



Connaught Acres Farm is located in the south eastern Ottawa valley just outside of Chesterville. Our fresh organic produce is grown with no artificial preservatives, hormones or antibiotics in a manner that is healthy for you, your family and the land which supports us all. We are member of Ecological Farmers Association of Ontario (EFAO), Canadian Organic Growers (COG) and National Farmers Union (NFU)

### Why Organic

The primary reasons for choosing to grow organically is a concern that the chemicals used in non-organic farming are harmful to personal health, the soil quality and conservation. The goal is to have production enterprises (farms etc.) that are harmonious with the environment.

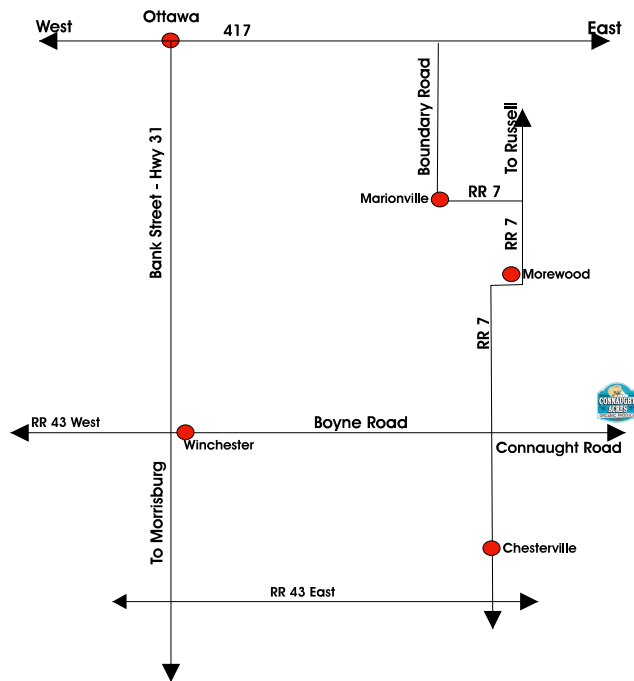
Canada presents that ideal environment for producing organic food simply because the country provides a large and diverse land base and has a cooler climate that reduces pest and disease problems.

Organic growing involves crop rotations to minimize the depletion of nutrients and promote pest control, cover crops and composted manure to maintain soil humus and other practices such as recycling organic residues and nutrients back into the soil to maintain healthy soil and promote good crop growth. Organic meat and poultry is derived from livestock and hens that have only been feed with organic grains or grass'. The same applies to organic dairy products.

### Visit our Farm Store:

Our farm store offers seasonal produce from our own fields in addition to meat, poultry, fish, eggs, dairy products, fruits, nuts, fresh herbs and speciality teas. Finding us is easy - just follow the 417 east to Boundary Road or Bank Street South to Winchester. See the map below for further details.

It is often better to call ahead to ensure that there is someone in the store (rather than in the fields) when you plan to arrive.



### Customer Supported Agriculture (CSA)

This program was developed many years ago. It promotes local production and provides a link between the farm and a community of supporters. Members pledge to support the farm by purchasing a share at the beginning of the season. Share revenues are used to purchase seed and maintain / upgrade or replace equipment necessary to the farm operation. The shareholder in turn will receive a basket of fresh produce every week over the 16-20 week growing season. Optionally the customer can purchase an egg share which will provide a dozen eggs per week, for 16 - 20 weeks, as part of the basket of fresh produce.

CSA shares can be purchased on a pick-up or delivery basis. If a pick-up share is purchased the basket is picked up at the farm. When a delivery share is purchased the basket are delivered to a drop off location in Ottawa.

Find out more about both the CSA and Box program by visiting [www.connaughtacres.ca](http://www.connaughtacres.ca) and clicking on home delivery.

**Connaught Acres**  
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Certified Organic  
Since 1998