

VISTAVEG
local seasonal vegetables

Delivered
to you **fresh**
from our
fields

VistaVeg is a small grower's co-operative based in the village of Crosby Ravensworth near Shap in Cumbria. We grow high-quality responsibly grown vegetables on 3 separate sites totalling 6 acres for people who care about where & how their food is produced. We do this through a box scheme for families & individuals, and through wholesale supply to businesses and community groups.



The box scheme is a Community Supported Agriculture (CSA) enterprise. This means that our customers have a direct relationship with us as growers and our farms, and receive a regular share of what we produce. Our box scheme members pay weekly, monthly or even annually and commit to the whole season.

A weekly share of the VistaVeg crop is currently £10 which includes:-

- A weekly bag of veg - always spuds, carrots & onions plus a minimum of 5 other seasonal vegetables
- Delivery to your door or to an agreed drop-off point
- A weekly menu planner to prevent waste!
- A quarterly newsletter
- Invitations to open farm events and social occasions
- Opportunities to volunteer with harvesting & special projects

We accept
Healthy Start vouchers
from families
on low incomes
www.healthystart.nhs.uk
and welcome
pre-booked school
or group visits to our
growing sites.

VISTAVEG

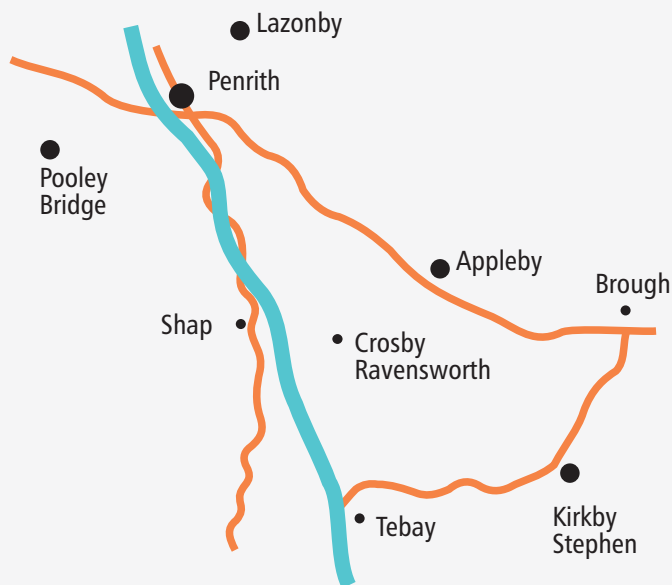
We produce and deliver local, responsibly-grown vegetables in a box to within a 12 mile radius of our farms including to the towns of Penrith, Appleby, Brough & Kirkby Stephen.

To find out more about our natural farm produce please visit us on www.vistaveg.co.uk

[vistaveg.co.uk](http://www.vistaveg.co.uk)



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"The European Agricultural Fund for Rural Development: Europe investing in rural areas"

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