

IDEAL CSA August 24 to September 14 , 2016

Dear CSA participants,

This coming month will go with weekly delivery again, from August 24 to September 14 included, meaning that, this one will be a 4 weeks month!

Once again, you will be included for this month as soon as you send payment or email me that you are “in” for the month. Your CSA cost for a 190\$ value is 165\$ this month.

Deliveries will remain at the same locations and time:

- Fernie: At the “Cottonwood Tree” around 2pm
- Cranbrook: At the “Millenium Health and Wellness” around 11am
- Jaffray area: At the “Jaffray Sport” around 11am

You can send payment for August/September as soon as you want, through e-transfer “preferred method” at this email address: yann.loranger@gmail.com

You can send a cheque at the following address:

Ideal Society

Att: Yann Loranger

Po Box 280

Jaffray, BC

V0B1T0

You can also pay by Credit Card by phone, calling me (Yann) at 250-919-8783.

Thank you so much!

Yann

Here is an overview of this coming month (August 24 to September 14 included) :

Produce	Quantity	Cost	Occurrence
Jam	250 ml	6 \$	1/ month
*Bee Pollen	125 ml	10 \$	1/month
Beets	1 kg	5 \$	3/month
Kale	Bunch	3 \$	4/month
Swiss Chard	Bunch	3 \$	4/month
Beans	1 lb	4 \$	1/month

Produce	Quantity	Cost	Occurrence
Zucchini	One	2 \$	4/month
Cucumber	One	2 \$	2/month
Kolrabi	One	2 \$	1/month
Cabbage	One	3 \$	2/month
Various herbs	Bunch	2 \$	4/month
Tomatoes	1 kg	8 \$	4/month
Garlic	One head	3 \$	4/month
Fava Beans	Bunch	4 \$	1/ month
Onions	Two	3 \$	4/month
Corn	Bunch	4 \$	1/month
Leeks	Bunch	5 \$	3/month
Carrots	1kg	6 \$	4/month

Total value: 190\$

Cost for August/September after CSA discount: 165\$

* Details on **Bee Pollen**: Wonderful to treat allergies of the "hay fever" type. If taken for this purpose, start with one or two grains a day, everyday of the year to keep building immunity to pollen. Usually, people having hay fever, after one or two grains, should feel a tingling on lips or tongue. If, after a little while, they don't feel the tingling anymore, they can increase the dosage to three grains a day... and so on... **Always start with one or two grains to check if you are allergic to pollen or not, if you are, never take more than one or two grains per day till you build immunity to it.**

If you are not allergic, you can use it as a super food! One teaspoon a day will cover about 1/4 of your needs in protein and this is complete protein, it contains all the amino-acids our body needs to function! There are also many vitamins and minerals in pollen. It is a totally natural and powerful food supplement.