

AS SEEN ON BBC COUNTRYFILE

# Community Supported Agriculture Ipswich Area - Join Us!



Enjoy fresh, locally-grown vegetables in a weekly veg box. Soft fruit, cut flowers and eggs are also available as add-ons, depending on season.

Help grow and harvest the produce yourself - if you wish. All age groups can learn about food-growing!

Spend time outdoors in a peaceful and relaxing farm environment, make new friends, get regular exercise and enjoy delicious food.

No artificial chemicals, herbicides or pesticides!

NEW MEMBER  
PLACES  
AVAILABLE!

Three membership options:

- 1. Full Members -**  
1.5 hours work per week on average + £9 a week
- 2. Reduced Hours -**  
Half the full work hours + £13 a week
- 3. Armchair Members -**  
Sit back and relax - no work needed! £16 a week



**The Oak Tree**  
Low Carbon Farm

Find out more - join today:

[www.the-oak-tree.co.uk](http://www.the-oak-tree.co.uk)

[hello@the-oak-tree.co.uk](mailto:hello@the-oak-tree.co.uk)

