



Jacob's Vegbox

Local, Seasonal, Natural

Members Handbook 2021



Contents:

[Is a CSA right for you?](#)

[How exactly does it work?](#)

[Prices](#)

Jacobs VegBox is a CSA farm near strokestown, Co. Roscommon. Our focus is providing healthy vegetables and working with nature. We don't use harmful chemicals or pesticides.



Is a CSA right for you?

Why Sign up to a CSA?

These are great questions. And everyone who considers joining a CSA should be asking them.

The reality is that CSA is not a good fit for everyone, and you shouldn't feel bad if it's not a match for you.

It's best to go into the decision with your eyes wide open, and see if your expectations match the experience that a CSA will give you.

The CSA customers who come back year after year are a "certain kind" of customer — the kind that matches the unique format of a CSA model.

As a member of a CSA, *you are joining with the farmers in the risks* - crop failure, disease, bad weather.

On the flip side *you also share in the benefits* - fresh and nutritious food, connection with nature, recipes, produce variety and a direct relationship with your farmers and community.

You will also have a share in the bounty when a crop does better than expected.



Is the relationship to the actual farmer important to you?
Do you want to support a farmer?

Effective CSAs focus on the farmer-customer relationship as much as the product.

CSA members want to be able shake the hand that feeds them.

There's something rewarding about knowing you are doing your part to support a local farmer.

CSA members live with and embrace this reality every day.

Call it satisfying your "food conscience."

By paying in advance for your vegetables you allow us to have a steadier income stream and money at the beginning of the season when we need it most. Your initial trust and support helps us to kickstart new building projects as well as necessary infrastructure repairs. It also allows us to purchase seed, tools and soil amendments.

This relationship goes both ways.

In return our members will receive fresh, local, nutrient dense produce that is grown with both an ecological and humanitarian consciousness.

When you join a CSA, your farmer will work to cultivate a connection with you too. This means

We know your names and work to make the CSA feel like a family.

We plan events to get you engaging with the farm.

We try to add value to your life, by teaching you about your food's story, and how to prepare it.

We work to help you succeed with your CSA vegetables.

This doesn't mean you have to take advantage of all these points. But when you do, your CSA experience becomes more rich for both you and the farmer.

This relationship experience is part of what you are paying for in a CSA arrangement.



Do you value having quality vegetable ingredients that actually taste good?

Tasteless tomatoes in the winter.

Yuck.

If you're a CSA prospect, you know this frustration well. Our box contains fresh harvested vegetables that are in season.

Taste matters for foodies. Because you know that putting together a terrific meal in your kitchen isn't just about your skill.

It starts with the ingredients.

Food that tastes like it should, because it's grown in quality soil.

If you really love cooking and you really value taste, then you will LOVE being in a CSA. Because CSAs are all about providing high-quality, artisanal vegetables that make your home dining experience feel like an event.

You're paying for that taste experience when you join a CSA.

If you're just looking for a basic celery and carrot at the cheapest price so you can make an iceberg salad — *this is not your gig.*



Are you willing to try new foods?

A CSA will push you to try new foods and explore variety in your kitchen.

Read between the lines here: You will discover new veggies you love, and you'll discover new veggies you hate.

Part of the CSA experience means getting exposed to a wide variety of vegetable cultivars. We put veggies in your box that you may have never seen before, and we teach you how to eat them.

Look let's face it:

We know that if left to your own devices, you might never purposely put a kohlrabi in your box.

(Or would you? If you would then you would definitely click with CSA).

It's all part of the great goal in CSA of developing food diversity and teaching our communities (and our kids) how to eat seasonally again. If you want to grow in the kitchen, you have to push yourself to try new ingredients.

Do you need control in your menu planning?

CSA members have to learn to be flexible with their menu and make things work in the kitchen, because you don't know what you will get in your box until a few days before the pick up.

Some people love this spontaneity. Others will be stressed by it.

Think hard on this:

Are you willing to give up some control over what goes in your box? Or do you need to live by your plan?

If you're someone that wants to have spinach lasagna on Wednesday, and your box doesn't have spinach that week, will you be upset that you have to go elsewhere to supplement your CSA box contents?

If so, then you may be better off buying from the grocery store or farmer's market retail stands.

This is the number one reason non-renewing members give us for leaving our CSA: "I didn't get enough of the things I wanted, and I got too much of the things I didn't."

CSA works best for customers who see their kitchen as a creative space, and our vegetables as the "paint" for their canvas.

We will do everything we can to help you succeed with your CSA share and become a CSA master! Ideas can be generated and found in our private facebook group, where you are in contact with our other CSA members. We will offer recipes and tips and ideas.



Are you looking for a “deal”? Are you comparing CSA prices to the grocery store?

People who fully embrace the CSA model don't look for their membership to be a “deal” or a bargain.

It is absolutely understandable to ask, “How much does it cost?” And to then weigh the pros and cons.

Supporting a CSA financially however is not just about doing a cost analysis of each vegetable you receive in your box and comparing it to what you'd pay at lidl or Aldi.

I guarantee we will be more expensive. But we have a better product, and a product that goes far beyond a vegetable in a plastic wrapper.

Our vegetables have added value because every one of our vegetables is telling a story.

Not just the story of how the food was raised, how it was harvested, or what struggles it faced to come to your plate.

Not just the story of the farmer and how you help them live out their calling to the land.

EVERY VEGETABLE IS ALSO TELLING YOUR UNFOLDING STORY.

Our vegetables become a means to an end: they showcase your journey with food.

They are the starring attraction in your quest to master your kitchen space and prepare a delicious meal to rival any restaurant fare — a meal you can be proud of.

This is not something any grocery store can give you.



Will my CSA share meet all my vegetable needs?

Depending on the size of your family and how much you cook, you may find that you need to supplement even more fruits or vegetables. We encourage you to still buy local, ecologically grown produce! We work with a weekly Pre order market in Roscommon town whose focus is on local, sustainable produce - bread, milk, honey, preserves and more. For more information, check out Roscommon Produce Network facebook page.

How exactly does it work?

How long is the season and when does it start and end?

The season starts at either the end of may or start of june, depending on the weather as it has a knock on effect on our crops. You will receive your share for 18 consecutive weeks, ending in early- mid october.

How does Pick Up work?

You can meet us and pick up your box at the local Pick up points.

Roscommon - Thursday 19:15 -19:45 opposite the mart

Strokestown - Friday 18:30 - 19:30 By the roundabout

Castlerea - Friday 20:15 - 20:45 outside the Mart

What happens if I can't / forget to pick up my box?

If you forget to pick up your box, or for some reason you cannot make it to the pick up point in time - no worries, just let us know, and we can arrange for you to pick it up at our farm in strokestown the following day. If you miss your box after two days we will repurpose or compost your share for that week. We do not offer any rebate for weeks missed.

How does Payment work?

Your share should be paid in full before the 1st of may. You can pay in one payment before 1st of january, or pay 50% non refundable deposit before Jan 1st and the balance before 1st may. We accept cash (preferred) or cheque.

Prices

As this is our first season, and we may need to iron out some kinks. To thank you for supporting us and trusting us as we confront a new learning curve we are offering you with the lowest prices we will ever have. Next season our prices will rise, but you, our founding members will be able to access our exclusive early bird prices.

Personal VegBox : Perfect for one person.

This is our smallest share.

This box includes: Bountiful Weekly Share of the healthy vegetable harvest. Access to our private Facebook group – Weekly unboxing videos, tips, and recipe ideas. Exclusive invites to farm tours and events.

Breaks down to: €18 weekly

Payable as: €324 (€162 non-refundable deposit before 1st jan + €162 balance before 1st may)

Large VegBox : Suitable for a couple who eat a lot of vegetables, or a small family.

This box comes with all the perks of the personal box, with the bonus of a discount on ticketed farm events.

Breaks down to: €20 weekly

Payable as: €360 (€180 non-refundable deposit before 1st jan + €180 balance before 1st may)

Bumper VegBox: For hungry people!

Our largest Box comes with all the perks of our other products, and is large enough for a family of four!

Breaks down to: €25 weekly

Payable as: €450 (€225 non-refundable deposit before 1st jan + €225 balance before 1st may)

ADD ON SHARE:

Egg Box

We are famous for our eggs, and regularly sell out of them at the weekly market. As our CSA member, you are our priority and this egg share is the only way to guarantee access to our eggs for the season. Only available as an “add on” share to our vegetable CSA. you can choose between:

6 Eggs weekly : €50 total for 18 week season

12 Eggs Weekly: €85 total for 18 week season