

Bishop's Farmers' Market & CSA Basket Pickup

Initiative by
The Sustainable Development
Office
&
Bishop's Sustainable
Agriculture and Food Systems
Programs

Special thanks to the SRC for their participation in the past and to Jaidan Stockill who conducted research to see the feasibility of this project.

Improving our Local Food System

A project proposing Bishop's University's participation in a CSA (Community Supported Agriculture) project was brought back during the winter semester of 2022. Bishop's University is now delighted to say that it will play a key role in ensuring that its students, faculty and staff have access to reliable, high-quality local food during the fall. By hosting a series of farmers' markets and CSA basket pickup points on campus through the months of September to October, accessibility to good food has never been easier. Sign up to pick up your CSA baskets every Friday, or come directly to the farmers' kiosk to buy a selection of surplus vegetables.



Why Eating Local is Important

Eat Seasonally

One of the best ways to care for the environment is by eating foods that are in season. That pineapple you bought in October traveled thousands of miles to reach your plate. Would you prefer that to an alternative that was grown and harvested just minutes from where you live?

Eat Nutritious, Fresh Foods

Eliminating the distance involved in importing food from distant regions allows foods to retain a higher percentage of their nutrients, all while arriving to you as fresh as can be + less GHG emissions!

Support Your Local Economy

The money you pay at farmers' markets and invest in CSA baskets remains circulating within the community, helping out local businesses and people that make the Eastern Townships thrive!

Build a Relationship with your Farmer

Eating local often means that you access your food from farmers' markets, CSA baskets, and other direct sale methods. These forms of acquiring your food allow you to communicate directly with a farmer. This interaction allows the farmer to get to know who their clients are, and allows the consumers to meet the people who grow their food, thereby creating a relationship that allows for better bonds to be built within the community.

Find Meaning in your Food

Thanks to the ability to interact with a farmer, consumers can get unfiltered information on where their food is grown and under which conditions. This understanding can add to one's relationship with food, oftentimes allowing the consumer to find deeper appreciation of what they eat.

Our Partner

Located near Cookshire-Eaton, la ferme *Les Hôtes Épinettes* – who is certified organic, as well as a member of *la CAPÉ* and the *Family Farmers Québec* associations – specializes mainly in fresh vegetables as well as eggs and poultry. Connecting people to the land and their local farmers – through meaningful interactions and through eliminating an intermediary within the relationship of farmer and consumer – is the agricultural model that *Les Hôtes Épinettes* follows. Farmers' markets and CSA baskets are the backbone of this agricultural model, helping to also guarantee that your friendly, neighborhood farmer earns a fair income. Supporting your local farmer also supports your community, which is why Bishop's is thrilled to partake in this project.

How Does a CSA Share Work?

1. *In a regular CSA program your money would go to the farmer in the spring in order to provide the cash flow needed to start the season. However, here at Bishop's your money will go to the farmer on the first market date!*
2. *Your money is used by the farmer to purchase seeds, labor, greenhouse heating, etc.*
3. *In return, you receive a weekly basket of fresh produce.*
4. *You get to meet your local farmer on a weekly basis and learn about what's on your plate!*

<https://thefoodgroupmn.org/groceries/minnesota-csa/>



When and Where

The market and CSA pickup will take place in the Quad over the following Fridays from 11:00am-1:00pm.

- Friday, September 2nd
- Friday, September 9th
- Friday, September 16th
- Friday, September 23rd
- Friday, September 30th
- Friday, October 7th
- Friday, October 14th
- Friday, October 21st
- Friday, October 28th

Available CSA Baskets

We offer either a 7 week plan (September 9th - October 21st) or a 9 week plan (September 2nd - October 28th). The CSA baskets available come with either five or ten vegetables and/or herbs. Students enjoy a 15% discount!

- Five items for \$25/week
 - Student discount: \$21.25/week
- Ten items for \$35/week
 - Student discount: \$29.75/week



How to Sign Up

To sign up for the CSA baskets, please fill out the form attached to Laurence Williams' email. Please note that signing up for individual baskets is not possible, as the commitments are for 7 or 9 weeks.

