



Vegetable Box Scheme 2016

June to Christmas 2016



Our vegetables are grown in our 4 acre market garden at Clinks care Farm in Toft Monks and in Sotterley's Victorian kitchen garden. Most of the vegetables in your box are grown at the farm. Occasionally we buy vegetables in that we do not grow ourselves, such as mushrooms. As a care farm we offer opportunities to disadvantaged people to use the farm for recovery, day care or work preparation. The people that come to Clinks care farm help to grow our vegetables and put the boxes together. They learn skills and improve their confidence and self-esteem. So your veg box has added social value.

You can choose from the following boxes:

- **Small household box** – 750gr potatoes, 250 gr onions, small bunch of carrots and 3 to 4 other veg. Suitable for 1 or 2 people. **£8.00**
- **Standard veg box** – 1.5 kg potatoes, 500 gr onions, 1 bunch of carrots and 4 to 5 other veg. Suitable for 3 to 4 people **£10.00**
- **Veg lovers box** – 2.5 kg potatoes, 1 kg onions, large bunch of carrots and 6 to 7 other veg. Suitable for 5 or more people. **£14.00**
- There is also an option to choose a **Meat Box** - a selection of meat direct from the farm eg. lamb chops, bacon, sausages and burgers **£12.50**

Delivery is on a Tuesday or Thursday. Other delivery dates may be added as more customers join the scheme. If you are out, we can leave it in a convenient place for you. Payment is by BACS, cash or cheque.

A membership form can be downloaded from www.clinkscarefarm.org. To join our veg box scheme send the membership form to

Clinks care farm
Food Box Scheme
Church Road
Toft Monks
Beccles NR34 0ET

For more information call us on 01502 679134 or email admin@clinkscarefarm.org