

East Neuk Market Garden
Community Supported Agriculture (CSA) veg bags 2022



Our veg bags are a bit different from other veg box schemes. Please have a read of the following information to find out more.

A whole season of fresh, seasonal, local veg

Community Supported Agriculture is a system which shares the rewards and risks of farming between the farmer and consumer. Through signing up for a CSA share, we are committed to providing you with fresh, seasonal and local produce for 31 weeks of the year.

This year the scheme will run from:

25th May to 21st December

Your commitment allows us to plan how much to grow, and helps to ensure a fair return for the unpredictable game of veg growing in Scotland.

Signing up means you receive the following:

- Your weekly veg bag
- A weekly e-newsletter with news and photos from the farm, recipes and other good info
- Invites to our open days exclusively for CSA members
- Access to our CSA facebook group where you can share recipes and ideas with other members

Veg bag contents

Each week we decide what's going in the veg bags, so you get the freshest and most seasonal local produce possible.

We always try to keep the contents varied and interesting, while providing a balance of staples too. We try to ensure a good mix of roots, leafy crops, fruiting crops and herbs, and occasionally fruit. The produce is almost always from our farm, but we like to support other small producers too so occasionally you'll have produce from other local and organic farms. We can't offer substitutions ahead of time (unless you're allergic to something), but we do have a 'swap box' where you can swap out items if you'd rather have something else. You can also buy extra items from the swap box if you like.

Which size veg bag should I sign up for?

Small (at least 5 items) is a good fit for a one person household or two people who don't eat a lot of veg.

Medium (at least 7 items) is a good fit for a two person household or a family who don't eat a lot of veg.

Large (at least 8 items and bigger portions) is a good fit for a family or a two person household who eat a lot of veg.

Payment

We believe everyone has the right to fresh, healthy food that hasn't damaged the environment through its production. The food system is complex and encompasses our health, ecosystems, culture, economy and politics. We can't try to fix everything but we will try to make our produce as accessible as possible while balancing the need to pay our staff and interns.

This year we have a new tiered pricing system in place, whereby higher income veg bags can help to subsidise lower income veg bags. It is up to you to decide which income bracket you fall into.

If you would like to sign up but still can't afford it right now, please get in touch anyway, we may still be able to subsidise your share.

As a CSA scheme we encourage our subscribers to pay up front. Paying before the season starts helps the farm's cashflow when sales are low and initial costs are high (e.g. seeds, compost etc.) Most importantly, it means we know how many people to grow for throughout the whole season.

If you pay up front you get a discount and pay for only 30 weeks, which allows for one week's holiday during the season. If you do not take this time, you get one week free!

Up front payments are due by 1st April and 1st October (if you pay in two payments).

Here are the prices for 2022 explained:

	Price per week	One up front payment (one week off for holiday and 5% discount)	Two up front payments (one week off for holiday and 5% discount)
SMALL			
Lower income bag	£5	£142.50	£71.25
Middle income bag (cost)	£8	£228	£114
Higher income bag (£2 helps to fund a lower income bag)	£10	£285	£142.50
Highest income bag (£4 helps to fund a lower income bag)	£12	£342	£171
MEDIUM			
Lower income bag	£9	£256.50	£128.25
Middle income bag (cost)	£12	£342	£171
Higher income bag (£2 helps to fund a lower income bag)	£14	£399	£199.50
Highest income bag (£4 helps to fund a lower income bag)	£16	£456	£228
LARGE			
Lower income bag	£13	£370.50	£185.25
Middle income bag (cost)	£16	£456	£228
Higher income bag (£2 helps to fund a lower income bag)	£18	£513	£256.50
Highest income bag (£4 helps to fund a lower income bag)	£20	£570	£285

Collection or delivery

Most customers choose to collect their veg bag directly from us at the farm, just behind Bowhouse, St Monans.

However, we deliver to homes in the East Neuk (Wednesdays) and St Andrews (Thursdays), for an extra £2.50 a week.

How to find us

At the back of the Bowhouse building there is a track that leads straight down to our plot. The track is to the left of the big black water tanks. We are the first plot you come to. We now have a big turning circle next to our plot so it's easier to drive down, but you can also leave your car up at Bowhouse and walk down. Our gate is always closed to keep the dogs inside (there are three very friendly dogs on site!), so please remember to close the gate after yourself when you enter and exit. You can enter through the pedestrian gate in the middle.

Day and time

Veg bags are ready for collection from 3pm until 7pm on Wednesdays. Any bags left uncollected after this time will be put in the 'veg shed' for you to collect after hours. If the weather is bad we may also put the veg bags there earlier so we can head home, so it's worth checking there first if it's pouring with rain!

Veg shed

The location of the veg shed is still TBD for the coming season. We will let you know when the bags start up where to find it.

Packaging

Just like everyone else, we want to reduce our single use plastic as much as possible. We continue to use recycled plastic bags for our leafy products that go to retailers, because the compostable bags don't allow you to see the contents of the bag. However, we hope that with our CSA members we can reduce our plastic usage as much as possible.

Re-usable jute bags

We provide your veg in one of our re-usable jute bags sporting our logo. The idea is that we rotate around two bags for every customer, so please **return your bag every week** to ensure we have enough to go around.

In general, plastic is brilliant at keeping leafy products fresh for a long period of time in the fridge. Compostable bags which have the same effect are extremely difficult to find, very expensive, and often made from GMOs. Often growers like ourselves are faced with the difficult choice between single use plastic or leafy products wilting and going to waste, which no one wants either. Plastic bags can be rinsed out and used again and again, whereas compostable bags are created (with carbon and other implications) for a single use. We ourselves have done a fair amount of research into the compostable bags on the market, and are part of several different organisations whose members share information on the topic frequently. The best compostable bags we have found so far are (partly) made with thistle starch, and non GMO maize from Italy. They do a reasonable job at keeping leaves fresh, but not as good as plastic. They were also impossible to open so it took forever to pack using them. We've recently run out and are looking for a better alternative.

We need to portion things so that the packing of the veg bags is manageable, so we generally use the following approach:

Leafy greens:

- Small loose leaf salad/spinach/rocket etc are packed in recycled plastic bags (while we look for a better compostable alternative)
- Small loose leaf herbs are sometimes packed in small plastic bags

- Large leafy items like kale and rainbow chard are bunched using an elastic band, sometimes herbs are also done this way

Other items:

- We bunch most things than can be like radishes, carrots, beetroot etc with an elastic band. You can eat the 'tops' of all of these veg so we want you to have them, and it makes it easier for portioning
- Beans are often bunched in an elastic band
- Potatoes, courgettes and some other items are normally in paper bags which can be recycled
- Peas and tomatoes are in cardboard punnets

We recommend that you store your leafy greens in a re-usable plastic bag or tupperware in the fridge to keep them fresh for as long as possible.

If you would like to return any usable packaging to us, including elastic bands, punnets and paper bags, then please just leave them in your jute bag and we will use them again.

[To sign up please fill out this form](#)

Contact us

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