

# GROENHARTIG

## natuurinclusief

### **Contract vegetable subscription 2020**

Dear local food fan

In this contract we shortly describe what we do and why we do it. If you choose to subscribe we invite you to read this, and fill in the form below.

### **Method of growing Groenhartig**

It is our goal to produce as much high quality vegetables on a small piece of land, without damaging the surrounding ecology, and where possible, actually support it. We solely use natural organic fertilizers, and no synthetic pest-, fungi-, or herbi-cides. The basis of our operation is the soil. We try to feed it, and bring it in to a state of mineral and soil life balance. In turn, this living system feeds the plants and protects it from diseases. The human element consists of mostly smart hand tools and lots of hard work. Everything we grow is locally eaten.

Another important part of our operation is the edible and flowering hedges. We do this for a number of goals, but the primary one is to invite lots of helpful insects and other critters to keep the pests under control and pollinate our veggies. We werken met bloeiende en eetbare hagen en wilde planten om zoveel mogelijk nuttige insecten en andere dieren huisvesting en voedsel te bieden om de schadelijke beestjes in bedwang te houden.

We also work with other nature inclusive growers in and around Amsterdam that provide products for the vegetable boxes. This ensures a large variety during the whole growing season.

We don't have an organic certification, because we think we don't need this for a direct farmer to consumer connection. You are always welcome to come and have a look. In that way you will be our certification.

### **Circularity**

If you decide to pick up the vegetables on the farm, there is also the possibility of delivering your vegetable scraps so we can make a nice compost out of it.

## Vegetable boxes

The vegetable box consists of a weekly selection vegetables, herbs, and salads. We always aim for a well rounded selection depending on the season.

The duration of the subscription is 20 weeks and will start in week 28 (10th of July) until week 47 (the 20th of November). You can choose to pick up the box on the farm, or at one of the pickup points in the city. The pickup day will be on Friday.

You can choose from the next options.

### 20 weeks normal

This box will contain enough vegetables for around 3 to 4 meals for 2 people or roughly enough for 1 person for the whole week.

€450,- (€22,50/week)

### 20 weeks large

This box will be for about 4 to 5 meals for a small family and will be a bit more than one and a half times the size of the normal box.

€675,- (33,75/week)

## I would like to have:

- Normal
- Large
  
- Pickup on the farm
- Pickup at one of the locations in the city

## Payment:

- I would like to pay everything in one go
- I would like to pay in 4 equal downpayments

Name: .....  
Address: .....  
Postal code: .....  
City: .....  
E-mailaddress: .....  
Phone number: .....

Signed at..... on..... / ..... / 2020

Signature customer

Groenhartig

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