

Background

Keith Neu, an organic farmer from Hudson Bay, started the **Etomami Community Organic (ECO) Farm** in 2007. ECO Farm has grown from 30 to 150 members and has room to expand until the 200-limit is reached.

How does CSA Work?

The basic CSA model is simple: consumers purchase annual "shares" in exchange for deliveries of predetermined products. Both consumer and farmer share in the production risks and benefits.

ECO Farm members invest in the farm in May and pay per month according to what type of products they want. Each member is committed to the farm for one year to ensure that the planted crops and meat are compensated for.

Sign-up options are varied to accommodate meat eaters, vegetarians, single folks and different sized families.

Keith delivers products to drop off locations twice a month during the growing season and once a month during the winter and spring. Currently there is a drop off station in Saskatoon, Regina, Prince Albert, Moose Jaw, and Canora. Other locations will be considered upon request.

Join ECO Farm

ECO Farm members sign a contract with the farm each spring and pay per month by including 12 post-dated cheques (or direct debit) with their contract.

2015/16 cost per month subject to change

garden produce / box*\$80.00
beef (frozen, steaks) / lb**\$12.00
beef (frozen, roasts) / lb**\$7.00
beef (frozen, extra lean ground only) / lb	..\$6.00
all beef nitrite free smokies / lb\$9.00
roasting chickens, pasture raised (frozen, 5-6lb) / bird\$26.00
eggs / dozen\$4.00

*fresh & frozen, feeds 1-2 adults

**available for sale/order, not on contract



ETOMAMI ORGANICS
ecofarm

**Know Your Food!
Know Your Farmer!**

Join ECO Farm today!

**Receive organic produce YEAR
ROUND with the option to add
beef, chicken and eggs.**

Support local.

Build community.

Support the environment.


Encourage healthy eating.

Know Your Food! Know Your Farmer!

ETOMAMI ORGANICS
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www.saskecofarm.com

Get fresh, healthy, tasty food!



Community Shared Agriculture (CSA)

Restoring the link between farmers and consumers

Advantages of CSA

- » you know the farmers who produce your food and you know how and where your food is grown and raised.
- » you support local and sustainable agriculture.
- » you ensure that farmers receive a fair price for the food they produce.
- » you support the environment by ensuring your food isn't being shipped thousands of miles.
- » you help farmers stay on the land by sharing in the risks and the benefits.
- » you get fresh, healthy, tasty food!

The Need for CSA

Do you know where your food comes from? Do you know how it was grown and raised? Were any chemicals used? Do you know whether it was genetically modified, fairly traded or sustainably produced? Do you know how long it was in transport and storage or if it was in contact with any contaminants?

Food security is a huge issue and the list of questions just keeps growing. This is especially critical at a time when the industrial food system is so alarmingly centralized and exploitative to the land, to farmers and to animals.

Our food supply is being increasingly threatened by globalization of agriculture, the primary purpose of which is to provide profit for the agricultural corporations. No wonder so many people are concerned about the quality and safety of their food and who controls the food supply.

Community Shared Agriculture restores the connection between people and their food source.



To receive organic produce **YEAR ROUND** join **ECO Farm today!**

Go to www.saskecofarm.com or see our contacts below.

FOR MORE INFORMATION OR TO ORDER

SASKATOON	Lesia saskatoonECOfarm@gmail.com
REGINA	Amy reginaECOfarm@gmail.com
MOOSE JAW	Geoffrey mjECOfarm@gmail.com
PRINCE ALBERT	paECOfarm@gmail.com
CANORA	Sharon – 306-563-2031
FARMER	Keith Neu km.neu@sasktel.net

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