



The **Cutting Veg Organic Farm** in partnership
with the **Kavanah Garden** presents:



TIKKUN ADAMAH CSA 2010



WHAT IS A CSA?

A Community Supported Agriculture (CSA) program is a mutually beneficial partnership in which individuals or families receive fresh, local, organically grown produce weekly, while supporting our local farmers and sustainable growing practices.

Season runs from June 3 – October 28

Pick-up every Thursday from 3:00-7:00pm

Pick-up at the Kavanah Garden at the Lebovic Jewish Community Campus in Vaughan

WHY SHOULD I JOIN A CSA?



Joining a CSA means you and your family will enjoy the health, community, and environmental benefits of eating fresh, local, organically grown produce! Join the 30+ other Jewish communities across North America that have already committed to putting Jewish purchasing power behind our local farmers. Become a part of the new Jewish food movement today!

WHAT DOES TIKKUN ADAMAH MEAN?

TIKKUN ADAMAH means repairing the earth. By knowing the source of your food and supporting sustainable agriculture, you are helping to build not just healthy soil but also a healthy relationship with the earth that sustains us.



SPACE IS LIMITED! JOIN TODAY!

Interested in joining? Interested in volunteering? Interested in finding out more?
647-388-7444 • daniel@thecuttingveg.com • www.kavanahgarden.org

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Kavanah Garden Director

416-805-8382 (TEVA)

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TIKKUN ADAMAH CSA

A joint project of
The Kavanah Garden and The Cutting Veg Organic Farm

*Thank you for your interest in joining our Community Supported Agriculture (CSA) program! The **TIKKUN ADAMAH CSA** will be offered from early June – late October. The produce will be grown and sourced by **The Cutting Veg Organic Farm** and the pick-up location will be at the **Kavanah Garden** at the Lebovic Jewish Community Campus (Bathurst and Rutherford Road, Vaughan). Here is all the information you need to register. Feel free to contact Daniel Hoffmann at The Cutting Veg at (647)388-7444, or daniel@thecuttingveg.com if you have any questions.*

Community Supported Agriculture (CSA) --- Part of the Solution:

CSA is a system in which individuals or families choose to buy organic produce from a local farm for a whole growing season. Produce is delivered once a week to the pick-up location, where the members are able to choose their produce while connecting with the farmer and members of their community.

A CSA is an effective way to confront the global challenges of pollution, land degradation, and poor nutrition. In addition to the global benefits of participating in a CSA, you and your family will benefit greatly in the realms of quality, cost, community, and education. In terms of quality, your weekly produce is always fresh (often harvested the morning you receive it), and because it is grown organically, it is of the highest nutritional value. Cost wise, the price of CSA membership is competitive with organic prices at local grocery stores and farmers markets. In addition, our CSA drop-off site has proven to be a social gathering place --- a place where members get to know each other while they share ideas and stories about food, family, and life. As for the educational benefits, through newsletters, farm visits, workshops, and special events, members are exposed to the various issues that affect agriculture in your community.

The Jewish Connection:

Why is joining a CSA a “Jewish” thing to do? When G-d finished creating the world, G-d placed Adam in the Garden of Eden and commanded Adam, “*Vovdah u’l’shomra*,” to serve and protect Creation.

When we purchase local organic produce, we are choosing to support a food system that cares for our natural world, our health, and our community – we are honouring our role as stewards of G-d’s creation!

As well, participating in a CSA that values social, environmental, personal and economic health as “the bottom line,” enables us to actively participate in the process of *Tikkun Olam*, repairing the world.

Join the 30+ other Jewish communities across North America that have already committed to putting Jewish purchasing power behind our local farmers! Become a part of the new Jewish food movement today!

What does TIKKUN ADAMAH mean?

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TIKKUN ADAMAH CSA

Program Details

To Join the TIKKUN ADAMAH CSA:

1. Read through the **TIKKUN ADAMAH CSA** Program Details
2. Fill out the registration form
3. Follow the payment instructions. Mail your registration form and payment to The Cutting Veg.

CSA Share Pick-Up:

Dates: Every **Thursday**, from June 3rd – October 28th, 2010. **The final four pick-ups in September will occur on Tuesdays, rather than Thursdays, to accommodate the Jewish Holidays.**

Location: Kavanah Garden at the Lebovic Campus

Times: 3:00-7:00pm

Every Thursday (except for 4 Tuesdays in Sept.), your produce will be available for pick-up. A selection of freshly harvested organic produce will be available to choose from, with the amount of variety dependant on the season. The produce will be displayed on tables, and members will be free to choose the produce that best serves their dietary needs. Please note The Cutting Veg Organic Farm specializes in growing vegetables and herbs; thus, there will be a minimal amount of fruit available. The following table shows a sample of the produce you can expect to enjoy at the various times throughout the growing season:

Spring	Summer	Fall
Apples, Asparagus, Beets, Carrots, Chard, Cilantro, Garlic Scapes, Kale, Parsley, Peas, Radishes, Rhubarb, Salad Greens, Spinach, Spring Onions, Sprouts, Turnips	Basil, Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Chard, Corn, Cucumbers, Eggplant, Garlic, Onions, Peppers, Potatoes, Salad Greens, Sunflowers, Tomatoes, Zucchini	Apples, Basil, Beans, Beets, Cabbage, Carrots, Chard, Cucumbers, Garlic, Kale, Onions, Peppers, Potatoes, Pumpkins, Salad Greens, Sunflowers, Tomatoes, Winter Squash, Zucchini

NOTE: A couple features have been introduced to increase the flexibility of the pick-up schedule. First, if you are running late, and can't make it by 7pm, you can call in your order to the CSA distribution team (by 6pm), and your order will be boxed and left for you to pick up after the CSA closes. Secondly, if a particular Thursday pick-up is difficult for you, you can arrange to pick up your produce two days earlier at the new Temple Sinai CSA (at Wilson Ave. and Avenue Rd.). One weeks advanced notice is required to take advantage of this option.

CSA Share Sizes and Cost:

Members can sign-up for either a **Regular Share** (\$26/week), or a **Large Share** (\$36/week). Regular share members will be allotted 13 “points” per week, and Large Share members will receive 18 “points.” Each week, signage will be displayed allocating point values to the available produce (eg. bag of salad greens = 2pts, bunch of kale = 1pt). This system allows members to choose the produce that best serves their needs, and members are free to take multiple servings of a favourite vegetable.

If at any point during the season you decide you want to change the size of your membership, you are free to do so, and you will either pay or be refunded the difference.

CSA members will also be charged an annual membership fee of \$36 to cover the administrative and site-related costs associated with the running of the CSA, such as a weekly CSA newsletter with news from the farm, recipes and CSA related activities. The annual membership fee will also entitle CSA members to pick their own herbs and wildflowers each week at the Kavanah Garden, and will entitle CSA members to a discounted rate for all Kavanah Garden events and workshops.

Refer a Member & Earn \$\$\$\$:

Members have the opportunity to earn gift cards from The Cutting Veg. Every time you refer a person to the CSA who ends up becoming a member, you will receive a \$20 gift card from The Cutting Veg. These gift cards can be used to purchase extra produce at the CSA, to purchase garlic gift bags & value packs, to pay for one's 2011 CSA share, or can be given to a loved-one. Help spread the word and earn gift cards!

Tzedakah/Food Donations:

An important part of the TIKKUN ADAMAH CSA is the Tzedakah component. Each week, The Cutting Veg and The Kavanah Garden will donate some leftover produce to Ve'ahavta. Ve'ahavta is a Canadian humanitarian and relief organisation that assists those in need at home and abroad, while building bridges between Jews and other peoples (www.veahavta.org). Each week, through the Tikkun Adamah CSA, produce will be given to Ve'ahavta's chef, who will transform the produce into delicious meals, which will be served to people in need. Thus, your participation in the Tikkun Adamah CSA directly supports folks in our community who are most in need of highly nutritious food. In addition, all unclaimed produce is donated each week, and you will be given the opportunity to donate shares during your vacation weeks.

Getting Involved: Volunteering, Workshops, Farm Visits

Beyond providing the freshest, localest, organicest produce around, the TIKKUN ADAMAH CSA offers various voluntary opportunities to get educated and get involved. The Kavanah Garden will be hosting educational workshops for all ages which will enable you to develop your relationship with food (CSA members receive a discounted rate for all Kavanah Garden programs!). Topics may include: Intro to Organic Gardening principles, composting, canning/preserving, and many more. Additionally, Kavanah Garden and The Cutting Veg Organic Farm offer weekly volunteer work-bees --- an opportunity for people to get involved in the growing process, and connect with nature, members of their community, and themselves. Also, you will have the choice to sign up to help out at the depot site, as there is nothing more Jewish than providing food for others. Get involved and feel connected to where your food comes from!

About The Cutting Veg:

The Cutting Veg (TCV) is a community-health promotion enterprise rooted in organic farming. TCV runs 3 programs aimed at promoting personal, social, environmental, and economic health. TCV grows a variety of vegetables and herbs, which are sold at farmers markets, and through Community Supported Agriculture programs. In addition to cultivating mixed produce, TCV runs the "Global Garlic Project." Specifically, TCV grows over a dozen varieties of garlic from around the world, including Tibetan, Persian, Italian, Russian, Korean, and Israeli. TCV also provides Food Coaching Services, which offers garden & composting project support, educational workshops & farming internships, and agri-biz training. Collectively, these programs are helping TCV towards the achievement of its quadruple bottom line: Personal health, Social health, Environmental health, and Economic health (www.thecuttingveg.com)

About the Kavanah Garden:

The Kavanah Organic Community Teaching Garden opened in Spring 2009 at the Lebovic Jewish Community Campus! At the Kavanah Garden, community members participate in ***hands-on, transformative*** programs that are rooted in Judaism's deep ecological and agricultural wisdom. **Plant and harvest according to Jewish agricultural laws! Say a *bracha* and enjoy organic vegetables and herbs! Explore the connection between the Jewish holidays and the growing cycle!** For more information on Kavanah Garden programs (including Elementary School and Congregational/ Supp. School Programs) or Volunteer Opportunities at the garden, please contact Risa Alyson Strauss, Kavanah Garden Director, at 416-805-8382 or at risa@torathateva.org. And check out www.kavanahgarden.org!

Thank you for your interest in the TIKKUN ADAMAH CSA!

If you would like to be a part of this exciting program, please complete and submit the registration form, or if you have any questions, please contact Daniel Hoffmann at The Cutting Veg at 647-388-7444, or daniel@thecuttingveg.com.

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TIKKUN ADAMAH CSA Registration Form

Please fill out this form and include it with your payment.

Contact Information:

Name: Telephone: Address:

Email (include all emails in your family who want to receive the weekly farm newsletter):

Choosing Your Share Size:

Below is a description of the two types of shares The Cutting Veg offers. Do not worry about selecting the wrong size. If at any point during the season you decide you want to change the size of your share, you are free to do so, and you will either pay or be refunded the difference.

REGULAR SHARE: Our most popular size. Most families will find that this meets the majority of their produce needs for the week. Cost per week: \$26

LARGE SHARE: For larger families and for big veggie appetites. Cost per week: \$36

Please circle which share size you want: REGULAR LARGE

Selecting the Weeks You Will be Away:

All members are allowed to opt out of two weeks. If you are away for more than two weeks, your options for the extra weeks are to have us donate the produce for you, or you can give your weekly shares to a friend or family member. Please circle any weeks you do not wish to receive produce:

June 3	June 10	June 17	June 24	July 1	July 8	July 15
July 22	July 29	Aug. 5	Aug. 12	Aug. 19	Aug. 26	Sept. 2
Sept. 7	Sept. 14	Sept. 21	Sept. 28	Oct. 7	Oct. 14	Oct. 21
Oct. 28						

NOTES: (I)The final four pick-ups in September will occur on Tuesdays, rather than Thursdays, to accommodate the Jewish Holidays.

(II) If you don't yet know when you'll be taking holidays, just pay the full amount for your membership now, and we'll refund you for your holiday weeks once you know when they will be. In order to receive a refund, we need at least two weeks notice for cancellation of a week.

Tzedakah Option:

Members have the option to not pay for the two weeks they will be away, or to pay and have their produce donated to Ve'ahavta. Please indicate your choice by checking the appropriate box:

- I am choosing to pay for the two weeks I will be away in order that my produce will be donated to Ve'ahavta.
- I would like my produce donated on the following week: _____. For the other week that I am away, I am excluding payment.
- I am excluding payment for both of the weeks I will be away.

Payment Instructions:

The CSA lasts 22 weeks. The amount you pay depends on the size you choose, and the number of weeks you are opting out of. CSA members will also be charged an annual membership fee of \$36 to cover the administrative and site-related costs associated with the running of the CSA.

Please consult the chart below to determine your payment amount (\$36 membership fee is already included in the cost indicated below):

<u>Weeks you're participating</u>	<u>Regular Share</u>	<u>Large Share</u>
20	\$556	\$756
21	\$582	\$792
22	\$608	\$828

Once you have determined your payment amount, you may choose to pay in one lump sum, or in two payments of 50% each. The first cheque should have the present date on it. The second date should be dated for August 19th.

Please make all cheques payable to The Cutting Veg and mail to:

21 Kenwood Ave., Toronto, ON, M6C 2R8

*Once we have received your registration and payment, we will send you a confirmation e-mail.

**If you have any questions, please contact Daniel Hoffmann at The Cutting Veg at (647)388-7444, or daniel@thecuttingveg.com.

B'tay Avon!