box. Mix and match from our 14+ different varieties of herbs to create a custom herb bundle for your culinary adventures. We'll show you proper harvesting techniques and quantities, and then leave it to you to pick what you need for the week. The herb share season starts on July 5, and works out to \$7 per week for 15 weeks.

## FARM STORE DISCOUNT - 10% OFF

CSA members receive 10% off items in our farm store! (Eggs are excluded from the discount. Other exclusions may apply.) Our farm store will be open during CSA pickup hours, so if you need an extra bunch of carrots or a pack of our grass-fed Wagyu burgers, you can add them to your box at 10% off the listed price! We accept cash, debit or credit for add-on purchases.

## A few more things...



2022 is our first year doing a CSA, and only our second year market gardening. We are still new to this, especially to the CSA model. Should you choose to join us as a CSA member, we ask for your patience, understanding and encouragement as we inevitably work through some growing pains (pun intended!) this year. We're not sure what the season will bring, but this could come in the form of offering us feedback, helping us out during garlic harvest, or simply being flexible if we forget an item in your box. We so appreciate the trust and commitment you are giving us, and in exchange we promise to give you our absolute best. We hope you'll laugh along with us and see it as an exciting way to be part of our learning journey.

Phew! That's all! Thank you for reading, and for supporting our local food system.

If you have any other questions or comments, feel free to contact Tessa at 778 866 8377 or [info@merkabaacres.com](mailto:info@merkabaacres.com).

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# See you at the farm!