

“FarmShare has changed the way I think about food”

Chris Hull, FarmShare member



Late summer on the farm

Norwich FarmShare is a community working together to create a more resilient food supply for Norwich. We invite you to join us in growing and sharing the harvest while taking the greatest care of the land and its wildlife.

Members are entitled to a share of all the vegetables and salads we grow and are asked to volunteer with us for at least 3 half days per year. We ask you to join with the intention of sticking with us for a year so that we all share in the abundant as well as the leaner times.

Norwich FarmShare is part of a growing, global, food movement made up of communities and food producers seeking new ways to connect, support each other and produce high quality, affordable food with a low environmental impact.

Join us and become part of a community owned food revolution!

To find out more about Norwich FarmShare and to join please either:

Email Cheryl:

admin@norwichfarmshare.co.uk

Call Josiah:

07976 941 613

Download the sign-up forms from our website (address below) and post them to:

Norwich FarmShare, 3 The Elms, Old Catton, Norwich, NR6 7BP

Or come and see us any Thursday 4.30 - 6.30pm at the Food Hub:

Unit 6, Beckham Place Norwich, NR3 3DZ

Follow Us...

E-Mail List

Subscribe to our mailing list for regular (but not overwhelming) news from the farm. Email us at:

info@norwichfarmshare.co.uk

Web

Our website has a wealth of information:

www.norwichfarmshare.co.uk

Twitter

We regularly tweet snippets of FarmShare news:

[@Farm_Share](https://twitter.com/Farm_Share)

Facebook

There's always lots of news on our busy Facebook group. Search for:

Norwich FarmShare



Norwich FarmShare



Growing closer...

“Norwich FarmShare is a brilliant new way to get really fresh, really local vegetables!”

Elena Judd, FarmShare member

Getting involved

Norwich FarmShare is open to anyone, we're run by and for our members. We welcome visitors to our farm on open days and anyone can come along to the harvest share at our Food Hub to talk to members, see our wonderful vegetables and even take some home to try.

Share the Harvest:

Join us and take home a share in the harvest each week.

A Small Harvest Share:

Ideal for a single person or to supplement home grown produce. A small share is payable in 12 monthly installments of £18.50 (about **£4.27 a week**)

A Standard Harvest Share:

Great for a couple or small family. A standard share is payable in 12 monthly installments of £37 (about **£8.54 a week**)

A Large Harvest Share:

Perfect for families or larger households. A large share is payable in 12 monthly installments of £53.50 (about **£12.35 a week**)

Become a supporter:

If you already grow all your own vegetables or don't feel quite ready to become a subscriber but would love to get involved with FarmShare we'd be delighted. Membership costs just **£2 a month** (£1 unwaged) and includes a weekly newsletter, invitations to social events and the opportunity to get involved in the running of our farm.

Our Farm

Norwich FarmShare currently rents 5 acres of gently sloping loamy land in Postwick and on the edge of Norwich. Over the next couple of years we plan to increase our vegetable growing area by a further 2 acres.



The squash harvest

Close to the river Yare and just inside the Broads National Park, the farm is alive with wildlife; from nightjars and skylarks, as well as honey bees in our new hive.

Free-draining soil means FarmShare's team of growers and volunteers are able to cultivate, plant and harvest throughout the year.

Sharing the harvest

FarmShare's team of growers harvest every Thursday morning - in fact it's a great time to visit the farm if you want to volunteer. In the afternoon the vegetables are delivered to our Food Hub in Norwich: it's that fresh!



Sharing the harvest at the Food Hub

Subscribers come to our Food Hub just off Magdalen Street to weigh out their weekly share and meet other members of FarmShare for a chat.

Over the next year we will work with other local producers to bring fruit, eggs, bread and perhaps more to the Food Hub.

In time FarmShare will establish other distribution points elsewhere in the city and we already match-make members who can't get to the hub with those who can.

How we farm

FarmShare is committed to working to the highest agro-ecological standards. We use no synthetic fertilizers, herbicides or pesticides but instead manage the farm according to organic principles.



Following the tractor picking up potatoes

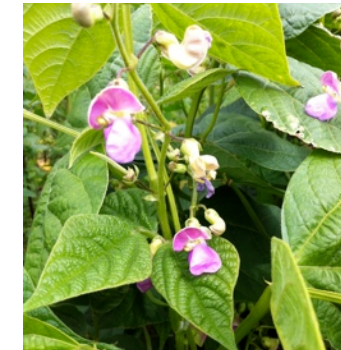
FarmShare is not certified organic; we feel that because we're all involved in decisions about how the farm is managed this just isn't necessary.

We are fortunate to be supported by a local network of organic producers who offer their support and advice.

FarmShare also has an active Growing and Environment group. It investigates and helps implement ideas that will increase biodiversity and productivity.

What's a CSA?

Community Supported Agriculture (CSA) is a radical approach to the production and supply of food that builds strong, close and mutually beneficial partnerships between communities and producers.



Beans flowering on the farm

CSAs like FarmShare offer a powerful approach to reconnecting people and agriculture. They are an answer to concerns about sustainability, resilience and transparency in the food system.

We believe that community enterprises like FarmShare have the potential to play a far greater role in the provision of sustainable food and to deliver other social and economic benefits.