



"creating a village in the city"

# Garden Fresh Box



## Garden Fresh Box is:

- non-profit produce buying program
- provides customers with affordable fresh fruits and vegetables
- supports our local farmers
- Box changes with Ontario's growing season, but runs 12 months of the year
- We include as much locally grown produce, optimal taste, freshness and nutrition
- Monthly newsletter offers recipes and cooking tips to help you prepare meals
- Everyone is welcome to participate in the program
- Typical boxes contains 9-14 vegetables/2-5 types of fruit
- \$20 large box and \$15 small box

## KHNG is a host site!!

### How it works:

- \* Place your Garden Fresh Box order by email to KHNG.
- \* Pay for your box by the first **Tuesday of each month between 3:30pm & 5:30pm** at the KHNG Community room (**cash only please**)
- \* Pick up your Garden Fresh Box on the 3rd **Wednesday of each month - between 5 & 7pm** at KHNG Community room and enjoy! (*bring your reusable bags to take your fruits and veggies home*)
- \* Before you leave pre - order & pay for your next month's garden fresh box

Email [khng@bellnet.ca](mailto:khng@bellnet.ca) today to order your Garden Fresh Box!!

