

As seen on BBC COUNTRYFILE



The Oak Tree

Low Carbon Farm

Community Supported Agriculture Ipswich Area - Join us!

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

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

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

No artificial chemicals, herbicides or pesticides.

Three membership options available:

1. Full Membership - 1.5 hours work per week on average + £9 a week
2. Reduced Hours Membership - half the above hours + £13 a week
3. Armchair Membership - sit back and relax - no work needed! £16 a week



Find out more - join today at:

www.the-oak-tree.co.uk

hello@the-oak-tree.co.uk

