

Community Supported Agriculture (CSA) & Community Farm Markets

Waterloo Region

Introduction to CSAs:

Here is almost everything you want to know about Community Supported Agriculture (CSA) programs. CSAs are usually a Vegetable Share each week from mid-June through October, you will receive a variety of seasonal produce. You roll the dice with the farmer as to what crops up! You will have some choice at pick-up depending on what is available at the farm.

Examples of seasonal produce:

- Spring: kale, spinach, cilantro, parsley, lettuce, micro-greens, radishes, garlic scapes, etc.
- Summer: eggplant, lettuce, mustard greens, swiss chard tomatoes, cucumbers, zucchini and summer squash, beets, carrots, garlic, green onions, and a variety of herbs (cilantro, parsley, basil, thyme, sage, savory) flowers, etc.
- Fall: leeks, carrots, garlic, kale, beets, mustard greens, onions, squash, spinach, chard, & herbs
- You can buy extra bunches of Basil to make pesto in August, or extra other vegetables to freeze or can for winter too. Some CSAs also sell meat at the pickup locations from a different supplier.

Unfortunately, the sign-up time for the CSAs was in March. Therefore, a few of them are sold out. However, you could sign up to be on the waiting list. But in the meantime, you can join a sustainable market such as Bailey's or The Sustainable Market. They are lots of fun. They are pre-packing your order now because of Covid-19.

Farm Markets:

- **Bailey's Local Foods** - Pick Up Location Address: **First United Church** 16 William Street, West, Waterloo. Enter by the glass door on Caroline near Alexandra. Open to the public on pickup days only from 3:30 until 7 pm. You sign up and then select the foods that you want from an available list. - <http://www.baileyslocalfoods.com/>
- **The Sustainable Market** - pick up is at **Parkminster United Church**, 275 Erb Street East, Waterloo. They are open now and have a variety of foods available. You select what you want to order and then pick it up. <https://sustainablemarket.ca/account-login/>

- The pre-order format is simple: The farmers harvest only what was ordered (often less than 24 hours from farm to table), and they bring it to one of their convenient market locations for pickup. No food waste. No membership fees. No GMOs. No chemicals. Just clean food.

List of CSAs:

- [Milky Way Farm](#) – Those in the Kitchener/Waterloo area can pick up Saturdays from **Cafe Pyrus Outpost** (150 Roger St. Waterloo), or **have an order delivered to your door**. Still has spots available.
- Hacienda Market Garden – weekly pick-ups at The Tannery, The Queen Street Commons Cafe and the Hacienda Sarria Market Garden
 - **Vegetable and Flower Shares SOLD OUT!**
To be added to our waiting list, please email: hacienda@theworkingcentre.org
- Little Fields Farm may have shares available, with pickups in downtown Kitchener. <https://www.littlefields.farm/csashare> <https://www.theworkingcentre.org/hacienda-market-garden-csa/160>
- Fertile Ground Organic Farm (Angie Koch) has a waiting list but it is **currently sold out** <https://www.fertilegroundcsa.com/csa>. Currently they have their seedling sale going on.

Others:

- Garden Party - <http://www.uptownmarketwaterloo.ca/garden-party/> - Find us at Waterloo Public Square 75 King Street South, Waterloo Join us Thursdays from 3-7pm, June through October Email us at UpTownMarketWaterloo@gmail.com (Not yet open.)
- Little City Farms is not a CSA but a great place for heirloom seedlings - **ONLINE SEEDLING SALE IN MAY**. Even if you only have a small yard or plot of soil, plenty of high-quality food can be grown there with careful planning. Indoors, herbs & veggies can be grown year-round as sprouts or microgreens on a window ledge or kitchen counter. [We have posted a FREE garden planting guide here, so you can plan out when to start your seeds and when to plant your seedlings outdoors.](#) Here at Little City Farm we have begun hundreds of seedlings, in the hopes of having a good quantity to offer our community through our annual [SPRING SEEDLING SALE](#). For now, you can [browse our selection in advance](#). Happy garden planning!

If you are aware of any other CSAs – please send the information to Christine Weber at christine.weber@sympatico.ca