

2011 Program Overview



Our Vision Statement

- Growing community food sheds

Our Mission Statement

- YUFCSA is an urban community shared agriculture (CSA) program that reconnects communities with local food.



About YUF CSA

Young Urban Farmers CSA was started in 2010 as a non-profit extension of Young Urban Farmers Limited—a local business offering homeowners a personal vegetable garden in their own backyard. Hearing the growing needs and concerns of the community for fresh, locally grown produce, YUF CSA started as an independent, non-profit organization with the goal of providing fresh vegetables to the urban community.

However, do we more than just grow vegetables. Through our newsletters, workshops, leadership opportunities, and focus on good food, we help bring people and communities together in the shared cause of food. We hope you will join us in this journey.



The YUF CSA Team



Elaine Howarth is a graduate of Trent University in the environmental and political studies program. As the head of operations, she plans, coordinates, and oversees all of our backyard gardens. She has a passion for food security and has worked with many local food organizations.



Chris Wong is a graduate of Queen's university and helps to make gardening fun and rewarding. He is the sales manager and was the 2010 Lawrence hub coordinator. He is a member of the Toronto Food Policy Council and avid Frisbee player.



Stella Woo is a graduate from the University of Toronto, majoring in human biology and economics. She brings her passion for fresh food and home cooking, drawing **inspiration from Toronto's culinary scene to her role as project manager and website technician.**



Ronald Ha is a graduate of Queen's University with a finance and accounting background. He is an expert in Chinese kung fu and brings the Zen aspect of martial arts to the YUF CSA team as our chief financial officer.

The YUF CSA Team



Rosie Pokorchak is a graduate of Guelph University's Anthropology Program. While she liked the study of human culture, she enjoys conversation with vegetables more! She is pursuing a career in horticulture, and is **lending her growing expertise as the Wychwood Hub's garden coordinator.**



Noelle Munaretto holds a Bachelor of Journalism with Honours from Ryerson University, and is completely in love with Ontario rhubarb, strawberries, and snap peas. **While she isn't promoting local food as operations manager of the Ontario Culinary Tourism Alliance,** she plans and coordinates workshops and events for YUF CSA.



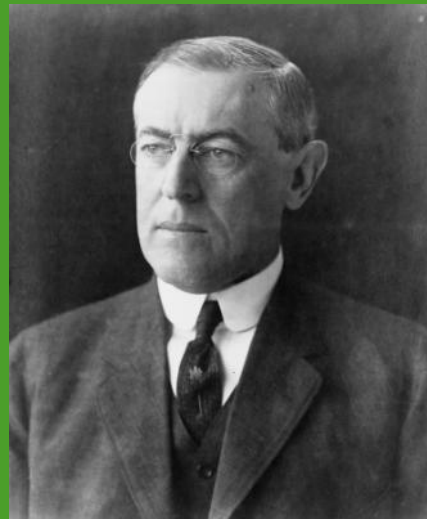
Andrea Chan has found her true calling in the environmental field and is a passionate supporter of the local food movement. As our volunteer coordinator, she splits her down time between reading, playing taiko, baking desserts with Ontario blueberries, and writing about sustainable living.



Madeline Boyce is a graduate of the University of Toronto majoring in Political Science. Her focus over the past several years has been on the politics of climate change. Her love of home grown organic produce came from working in her large backyard vegetable garden each year in her hometown of Halifax, NS.

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

- Woodrow Wilson



CSA Overview (Land-Sharers)

Land-sharers are at the heart of our urban CSA program — supplying us with the land upon which we grow our vegetables. They open up their backyard for us to convert into a beautiful and productive vegetable garden, and in exchange, receive a portion of the harvest. Each yard is usually 500+ square feet in size, receiving at least 6 hours of direct sunlight per day.

Requirements:

- a sunny backyard of 500+ square feet
- access to a hose or water supply

What we'll provide:

- Initial garden setup (preparing the garden, planting seeds and transplants)
- Ongoing garden maintenance (watering, thinning, pruning, mulching)
- Harvesting of the produce on a weekly basis
- Produce pickup in the garden or nearby garden

Participation Costs:

- \$0

If you would like to help us with a financial contribution, it will go a long way towards the long term sustainability of our program.





CSA Overview (Shareholders)

Shareholders sign up at the beginning of the season to receive a portion of the harvest throughout the summer months.

Sign Up Period:

- Now through May 2011, or until all shares are sold

Participation Costs:

- \$350-\$450 (pay according to your financial abilities).
- **Please make all cheques payable to “Young Urban Farmers CSA”**

What’s Included:

- A weekly pickup of produce harvested exclusively from our backyard gardens
- Priority access to our workshops and events
- Weekly newsletters on local issues

Other Extras:

- Get to know your neighbours, learn first hand what it means to eat with the seasons, and see what we can grow right here in our own backyards.

Program Overview

Our CSA program will run for approximately 18 weeks (+/- 1 or 2 weeks depending on weather). The first pickup will start at the end of May or first week of June. It will run until the beginning of October.

March:

- Initial prep work begins at our new and returning gardens

April:

- Cold hardy seeds are planted directly in the ground

May:

- Warm weather crops get transplanted and direct seeded
- *First CSA pickup* may start at the end of the month (weather depending)

June - September:

- Weekly CSA pickups
- Monthly interactive workshops
- Weekly newsletters

October:

- CSA wrap-up and garden wrap-up
- **Garlic is planted for next year's season**



CSA Advantages

Community Shared Agriculture (CSA) programs have been used for many decades and allow farmers to receive a set fee (from you, the consumer) for the growing season. In exchange, you receive a weekly share of freshly grown, local produce for you and your family to enjoy. As part of the program, you share in the risks due to weather and other factors beyond our control, but also share in the rewards of any bumper crops.

All members of the CSA benefit, which is what separates it from the tra-

Advantages for Participants

- Receive fresh vegetables and herbs harvested the day of delivery
- Know where and how your food is grown, who grows it, and to see the gardens progress throughout the summer
- Support viable local agriculture, preserve local land, and contribute to a healthy local economy
- Become more aware of their relationship with the land, eating with the seasons, and the processes that make our lives possible

Advantages for Farmers

- Given the opportunity to make a viable income by growing in a responsible and harmonious way
- Have the pleasure of knowing who their product is going to
- Relieved of marketing labour and can focus on growing food

Advantages for the Greater Community

- Benefit by fully utilizing urban space and adding to the diversity of communities, making them a more whole and satisfying place to live
- Strengthened by bringing together people who share healthy concerns about our future
- Receive an economic boost when food dollars remain within the

The Fresh Foods We Grow

At YUF CSA, we grow a mix of both unique heirloom varieties and high-yielding traditional vegetables, giving you your favourite vegetables, and some with a bit of a twist. Here is just a sample of some of the things we're growing this year:



Easter Egg Radishes



White Kohlrabi



Ground Cherries



Purple Peppers



Rainbow Carrots



White Cucumber

Our Weekly Newsletter



As part of our commitment to education and raising awareness of local food issues, we put out a weekly newsletter covering a local food topics.

We feature recipes using the produce that we grow, profiles of our garden volunteers or “gardeneers”, updates from the gardens, upcoming events, exciting news, and more.

Want to contribute an article? Contact us at aroundthewateringcan@yufcsa.com



Our Workshops & Tutorials

Workshops will occur once a month and include exciting things like seed saving or preserving! Our workshops are open to the general public, though shareholders, volunteers, and members have priority.



2011 Workshop Preview :

- In the Garden Shed
- Movie Night showing one feature film or a series of community docs about food
- Youth Growing Roots
- Canning and Preserving
- Dehydrating
- **Evergreen Brickworks Farmers' market tour and picnic**
- Urban Edibles & Wildcrafting
- Speakers Panel: Topic TBA

Frequently Asked Questions

Q. Do I have to donate my entire yard and have it turned into a garden?

A. No, however we do have a minimum plot size of 500 square feet

Q. What if I can't make it one week to pickup my veggies?

A. You can have a friend come and pick up your basket for you or we will share the extra produce with our volunteers

Q. Do you have any guarantees if the weather provides us with a poor harvest?

A. No. We will do everything we can to ensure a successful harvest, however due to the variable nature of the weather, crop failures, or other factors beyond our control, we cannot guarantee a set harvest

Q. Do you use any chemical fertilizers, pesticides, herbicides or other unnatural products on your plants?

A. No. We follow organic farming principles in all of our yards, as well as using organic and heirloom seeds whenever possible.

Q. Can I volunteer or have my children volunteer to help out with the gardening?

A. Yes! Let us know when you are available and we will coordinate an appropriate time with you

Partners and Supporters

We are extremely grateful to our community partners and supporters for their **donations of time, money, resources, advice, and man power.** We wouldn't be able to run our programs without your help and support.



Special thanks to the Stop for access to their tool library, as well as Liz Curran and her "Yes In My Backyard Program"



Special thanks to Mary Lou and the Carrot Cache for their financial support



Special thanks to MEC for their financial contributions



Special thanks to Malcolm and Hillesum Farms for their farming expertise and outstanding horse manure

Last, but not least, special thanks to Debbie and Green Valley Farms for greenhouse space, expert growing advice, and horse manure.

If you would like to sponsor us or know of additional organizations that support our overall goals and mission, please contact us for more details.



YUF CSA In The News

YUF CSA has been featured in a variety of news outlets. Here are just a few of the places we've been featured in



radio one

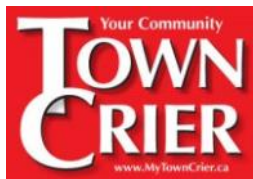
CBC Radio 1: Metro Morning with Matt Gallo-way, Here and Now, and David Suzuki's The Bottom Line



City of Toronto's Digital Stories



The Globe and Mail—May 24th, 2010



Riverdale Town Crier community newspaper

Look for more media mentions and stories on our website!



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