

As seen on BBC COUNTRYFILE



The Oak Tree
Low Carbon Farm

Community Supported Agriculture

Enjoy fresh, locally-grown vegetables in a weekly veg box.
Add-ons also available: eggs, soft fruit and cut flowers in season.

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, relaxing farm environment.
Make new friends, enjoy regular exercise and eat delicious food.
No artificial chemicals, herbicides or pesticides.

Three membership options available:

1. Full Membership - £9 a week +1.5 hours work per week average
2. Reduced Hours Membership - £13 a week + half above hours
3. Armchair Membership - relax - no work needed! £16 a week and we deliver a veg box to your door if you live in the Ipswich area.



Find out more and join today at:
www.the-oak-tree.co.uk
hello@the-oak-tree.co.uk



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