



"creating a village in the city"



FROM THE GROUND UP

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 considering being a host site to start September 2013. Please tell us if this is of interest to you?

How it works:

- * **Order from KHNG** convenient for you or another host site.
- * **Order and pay** for your box **by noon on the 1st Tuesday of the month.**
- * **Pick up your Garden Fresh Box** on the **3rd Wednesday of the month** from your Host Site and enjoy!

Sign up today if you are interested!!

