





# Organic and Regenerative Small Farming in your neighborhood

# **CSA Shares available!**

Mohinder Singh and Lindsay Boyce are the partners behind Seva Farms, and are committed to participating in the healing potential of humans and our earth. Mohinder is a yogi, regenerative farmer, natural food enthusiast, and medicinal foods chef. Lindsay is also a yogi, a psychotherapist, and trauma healer. Together we share our love of health and healing, community and nature, through regenerative farming.

Hello Imagine Yoga and Fitness Community!

Would your health and nutrition goals be supported by receiving vibrant, locally grown, organic produce each week?

Would you enjoy a fresh bouquet of heart-lifting flowers to fill your home or workplace or

gift to a loved one each week?

Would it align with your values to support small local farms committed to agricultural practices that regenerate our local soil and strengthen our local ecosystems?

We at Seva Farms invite you to participate in our 2023 growing season!

Additional bonuses include volunteer opportunities on the farm, our favorite recipes, possibly a cooking class or two, and barn dances to celebrate community!

Please see reverse side for share options. Pick-up is at the farm on Scio Rd. However, if there is enough interest (3 people/shares or more) we'll deliver the goods to Imagine for you each week!

# Share Options

## Spring Weekly Share April 26-May 31

- Lots of yummy greens, early crops
- \$20/week for 6 weeks (total: \$120)

#### Spring Weekly Flower Share April 26-May 31

- Tulip bouquets!
- \$8/week for 6 weeks (\$48)

#### Summer Weekly Share June thru October

- Oodles of your favorites veggies and perhaps a few new ones!
- \$35/week for 19 weeks (total: \$665)

#### Summer Bi-weekly Share June thru October

- Same oodles of veggies as weekly shares but every other week
- \$35/week for 12 weeks (total \$420)

## Summer Weekly Flower Share July-October

- Gorgeous mixed flower bouquets, elegant and wild flowers
- \$12/week for 14 weeks (total \$168)

Please email <u>mohindersinghyogi@gmail.com</u> or let Lindsay Boyce know at Imagine which share options interest you, or if you have any questions about our farm!

We look forward to hearing from you, and farming for you.