Veggie Boxes...

WE ARE BACK AND READY TO HARVEST!

Locally grown, chemical free, and packed with nutrients! Our community farm in Orchard Hills proudly prepare the plots, plough, plant, grow and harvest a range of produce.

NEXT DELIVERY

Due to flooding, we only have one size this week

Regular Veggie Box \$30

Ready to pick, we have: Mustard greens, baby carrot, spring onion, Fennel, red lettuce, green lettuce, squash, bok choy, basil, cos lettuce, parsley

> Add products: Cana Farm Honey (\$10), Olive Oil (\$12), Cana Fruit Cake (\$25), free-range Eggs (\$6/doz).

Place your order: <u>BY SUNDAY for delivery the next week.</u> to email shop@cana.org.au

Purchasing a fresh box of veggies provides a direct opportunity to employ one of our community members.

FRESH veggies = a FRESH start!



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