



## Community Supported Agriculture (CSA)

### A WINNING AND SOLIDARITY FORMULA FOR ALL

This year, l'Herboristerie La Fée des Bois Apothecary has decided to offer you seasonal ASC customized herbalism baskets for subscribers.

Community supported agriculture (CSA) is based on a farm-citizen partnership, linking consumers to the earth through the formula of organic baskets. Your subscription contributes to the development of the local economy and constitutes **a solidarity investment**

It allows your partner farmers to grow your food while respecting the health of the soil and the environment.

At the Herboristerie La Fée des Bois farm, we practice regenerative agriculture, including the broad outlines of permaculture and certainly organic farming since our beginnings. We have decided to make the leap in 2023 towards organic certification. We are currently in pre-certification (the process lasts 15 months) to be officially certified organic for our 2024 harvests in order to give you guarantees of our good practices. Obviously, certification entails additional costs, so the ASC formula helps us with this process. At the Herboristerie La Fée des Bois farm, we practice regenerative agriculture, including the broad outlines of permaculture and certainly organic farming since our beginnings. We have decided to make the leap in 2023 towards organic certification. We are currently in pre-certification (the process lasts 15 months) to be officially certified organic for our 2024 harvests in order to give you guarantees of our good practices. Obviously, certification entails additional costs, so the ASC formula helps us with this process.

At the same time, we are developing an educational component on the farm, a self-guided interpretive tour which will be available from July 2024, as well as educational video capsules on the medicinal plants that we cultivate. The ASC formula will also allow us to move forward with this work in order to be ready for the summer. Your subscription to ASC baskets will entitle you to a free entry to the self-guided tour as well as a 10% discount on all our workshops and educational training.

As growing medicinal plants is slightly different from growing vegetables, our baskets are done on a seasonal basis instead of weekly, which means that instead of receiving one basket per week during the warm months, you will receive one basket per season, for a total of 4 baskets.

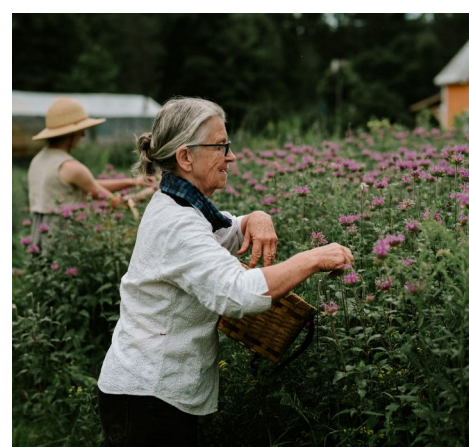
By becoming member with us, you save a lot:

- Subscribing to our baskets saves you 25 % on the regular price of products that you will find in your basket (tailor-made for you), which is equivalent to approximately 2 to 3 additional free products with each basket.
- Subscribing to our basket also gives you a free consultation worth \$150. This consultation will allow me to prepare products for tailor-made seasonal baskets adapted to your needs but will also allow me to guide you regarding diet, supplements, etc..
- Postal costs are included in the price of the baskets but are not calculated in the discount since we already offer free shipping for purchases over \$129 and each basket you receive will have a value of \$165 before the discount. So, if you are able to pick up your basket directly at the farm or one of our pick-up locations (MDO in Hull, La Forêt in Wakefield or Multivert in Gatineau), you will save an additional 10 % since we will add products to replace postal costs we save. This means 1 additional additional product per basket, for 4 products for the year added to your basket. We recommend this formula if you are in an interesting area.
- You will receive a descriptive sheet with our baskets, guiding you in the dosage and use of your tailor-made products

Registration for regular baskets is \$495 (for the year) including a free consultation for 1 person. You will save \$315 or more depending on the options chosen. This basket size is recommended for one to two people

Registration for family size baskets is \$675 (for the year) including a free consultation for the family (see details below). You will save \$450 or more depending on the options chosen. This basket size is recommended for a family of one to two adults and one to three children.

The baskets will be sent four (4) times during the year, and could contain a mix of products like those below; Please note that the baskets will truly be tailor-made for your health needs, targeted during the consultation/health check-up, according to your preferences and your responses to the questionnaire.



- Early February – a basket to boost your immunity and tone your body

Regular size :

- Elderberry syrup or digestive tonic- 230 ml
- Tincture adapted to your needs, for example immune tonic - 60 ml
- Balsamea – 115 ml
- Herbal tea adapted to your needs, warming and tonic like Boreal for example - 30 gr
- Bath bombs – 4x50 gr
- Oily macerate – 60 ml

- Early May – a spring atonic basket with products for the beginning of summer

Regular size :

- Insect repellent - Alchemia – 120ml
- Soap/shampoo - 150gr
- Poison Ivy Ointment – 115ml
- Inflammata - 60ml
- Deodorant – 60ml
- Herbal tea adapted to your needs, refreshing and nourishing, like Pachamama– 30 gr
- Tincture adapted to your needs, like for allergies - 60 ml
- Infused honey – 125ml

- Early August – a basket of harvest abundance, to nourish the body and prepare for the cold

Regular size

- Herbal salt trio – 125ml X3
- Soap/shampoo - 150gr
- Hocus pokus ointment – 115ml
- Herbal tea adapted to your needs, remineralizing and nourishing like Remineralizing – 30 gr
- Tincture adapted to your needs, like Insomnia- 60 ml
- Garlic from our garden

-early November – a festive basket in view of the upcoming Holidays but also of the ills that come with the cold season

Regular size :

- Elderberry syrup or digestive tonic - 230ml
- Tincture adapted to your needs, like lung tonic - 60 ml
- Nostalgie des Fêtes spray - 120ml
- Herbal tea adapted to your needs, like Digestive– 30 gr
- Bath bombs – 4X50gr
- Soap/shampoo – 150gr
- Althaea butter – 115ml

By becoming a member, you buy a share of the year's harvest at the start of the season, which helps your family farmers enormously. Thanks to your registration for our annual ASC baskets, you :

- Save \$315 to \$500 on your purchases
- Support local organic farming
- Participate in the preservation and development of local biodiversity
- Access discounted workshops and training
- Obtain personalized follow-up with an herbalist for the year
- Stay balanced and healthy all year round
- Learn to use medicinal plants in your daily life
- Discover new foods

How to register ?

- Subscriptions are payable in full upon registration ; we are currently working on the inscription sheet on our online store which will be available in the coming days. Until then, you can simply contact us by email to make arrangements.

We take e-transfers at this adress : [herboristerielafeedesbois@hotmail.com](mailto:herboristerielafeedesbois@hotmail.com)

- Upon receipt of payment, we will send you the form which will guide us in creating your tailor-made baskets throughout the year, in order to properly support your health needs. The form sent is a very complete health check to allow me to begin the consultation. I will also include questions about your product preferences, scent, etc. which will help me select the best products for you.
- The free consultation includes: reading and analysis of your health check-up. I will contact you after reading the report and before preparing the first basket for you, to confirm that I have correctly targeted and understood your needs. I offer you 1 hour of support following reading the report. Depending on the need, we can spend the hour before the first shipment or we can have several short meetings of 15-20 minutes during the year. For those who want additional consultation time, I would offer it to you at a flat rate of \$1/minute. I take a very limited number of clients for consultation per year. I would therefore limit myself to ASC members.
- We will send you your first basket as soon as the health check is completed and we have confirmed your needs via telephone or zoom.

We look forward to supporting you throughout the year in prevention and maintaining good health, to introducing you to the wonderful world of medicinal plants and regenerative agriculture and to welcoming you to the farm to share with you our passion !

Mariane Desjardins Roy and the whole team say thank you !