

## Great experience at Community Farm

Recently, my husband and I participated in the Plant-a-thon at Albion Hills Community Farm (AHCF).

What a great community experience! I encourage people to explore the CSA (Community Supported Agriculture) farms in the area and in particular AHCF. There are many benefits to supporting local CSAs.

This is the third year that our family has purchased a CSA share and we have been very pleased with the entire experience, especially the fresh vegetables. Some of the benefits are:

? The farms are local. AHCF is on Humber Station Road in Caledon, so the veggies are not travelling long distances.

? The vegetables are delivered/picked up within a day of being harvested, so they are fresh and haven't had a chance to lose their nutrient content.

? The veggies are grown using organic and ecological practices.

? At AHCF, we get a weekly newsletter with updates from the farm, recipes and a list of what will be in our share for the week.

? You get to know the farmer, so you can speak to her directly if you have any questions about the vegetables or the farm itself; Shannon at AHCF has even given me tips on how to be successful in my vegetable garden at home.

? Helping at the farm is such a rewarding experience, knowing that you are helping the farmer grow your food and enjoying the beautiful property at the farm. It makes you appreciate the food that is produced.

These are just a few of the many benefits that we have experienced while participating in AHCF's CSA program.

Our first pick-up is quickly approaching and I can't wait to see what Shannon has in store for us this year.

For more information about AHCF you can go to their website [www.albionhillscommunityfarm.org](http://www.albionhillscommunityfarm.org)

Sera Weatherall and family,

Bolton