

# Welcome, CSA Member!



As we begin our 2<sup>nd</sup> year of the ACCESS Community Supported Agriculture (CSA) Program, we want to congratulate you on making the choice to support local farming. We are dedicated to providing you with freshly picked organic vegetables and herbs each week from our partner farm in Cottam (Our Farm Organics). Through your membership in this program, Access will also be offering paid positions to people in Windsor-Essex County who may be facing a barrier to employment. The CSA employees will learn many transferable job skills, while cultivating and harvesting the produce that will be in your weekly bag.

We understand that you may have never seen nor tasted some of the vegetables you'll be receiving in your bag and when this occurs, we'll do our best to provide you with useful info and cooking tips. However, we encourage you to be adventurous! Research some recipes on your own and enjoy the process of cooking and tasting a new food for the first time. The best part of this project is that we are ALL learning together.

Due to the weather conditions we have been experiencing this spring, your first CSA bag will be a little lighter than the others, but do not worry we will make up for it in the bags to come!

If you ever have any questions or concerns please do not hesitate to contact the Nutrition Program Manager, Tammy Park

Email: [tpark@accesscounty.ca](mailto:tpark@accesscounty.ca)

Phone: (519) 733-8983 x 26



## Our Farm Organics

Our Farm Organics is a small, diversified farm producing local, organic food in the fertile soil of Essex County. They are a multi-generation family farm that is dedicated to providing people with food that is both beneficial to the people who eat it and the environment in which it is grown. They grow certified organic produce, raised pastured poultry, pork and beef. They also produce free-range eggs. The farm is 60 acres and includes 4 acres of Market Garden, 40 acres of pasture land, as well as wooded areas for wildlife habitat. They believe that everyone should be eating food that is nutritious, delicious and just, and that a local, ecologically sound food system is the way to make this happen. They provide the local community with fresh picked, organically grown produce and provide our CSA employees an opportunity to get to know the farm and the farmers that will help them grow the food that will go in your bag. Vegetables are harvested no more than 24 hours before pick-up.

We would like to take this opportunity to thank Our Farm Organics for being a partner in our CSA journey.

More information about the vegetables and herbs included in your bag, our team, the farms and ACCESS can be found on our website <http://accessgarden.jimdo.com/>, Facebook page <https://www.facebook.com/AccessGarden> and Instagram Account [@Accessgarden](https://www.instagram.com/Accessgarden).

