



#### OUR MANAGEMENT STYLE

This is our first year trying to operate a CSA, our third year growing food. Hence, we want to keep it small, treat it as a pilot project, and then build on what we learn.

Our goals:

1. sign up eight individuals to participate
2. deliver about \$15 worth of produce per person per week for twelve weeks.
3. have our eight individuals evaluate the project

Of course, several individuals from the same household can participate. The cost of participation would be \$180/person in the household.

Produce would be harvested on Sundays. Karen travels to Regina weekly and would drop off the CSA boxes at two central locations, based on the locals of our members. We would need two volunteers to receive the packages.

Please fill out our survey and see our membership form for more information.



#### WHO WE ARE

We met in Regina while cycling with the Wascana Freewheelers. We moved to Winnipeg in 2002 and were subsequently motivated to embark on a new path in 2007. We moved from a tiny, inner-city apartment to a log home, set on 26 acres, overlooking a lake. We started a veggie farm and B&B. We are still in transition, with Karen living and working in Regina, and Tamela accepting research and labour development contracts.

Karen grew up on a mixed farm in northern Saskatchewan. Tamela's a city-kid by trade, but adjusting well to farm life. We both hope to land permanently in the Roblin area shortly.

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#### CSA PILOT PROJECT

Karen Hardy and Tamela Friesen of The Famous Bicycling Chicks' Vegetable Farm would like to invite up to eight individuals to participate in our CSA Pilot Project. Should the pilot prove viable, we will expand the numbers of participants greatly. But what is a CSA and how is this all going to work? Read on and let us know whether you're interested.



# CSA Pilot Project

## WHAT IS A CSA?

“Community Supported Agriculture”. Simply, those with no access or desire to garden but with desire for fresh, seasonable vegetables buy a share in the season’s crop. The farmer delivers vegetables weekly to a central location.

The contents of the delivery are a bit of a surprise. Weather, soil conditions, and varieties all impact which vegetables are available at any time. Spring usually brings the likes of radishes, mesclun, and spinach. Early summer supplies carrots, beets, herbs, and more. Late summer rewards us with tomatoes, peppers, potatoes and onions. Fall sets us up for winter, with squash and late-season storage vegetables.

## WHY BUY VEGGIES THIS WAY?

Members have easy access to fresh, seasonable, local vegetables and might get to try some new flavours and textures. Farmers receive some start-up capital at the beginning of the season to better manage cashflow and have a more certain market for the produce they grow.

Farmer’s decrease their risks, but members increase theirs—that’s the educational catch.

## RISKS AND THEIR MANAGEMENT

It’s hard to tell, with grocery stores constantly flush with products from around the world, but growing food is fraught with danger. You might remember the rare occasion when bananas were unavailable, due to some crop failure in Costa Rica or something like that.

When embarking on supporting local agriculture, consumers do face a greater risk: one hail storm, a virulent bug, some disease, drought

or flood can wipe out a farmer’s crops in minutes or days.

The reward for this risk? Food, produced sustainably, without pesticides or chemicals, weeded and picked by hand, delivered within hours of picking. Varieties you can never buy in the store. Boosted nutritional content. Unmatched flavours. Relationship with the farmer, the land, and all the critters that make agriculture possible.



We want to minimize your risks and ours. We placed our garden on a hill and use raised beds to promote drainage during heavy rain. We trenched between the beds to capture and hold moisture during dry times, along with access to irrigation. We use companion planting and crop rotation to foil nasty bugs. We weed by hand and use mulch to give our veggies a chance at the sun. Finally, we’ve partnered with other farmers several miles away to offset the danger of hail and do our best to ensure our members will receive value for their dollar.

## VISIT IN PERSON OR VICARIOUSLY

*We hope to document our season with pictures and stories online or in newsletters. You’ll see the fresh raspberry, basil, lettuce, farming methods, selling methods, and more.*

*If you’re not into this, you are welcome to visit the farm for tours, to help out, or to explore Interparks (we’re in a location within 50 minutes drive of three provincial parks and one national park) and we operate Wild Berry Lane B & B.*

