



Holme Grown Eastby

Veg Box Subscription

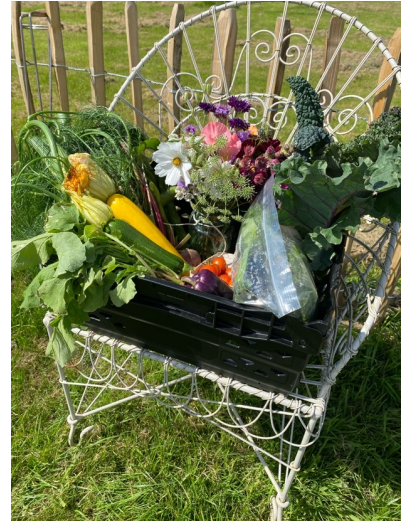
HOLME GROWN EASTBY



Welcome to Holme Grown Eastby – a community growing space set up for the benefit of our local community.

In 2022 we introduced a veg box scheme for people in Embsay and Eastby. We also became a member of the Community Supported Agriculture scheme. This is an approach to food production that promotes the relationship between growers and their local communities. The community supports the growers, and the growers support the community. We feel that this really matches with our ethos of providing locally produced fruit, veg and flowers, grown by our own volunteers, for our villagers. Our produce is sustainable, grown on the plot and cultivated without any chemicals at all.

Holme Grown Eastby is about more than just producing fresh fruit and veg and lovely cut flowers though. We are providing a space for our community to come and share in what we are doing, and offering lots of opportunities for individuals, families, and groups to engage, connect and thrive. By becoming a member, and subscribing to our veg box scheme, you will be 'buying in' to our ethos as much as the food we produce.



MEMBERSHIP SCHEME



What membership can offer:

- Access to tasty, sustainably grown, local food at an affordable price – you will receive it on the same day that it has been picked.
- An opportunity to help reduce carbon emissions by reducing plastic waste
- Reducing transport miles and increasing biodiversity in our local area.
- A way to improve health by exercising outside in the fresh air and eating more sustainably grown, seasonal fruit and vegetables.
- An opportunity to learn about cultivating vegetables and flowers and teaching younger family members about where their food comes from.
- An opportunity to get involved in social activities that promote protecting the environment, sustainable living, community engagement and general wellbeing.

What would I get in my box?

- The veg boxes will contain a good range of seasonal fruit and veg. This year we are growing the vegetables as per the picture below, plus a range of salad, tomatoes, cucumbers, peppers, herbs and soft fruit. If there are vegetables you don't like, then please pass on to a friend or neighbour. Look on our website for recipe suggestions if you're not sure what something is, or how to eat it.
- We don't use any chemicals or pesticides, so please remember to wash your produce carefully as there may be the occasional tiny opportunist that has worked their way in to your box. Remember, this is the way nature works!



SUBSCRIPTION OPTIONS



How will the veg box scheme work?

- You will be committing to receive a regular veg box (and any extras!) for the duration of the season, from some time in June right through to October. We will invoice you a fee every 4 weeks in line with your size and frequency of box. – you can pay this online in advance.
- Paying upfront, and regularly is really helpful for us to be able to manage our demand and finances accordingly.
- If you are away on holiday, we ask that you still pay for your box - we can arrange for it to be delivered to a friend or family member whilst you're away instead.
- If you would like to cancel your subscription, we ask for a month's notice so that we can organize for you slot to be taken by someone on the waiting list.

How do you subscribe?

- Use our online form at [Holme Grown Eastby Veg Box 2024](#) to register your interest and select the right size and frequency of box.
- Boxes can be picked up on site during opening times (Tuesdays, Thursdays, Saturdays) or we can deliver locally for an additional £1.50 per veg box - we have a zero emissions e-cargo bike now!

Size	Weekly	Fortnightly
Large 3-4 Person Box	£64 p/m	£32 p/m
Small 1-2 Person Box	£40 p/m	£20 p/m

Extras

- Whilst each box will include a selection of seasonal veg and fruit, you can also add a small jar of cut flowers or other additional items to your order when they are available.
- This can be done on an adhoc basis, or as part of your regular subscription.

Item	Price
Small jar of flowers	£3
Medium jar of flowers	£5
Holme Grown Eastby Tote Bag	£6.50
Half-dozen Eggs	£1.50
Monty's Honey small/large	£3.80/£6.50