

2024 FARM SHARE CSA

(MONTHLY MEAT SUBSCRIPTION)

WHAT IS A CSA?

CSA = Community Supported Agriculture: an alternative model of agriculture and food distribution which focuses on locally grown, respectfully raised food. When you sign up for our CSA, you have pledged to support our farm, and subscribed to receive a monthly meat package as outlined in this CSA price list; which contains the food we produce, also documented on our website.

The CSA Membership is a partnership between you, our respected local membership community, and a partnership of local pasture, grass-fed and organic farmers. Back-to-Nature's CSA Program promotes mutual benefits: as farmers, we can better plan production and inventories, and you receive a constant supply of respectfully and well raised meats delivered each month, or every other month, for a half or whole year!

As organic and regenerative farmers, we farm purposefully, using organic principles, ecological practices, and with respect for the land and animals. Your membership to our CSA allows you to choose how your food is grown. Our farm practices are transparent -- you can see for yourself. Ask us any questions you have in order to better understand our farming practices!

WHY is Back-to-Nature's MEAT CSA the BEST in ONTARIO?

1. CLEAN, EXCEPTIONAL QUALITY meat, respectfully and ecologically raised. FREE OF antibiotics, hormones, pesticides, GMOs, filler, preservatives, gluten, and dairy.
2. Excellent service from dedicated farmers working for you! LOCAL FOOD is our passion!
3. A LARGE VARIETY OF CUTS, AND YOU CHOOSE the cuts of meat YOU WANT!
4. You pay LESS THAN WHOLESALE price for your meats, as you are buying in volume, but having it delivered monthly or bi-monthly.
5. Delivered by an HACCP certified transport company specializing in safe food transport to guarantee your meat is SAFE and delivered directly to YOUR DOOR!

We deliver your CSA directly to YOUR HOME or WORK, EVERY 1, 2, or 3 MONTHS, depending upon the CSA you choose. Your CSA contains a huge selection of BEEF, PORK, DAIRY, and POULTRY. You receive the cuts YOU CHOOSE.

FULL CSA: 450 LBS					HALF CSA: 240 LBS				FULL CSA Payment Options	
FULL CSA PRICES	FULL CSA 450lbs	Lbs per delivery	TOTAL WEIGHT (lbs)	Price per pound	HALF CSA PRICES	HALF CSA 240lbs	Lbs per delivery	Price per pound	Deposit 33%	10 Payments
\$ 8,544.00	12 Deliveries	37.5	450	\$ 18.99	N/A	12 Deliveries	N/A	N/A	\$ 2,845.15	\$ 555.36
\$ 7,824.00	6 Deliveries	75	450	\$ 17.39	\$ 4,452.00	6 Deliveries	40	\$ 18.55	\$ 2,605.39	\$ 508.56
\$ 7,104.00	3 Deliveries	150	450	\$ 15.79	\$ 4,092.00	3 Deliveries	80	\$ 17.05	\$ 2,365.63	\$ 461.76

Full Farm Share CSA - 450lbs - You can expect to receive the following combination of meat:

Meats	Lbs per month	Total (Year)	NOTES:	
Beef	10	120	A variety of cuts based on the cuts YOU CHOOSE: A Quarter Cow	450lbs of meat will make 900 meals, or 225 meals for a family of 4.
Pork	16	192	A variety of cuts based on the cuts YOU CHOOSE: A Whole Pig	
Chicken	8	96	Organic chicken, pasture raised from May to October: Whole/Variety Chicken	The Full CSA will provide you with 4 meals for 4 people per week for 45 Weeks.
Turkey	1 delivery	18	Approximately one 15-20lbs turkey provided ONLY in the Fall: Turkey ready FOR Thanksgiving	
Duck	1 delivery	7	Approximately one 4-6lbs duck provided ONLY in the Fall: Duck ready AFTER Thanksgiving	
Butter	2	25	Organic, grass-fed butter	
Total	37.5	458	35.5lbs per month, for 12 months or 6 Deliveries of 71lbs - Totals 425lbs	

DELIVERY NOTES - HACCP CERTIFIED FROZEN FOOD DELIVERY

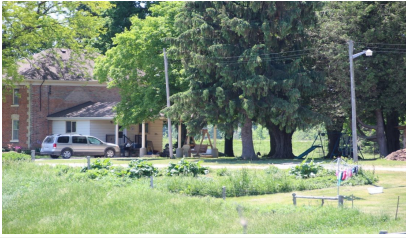
DELIVERY FEES INCLUDED in the CSA Price for EACH Month your CSA order is delivered. We confirm the delivery date with you based on when stock from the farm is at its best. Your CSA is DELIVERED to the address you provide on the order form. You can receive delivery to YOUR HOME, or WORK or BUSINESS -- anywhere in Ontario!

Order as a group, and SAVE on your delivery fees. For example: 4 neighbours with 4 separate orders pay only 1 delivery fee for everyone included, saving you all on the majority of fees. (You can do this with 2 or more orders, but only 1 address).

Select a variety of cuts from the order form, and send it in with your deposit to start receiving your monthly meat subscription. There is a large variety of cuts to choose from!

2024 Back-to-Nature's FARM SHARE CSA - MEMBERSHIP SIGN UP FORM

Please complete the order form and return it along with your 33% deposit.



Ship-to Address: the address your order will be shipped to each delivery period, depending upon the size you choose.

First and Last Name: _____

Ship-to Address: _____ Unit/Suit: _____

City: _____ Postal Code: _____

Email : _____ Phone: _____

SHIPPING/SAFETY CONDITIONS

- * You should be present to sign for the delivery. The delivery driver will not deliver to your apartment/condo door, you must meet them in the lobby.
- * A cooler left outside to receive the order is acceptable, as long as it is big enough to hold the entire order. The driver will not unpack the box into multiple coolers.
- * Your order is delivered in a temperature-controlled environment; orders left in coolers are at your own risk -- we are not responsible for thawing or theft.
- * It takes only 2 hours for foods stored in the "unsafe" temperature zones to become unsafe to eat.
- * If you can not be home on the expected date of delivery -- with 24 hours notice -- we can cancel your delivery or ship to a new delivery address you provide.
- * If your delivery is missed because you were not home to receive your delivery, and there wasn't a cooler big enough to safely hold the entire order, on the agreed upon day, causing a need to reschedule, a \$240.00 delivery fee will apply. If you have a group delivery arrangement, and you can not receive your order when the group delivery is planned, the next delivery will contain BOTH orders.

Steaks and chops are approximately 1" thick and vac-pack'd

Roasts are approximately 3-5lbs

Ground beef, ground pork, stew, stir-fry beef, sausage, and burgers in approximately 1lbs packs

Pork, chicken or beef sausages and burgers are all 6oz each and packed 4 per vac-pack

Select your favourite cuts by placing a CHECK MARK beside the cuts you WANT to receive.

IF there are cuts you NEVER want to receive, place an X beside them.

You WILL receive the cuts you requested, but maybe not in the quantity you expect. To provide the overall lower per lbs price, and honour the entire animal, the CSA is based on the volume of cuts each animal provides.

GRASS-FED BEEF and PASTURED PORK TRIM Cuts - Choose at least 5

Ground Beef	Ground Pork
100% Beef Patties	Breakfast Sausage Patties
Sliced Stir Fry Beef	Pork S&P Sausage
Stew Beef	Pork Garlic Sausage
Beef Shanks	Pork Mild Italian Sausage
Beef Garlic Sausage	Pork Honey-Garlic Sausage
Beef S&P Sausage	Smoked Pork Sausage
Montreal Smoked Beef	Pork Cutlets - 1/4" thick
Beef Wieners	Pork Wieners
Pork Schnitzel	St. Louis Ribs

GRASS-FED BEEF and PASTURED PORK CHOICE Cuts - Choose at least 5

Blade Roast	Picnic Shoulder Roast
Outside Round Roast	Shoulder Butt Roast
Eye of Round Roast	Pork Loin Roast
Eye of Round Steak	Pork Loin Chops
Cross Rib Roast	Smoked Pork L Chops
Beef Braising Ribs - 4/pk	Spare Ribs
Korean Beef Ribs - 4/pk	Ham Steak
Pork Back Ribs	Picanha Steak / Sirloin Cap

ORGANS and Misc.

Bones - Beef	Pig Tails
Beef Heart	Pig Feet
Beef Liver	Lard
Beef Tongue	Tallow
Bones - Chicken	Raw Pig Fat

DAIRY Prodcuts

Unsalted Grass-fed Butter	Salted Grass-fed Butter
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NOTE: ALL cuts of meat, including smoked meats (snack stix, summer sausage, bacon), have NO wheat, gluten, filler, and/or sodium nitrate.

NOTE: Substitutions/adjustments are available for dairy. We can exchange, or subtract it and adjust your price. Please email or call.

PAYMENT OPTIONS: 1/3 deposit due at sign-up with the remainder paid over the term of the CSA in as many as 10 payments. We accept, cash, cheque, email transfer, Visa, or MasterCard.

CERTIFIED ORGANIC CHICKEN

Whole - 3-5lbs
Breast - 1/pk
Thighs - 2/pk
Drumsticks - 4/pk
Wings - 8/pk
Ground - 1lb

PASTURED TURKEY - 15lbs

Expect 1 in September just before Thanksgiving

PASTURED DUCK - 4-6lbs

Expect 1 in October

GRASS-FED BEEF and PASTURED PORK PRIME Cuts - Choose at least 5

Tri Tip Sirloin	Beef Sirloin Roast
Flank Steak	Sirloin Steak
Bavette Steak	Striploin (New York)
Skirt Steak	T-Bone Steak
Bacon	Ribeye Steak
Back Bacon	Rib Steak
Coppa Bacon	Prime Rib Roast
Pork Tenderloin	Tenderloin Roast
Maple Ham Roast	Tenderloin Medallions
Brisket Plate	Brisket Tip Roast

SMOKED MEATS

Sliced Summer Sausage	Mild Meat Sticks
Full Sleeve Summer Sausage	Hot Meat Sticks

CONFIRM CSA SIZE and # of DELIVERIES Below

Full 12 Deliveries	\$8544.00
Full 6 Deliveries	\$7824.00
Full 3 Deliveries	\$7104.00

Half 6 Deliveries	\$4452.00
Half 3 Deliveries	\$4092.00

2024 CSA TOTAL

Former Farm Queen Customer Discount	\$	50.00
ORDER TOTAL		
1/3rd DEPOSIT DUE		
REMAINDER (Max. of 10 Payments)		

Thank you! Your membership supports farmers. You are making a welcome and positive impact for our local family farm community, our shared soil, water, and air by supporting, local, organic, regenerative and pasture based farming practices.