

DRUMLIN FARM

2016 SPRING NEWSLETTER



CERTIFIED
ORGANIC
SINCE 2009

Drumlin Farm is unique among local, organic (we are certified) farms in that we not only grow nutritious organic food, but we also provide employment, work with the environment, and focus on a farming model that is sustainable, cost-effective, and viable. We serve Aberfoyle, Guelph, Freelon, Milton, Campellville, Hespeler, and more!



Drumlin Farm has been accepted into the Chicken Farmer's of Ontario 'Artisanal' program, where selected farms

are allowed to go over the regular quota (usually 200 meat birds, without quota). We will be raising about 600 heritage breed chickens; how to order fresh and frozen whole organic chicken will be posted soon on our website.

Our staff is changing for 2016! We are excited about the changes here at Drumlin Farm. 'Mike' has been working here throughout the winter. We are finalizing two more people this week.

Seeding is going well with all our onions and leeks done. We have started on the cabbage family. As soon as it gets a little warmer, the tomatoes, peppers and eggplants will be next!

Drumlin Farm needs your support. Local, organic small farms take a lot of labour, a lot of time, and a lot of money. We cannot operate without supportive customers, such as you. Please consider purchasing a CSA; we have many options!

<http://www.drumlinfarm.ca/content/community-supported-agriculture-0>

Sue and I are off to the Dene Tha' reservation in Northern Alberta for 1 week in May. We will be working on gardening, women's health issues and

helping with some new goals for the community. Wish us luck!

Community Supported Agriculture (CSA) is a form of direct marketing between farmers and member families. Members pay in advance for weekly fresh produce for the duration of the growing season. Receiving payment in advance helps farmers cover early-season costs such as seeds, equipment, salaries and other field materials. *Drumlin Farm* is unique among local, organic (we are certified) farms in that we not only grow nutritious organic food, but we also take great pride in providing employment, work with the environment, and focus on a farming model that is sustainable, cost-effective, and viable.

HOW DOES A DRUMLIN FARM CSA WORK? Members sign up for the full CSA season (1st week of June to 2nd week of October; 20 weeks).

Drumlin Farm offers three sizes of box; small (1-2ppl), regular (2-4ppl), and large, (3-6ppl).

PICK-UP AT DRUMLIN FARM:
THURSDAY OR FRIDAY FROM 4:00 PM TO 7:00PM

PAYMENT: Small \$400; Regular \$600, Large \$800 (payments welcomed)

Payable to: Drumlin Farm

PLEASE CHECK OUR WEBSITE; TO REGISTER GO THERE OR USE THE FORM HERE.

THANKS SO MUCH!



**2016 DRUMLIN FARM CSA
Registration**

**Thank you for your interest in
DRUMLIN FARM Organic CSA.
We accept shareholders on a first-
come, first-serve basis. Please sign
up for a share using this form, or on
the website (starting January):**

www.drumlinfarm.ca

NAME: _____

ADDRESS: _____

PHONE: _____

email: _____

BOX SIZE: _____

PAYMENT METHOD: (✓)

FULL

DEPOSIT/ POST-DATED
CHEQUES

Pick up Day

() THURSDAY **OR**

() FRIDAY

519 837 9485 226 343 9618

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www.drumlinfarm.ca

Facebook: Drumlin Farm

Twitter: DrumlinFmGuelph



Don't drive? Try to convince a neighbor to sign up as well; the more the merrier!

Mediterranean Salad Dressing

Works well on bitter greens.

Ingredients

3 tbsp olive oil

1 tbsp vinegar (white/rice)

1 tbsp maple syrup (adjust to taste) – if your greens are bitter, you may wish more of this

1 tbsp lemon juice

**1/4 tsp (+) hot mustard powder
salt and pepper to taste. Shake ingredients in a jar with tight-fitting lid. Serve – this stores well. For a creamy variation, add one TB of mayonnaise.**

NEW FOR 2016! POINT SYSTEM

Each item will be displayed market-style and will be assigned a point value. For example, if you sign up for a Regular share, you will have 30 points (600/20weeks) to use each week. MOST of the time you will have total choice as to what you select. When a new crop comes out, e.g. tomatoes, that choice may at first be restricted. Visit our on-farm market throughout the season for additional items such as eggs, chicken, and more. Did you know that we offer a student discount? Please email us and we will send you full details. Another feature we have is a 10 Time Pick Up card, where you buy 10 weeks of produce, but you decide when. This is ideal for those people who are super busy, vacation a lot, or simply don't want delicious, fresh produce EVERY week!

'Studies show that organically grown crops produce more of the things (ascorbic acid, lycopenes, resveratrol, flavonols in general, etc) that our bodies need and also have less toxic residue. Science is still catching up with this.' [J. Agric. Food. Chem. Vol. 51, no. 5, 2003.](#) Michael Pollan

'There's a short chain between field and fork, and the shorter that chain is - the fresher, the more transparent that system is - the less chance there is of anything from bio-terrorism to pathogenicity to spoilage.' Joel Salatin http://www.brainyquote.com/quotes/authors/j/joel_salatin.html

