

As seen on BBC COUNTRYFILE



**The Oak Tree**  
Low Carbon Farm

## Weekly Veg Boxes Available + More!

Would you like a regular supply of fresh vegetables, all naturally grown without the use of artificial fertilisers or pesticides?

We can deliver a weekly veg box to your door if you live in the Ipswich area or you can collect from the Farm.

Free range eggs, seasonal soft fruit and cut flowers available too.

We are a Community Supported Agriculture Scheme in Rushmere St Andrew (just outside Ipswich).

As well as receiving a veg box each week you can also get involved with food growing if you wish. (No obligation!)

We grow food together and share out the harvest each week. Easier than an allotment and a great place for making new friends and enjoying time in a peaceful, natural farm environment.

No experience needed, all ages welcome, family-friendly.



Find out more today at:  
[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)



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