

Lochaber Growers

About

Our Community Supported Agriculture (CSA) Food Box program is back for 2024! Since 2016, Lochaber Growers has been sharing our finest locally grown produce with our client families all over Antigonish County and Sherbrooke. As 5 separate farms, we each produce a variety of crops; together, we have the largest crop selection in a single CSA. Learn more about our story, our passion for co-ops, our sustainable growing practices, and each farmer's contribution at Lochabergrowers.com

Our Farmers

Quinn Farms John and Bonnie Quinn produce asparagus, sweet corn, and wild blueberries. These founding members also provide herbs and tomatoes!

The Avant Gardener Fenn Martin and Amberlee Boulton specialize in garlic, broccoli, sugar snap peas, and potatoes!

Six Maples Farm Alicia, Danny King and their family are 7th generation farmers who provide free-run eggs and all meat options.

D&M Farm David Matheson and Meghan Johnny grow through the Sisters of St. Martha's program provide almost everything going into your salad bowls.

Luna Farms Al Labranche and Megan Samson produce fresh blueberries and champions of our subsidized food box program.



Wednesday CSA Pickup Location & Pop-Up Sales

Convenient for You!

Antigonish Town: Open for pickup 11am-2pm. Adjacent the Farmers Market, James Street

Sherbrooke: Pickup at the Municipal Parking lot next door to the Shoppers drug mart (Time TBA) (\$5 per week delivery charge applies)

North Lochaber: Pickup 3:30pm - 5:30pm at Quinn Farm 1772 Highway #7

New!

ASK about Delivery!

For customers within 5 kms of the Antigonish Farmers Market we now offer a delivery option for a fee starting at \$5 per week.

LOCHABER GROWERS COOPERATIVE



2024
Food Box Program

From Our Fields to Your Table



Lochaber Growers *Bounty!*

We put our earliest crops into our food box. Our customers will enjoy **Early Season** offerings of asparagus, pak choi, rhubarb, spinach, swiss chard, strawberries, lettuce, microgreens, and sugar snap peas. **Mid Season** crops include broccoli, carrots, cherry tomatoes, garlic, celery, cabbage, and green/yellow beans. The **Late season** crops add fresh sweet corn, wild blueberries, onions, squashes, beets, pumpkins and field tomatoes.

We also offer weekly protein options including free-run eggs and frozen, grass-fed lean ground beef as part of our box.

Every week the pickup locations also offer a **popup cash market** with extras from your favorite crops. Drop in customers are welcome.

Our Food Box program distributes each Wednesday for 20 weeks beginning June 5th running until October 16th.

Choose your box size	Then...	ADD Free-Run EGGS	ADD Lean Ground BEEF
<p>Basic Produce- Box A \$28 worth of fresh local produce each week. Popular with couples and small families. \$560 for the season.</p> <p>Family Produce- Box B \$35 worth of fresh, local produce each week. Popular with veggie lovers and large families. \$700 for the season.</p>		<p>Add Eggs Biweekly (\$7 biweekly) \$70 for the Season</p> <p>OR</p> <p>Add Eggs Weekly (\$7 per week) \$140 for the season</p>	<p>Add Beef Biweekly (\$8 biweekly) \$80 for the Season</p> <p>OR</p> <p>Add Beef Weekly (\$8 per week) \$160 for the season</p>

To place an order fill out our form at www.lochabergrowers.com
More detailed pricing information and special requests please email lochabergrowers@gmail.com



<p><i>Popular!</i></p> <p>Limited Meat Box ADD-ON Available</p> <p>Six-Maples Farms is offering a Meat Box option for protein lovers. All meats are processed at provincially inspected abattoirs. The red meat is vacuum packed and chicken is shrink packed and everything is delivered frozen.</p> <p>*Roast and stew meat may also be offered. *Lamb is occasionally available.</p>	<p>ADD MEAT BOX</p> <p>Beef, Pork, or Chicken Biweekly \$340 for the season</p> <p>Or</p> <p>Beef, Pork, or Chicken Weekly \$680 for the season</p>	<p>Alternating weeks of:</p> <p>Beef: lean hamburger, roast, stirfry, or stew.</p> <p>Pork: roast or chops</p> <p>Whole Chicken</p> <p>Lamb: available upon request.</p> <p>\$34 value per box</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Sheep at Six Maples Farm, Addington Forks.