



LOCALLY GROWN IN YMM
AT DUNVEGAN GARDENS
FRESH VEGGIE BOX
SUBSCRIPTIONS NOW AVAILABLE
SIGN UP TODAY!!

YMM FRESH VEGGIE BOX

We grow a number vegetables and herbs on our 40-acre farm. When you shop locally you are helping to keep variety in Fort McMurray.

Eating vegetables grown in the region where you live has a number of health and environmental benefits. We would be honoured if you'd allow us to help you be selective in what you feed your family.

WHAT WE GROW

Root Crops:

Beets
Carrots
Onions
Potatoes (Red & White)
Turnips
Leeks

Leafy Greens:

Cabbage
Turnip Tops
Lettuce
Spinach
Swiss Chard

Others:

Beans
Corn
Herbs
Peas
Pumpkin
Cucumber
Cauliflower
Broccoli
Dill
Zucchini
Strawberries
Raspberries
Saskatoon Berries
Rhubarb
Bokchoi
Kohlrabi
Radishes
Tomatoes
Peppers

PROGRAM DESCRIPTION:

Every week of our 15 week program, you will receive a fresh box filled with what is seasonally ready for harvesting. Each box will be filled with at least 40.00 worth of vegetables, herbs, and fruit. Not only can you feel great about what you're feeding your family, but also about supporting locally grown fresh produce from Fort McMurray's only family farm.

How Do You Get In On It?

1. **Sign Up!**

Fill out the form and register for our 15 week program (July-November). It only costs \$450.00 (pre-paid). Close your eyes and imagine \$40.00 worth of fresh vegetables in a box ready for you to pick-up every week or delivered right to your door! Ah, that's nice!

2. **Choose how you get your box!**

Option 1: PICK-UP your pre-packed fresh veggie box from Thursday to Saturday every week at Dunvegan Gardens between 10 am and 4 pm. (we will need arrangements made)

Option 2: GET IT DELIVERED every Friday between 1 - 5pm for an additional \$200.00+GST.

3. **Time to get cooking!**

Enjoy your weekly pre-packed fresh veggie box! Every box will include a list of what we think will be ready for the next week so you can plan your meals around your box!

BONUS!! Once over the course of the 15 weeks we'll include a jar of local honey! A \$25.00 value - FREE!

DOUBLE BONUS!! In your first box, you'll receive a family day pass to the farm to use over the summer!

Deadline:

To participate in this year's Fresh Veggie Box program, you'll need to have signed

up and paid by the end of June. Be sure and fill out and sign the form completely. By doing so you agree to pre-pay \$450.00 to receive vegetables for 15 consecutive weeks starting in July. If you choose the “delivery within city limits” option, be sure and add the \$200.00+GST fee. The YMM Fresh Veggie Box has a mix of fresh crops grown at Dunvegan Gardens worth \$40.00. The contents is subject to availability in every week, and we will ensure that all produce inside the box is freshly harvested and well portioned.

Yes! Sign me up for the **YMM Fresh Veggie Box** Grown at Dunvegan Gardens!

Name: _____

Address: _____

Tel: _____

Credit Card #: _____ Exp. Date: _____

Name of Card Holder: _____

Option: Please choose your selection

Pick-up _____ Delivery within City Limits _____

Thursday to Saturday Friday Only

10am - 4pm 1 - 5pm

Total = \$450.00 only Total: = \$660.00 (\$450.00 + \$210.00 incl. GST)

Special request: _____

Signature: _____

Please hand in your completed form and make your payment to the cashier

At Dunvegan Gardens, or by email dunvegangardens@yahoo.ca and or by

Fax (780)-791-9169.

