

Photos from 2009 season



First field ripe cherry tomatoes



Luscious rows of potato & bean plants



Market table overflowing in September

Vegetables in Season

Eating local is a celebration of crops at their prime - some vegetables are available all year long while others for just a few weeks. I practice 'season extension' techniques to ensure the widest variety throughout the growing season. Each week brings a new flavor!

The first crops to ripen are leafy and green. A spring-time week may consist of: 1-2 heads of lettuce, ½ lb spinach, a bunch of radishes and green onions.



Summer time adds weekly appearances of green beans, cucumbers, zucchini, and new potatoes and tomatoes to the above crops. There are also fresh herbs like oregano, chives, and basil.

In the fall, cool weather crops abound – broccoli, cabbage, turnip, leeks, and winter squash round out the season and fill up your pantry.

There are many great resources for seasonal recipes and tips on storing vegetables – you will have more information in the newsletter as our season shapes up!

Sweet Crow Farm



Community Shared Agriculture

2010 Member Brochure

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What is Community Shared Agriculture (CSA)?

CSA is a direct partnership between consumers and farmers. People sign up as investors and members of the farm, and receive a share in the harvest – kind of like a subscription to the farm.

This model of business has been gaining popularity in North America for a decade, combining two strong trends in agriculture today: organic and local. Your food dollars circulate in the community, ensuring the health of land and local economies.

Who Grows Your Food?

Sweet Crow Farm is a 1/2 acre farm run by Sarah Crocker Pleasant Valley. I have been involved in organic agriculture since 2005, including a two year apprenticeship in CSA farming. Last year I was a vendor at the new Glasgow Farmer's market and am looking forward to expanding variety and quantity for 2010!



Your Share

Your share is distributed over 20 weeks from June to October. There is a regular newsletter with information about the farm and recipes for specific vegetables. There is always opportunity to become more involved by volunteering or organizing farm events. At the end of the season I will provide a report from the field and farm budget to all members.

My Responsibility to You

Your family will receive a wide variety of foods harvested at their peak of freshness, ripeness, flavor, vitamin and mineral content. A limited number of shares are available to maintain quality and quantity for members. Vegetables are grown without artificial fertilizers or pesticides and well tended at every stage. Diversity is key on a small farm; I try different varieties, including heirloom types.

Splitting a Share

The amount of food is geared toward a small family or two adults who really love vegetables. If you feel your household would not make use of a full share, please consider finding a friend or neighbor to “Split” it with.

I want to become a shareholder in Sweet Crow Farm!

Name (s): _____

Mailing address: _____

Phone: _____

Email: _____

Pickup Options:

On-farm New Glasgow
 Truro (please add 30\$ delivery)

Payment Options:

Full Share payment: 400\$
 2 Installments of 200\$; enclose postdated check for August 1.

By signing below, I agree to participate for the whole season accepting the seasonal variety in harvest.

Signature: _____

Please detach this form and mail to:

Sarah Crocker
PO Box 331
Stellarton, NS B0k 1S0

**Thank you for supporting
local farmers!**