

News from CFS and our Community



Our mission is to be ambassadors for the planet while building community and encouraging good health, unity and resilience.

We proudly offer a huge selection of high quality organic, non-GMO, ethically and locally sourced products in a unique market style shopping environment.

We embrace diversity, encourage conversations and celebrate our differences. Thank you so much for your continued support, your open hearts and your patronage.



30 Years of LOVE...

- Welcome New CFS Members
- CFS Online Anniversary Bonus
- Fabulous Farm Store Draws
- New to The Community Farm Store
- Down the CFS Produce Aisle
- Celebrating 30 Years: The Beginning of the Garage Era
- Customer Memories
- Spring Break Adventures
- Get Nourished at the CFS Cafe
- CFS Wellness Department
- CFS for the Soul
- CFS Bulk
- Visit the CFS Apothecary
- From the Land of Tea
- The Freya-Sophia Waldorf Store
- Recipes
- Events & Announcements
- Inspiration

Welcome New CFS Members



Our customers mean the world to us!

Founded in 1993, we have been serving the Cowichan Valley for 30 years. We are known for our friendly, knowledgeable service, and our genuine care for our community and our customers.

Each department offers an incredible selection of organically grown and non-GMO foods and we work closely with local farmers and producers to support our community and provide the freshest whole and health-sustaining foods to our customers.

You will also find a plethora of planet friendly products for food storage, zero waste lunches, outdoor adventures and household comforts like salt lamps, candles, baskets, sacred stones, and all you need to create a home that nourishes your mind, body and soul.

We are grateful for the support and encouragement of our members over the years, now and always.

In Community,
Nicolette and The Community Farm Store Team

CFS Online Anniversary Bonus



No fees! No minimum orders! And to celebrate 30 years, a chance to win one of our raffle baskets! Just take a moment to share one of your favourite memories of shopping at Community Farm Store ~ add your story to the Additional Comments section of the online order form and we will draw a winner on our next Customer Appreciation Day ~ Thursday, March 30th!

Take grocery shopping off your to-do list and shop online. Visit [CFS Online](#) to get started.

Fabulous Farm Store Draws



To celebrate our 30th anniversary this year, we'll be holding a Customer Appreciation on or around the 30th of every month. Join us for demos, draws, and wellness talks all year long. Enter in store or on our social media channels and share a favourite memory of the Farm Store for your chance to win.

New to the Community Farm Store



Yoso Yoats Oat Milk Yogurt

We now have three delicious varieties of **Yoso** Yoats oat milk yogurt - unsweetened, vanilla, and blueberry. Find your favourite down the CFS Chill Aisle!



Mekhala Organic Pastes

Mekhala is the proudly Asian and women founded company behind these clean, authentic cooking pastes. Made with organic, plant based ingredients so you can whip up healthy and delicious meals that are good for both you and the planet! Try the Tom Yum as a base for the legendary Thai soup, add it to stir fries, fried rice, or use it as a tangy marinade. The Lemongrass Turmeric paste is inspired by Vietnamese grilled street foods and is perfect as a marinade or in stir-fries, and even to make a non-spicy curry for kids!



Siete Churro Strips

Our new favourite snack just arrived! Delicious grain-free [Siete](#) Churro Strips are perfectly sweet and crunchy, plus they're paleo, vegan, and free of gluten, grains, dairy, and soy. They're even made with avocado oil!



HU Chocolate

Delicious dark chocolate and nut butter filled bars made with super simple, organic and fair trade ingredients, and no added cane sugar. **HU** chocolate bars are also paleo, vegan, and gluten free. Tami-tested and approved! Even more importantly, Annette loves them!



The Bare Home Laundry & Dish Soaps

The Bare Home's products are effective and clean for the environment, plus they're refillable! Each product is biodegradable, phosphate free, dye free, never tested on animals, and only scented with high quality essential oils. By using refillable products in your home, you're contributing to the elimination of single use plastics. Refilling with one three liter box replaces six bottles going to landfill. Savour that sunshine and get started on spring cleaning!



Bamboolia Facial Tissue

Bamboolia facial tissues are 100% bamboo and a 100% sustainable alternative to tree-based facial tissues. These tissues are surprisingly soft, strong, practical and work exactly as you would want a facial tissue to! These simple and effective facial tissues give you the opportunity to make a bold statement in your home and to guests, expressing that you are choosing the most environmentally conscious and sustainable option in facial tissues.

Down the Produce Aisle



BC Leeks

Leeks are one of those vegetables we don't use often enough. A milder cousin to the onion, they pair beautifully with other veggies, tossed into your favourite frittata, or in a classic pot of Potato Leek Soup.



Cosmic Crisp Apples

Their flavour is the perfect balance of tart and sweet, ideal for snacking, baking, cooking, and juicing. A neat feature is that their flesh doesn't brown, so there's no need to sprinkle them with lemon juice! Plus, their gorgeous red is pretty hard to beat.



Foragers Galley Mushroom Growing Kits

Grow your own! [Forager's Galley](#) mushroom growing kits are available in Reishi, Lion's Mane, Pink Oyster, Golden Oyster, Blue Oyster, Chestnut, or Golden Enoki. Enjoy fresh, delicious gourmet mushrooms right at home. Find them down our produce aisle!



Lion's Mane Crab Cakes

Crab cakes made from lion's mane mushrooms are a fantastic way to use this delicious fungus. This recipe can easily be made vegan, and it's 100% shellfish-free!

Ingredients:

Mushrooms

- 1 lb lion's mane mushrooms
- ¼ teaspoon salt

- 2 tablespoons water

Cake Mix

- ¼ cup minced scallion
- ¼ cup minced red bell pepper
- ½ cup panko breadcrumbs
- ¼ cup high fat mayonnaise
- 2 tablespoons chopped herbs like cilantro tarragon, or Italian parsley
- 1 tablespoon Worcesterchire sauce
- 1 teaspoon Old Bay seasoning or a mix of paprika, cayenne, and extra salt
- 1 large egg
- Kosher salt to taste

For Serving

- All purpose flour for dredging
- Flavourless oil for cooking the cakes
- Dollop of spicy mayonnaise or tartar sauce, optional
- Fresh cut chives, optional
- Lemon wedges

[Head here](#) for the easy directions. Enjoy!

Celebrating 30 Years: The Beginning of the Garage Era



We have grown from a biodynamic community-oriented farm to a vibrant destination for local and organic food, herbs, supplements, and wellness advice.



In 2003, the Community Farm Store went through many changes; Gail Maier came on as one of the three owners; the store became incorporated; and biggest of all - the store moved from Glenora to the beautifully restored Duncan Garage building in downtown Duncan. The new open-mall designed heritage building, together with over 2000 square feet and one of the best vegetarian chefs on Vancouver Island (Susan Minette) offered perfect timing and atmosphere to expand their grocery and baking business to include an organic Coffee Bar and Café. The new coffee bar, named after the original owner of the Duncan Garage, Norman Corfield, was an overnight success. Susan had a hunch that a wider variety of simple wholesome lunch foods would appeal to the healthy Duncan community and she was right.



In the summer of 2004, former employee (1997 - 1999) Nicolette Genier came to manage the grocery store and in the months to come, she purchased Sue Wells' shares to become one of

the three owners. In August 2006, the store expanded, gaining another 500 square feet on the other side of the hall and continued to grow and improve. After five years of active involvement, Gail Maier sold her shares in the business to café manager Susan, and store manager Nicolette.





The home that a lot of us remember most is at the Duncan Garage, when both the Cafe and the Store operated together. It was truly a downtown hub, a place to meet and be met, just as it is today. The amount of amazing inventory the team fit into that little space truly is a feat in itself, but perhaps the coziness is how the CFS family became as close-knit as it is.



The old newsletters. These are gold. We love that the tradition of the CFS Newsletter has continued, albeit in a different format. Reading through these gems to gather information and inspiration for this year's newsletters really cemented the fact that the Farm Store has stayed true to its values and mission all these years. Enjoy reading the Resilience newsletter [here!](#) Over 10 years later, there is still some relevant advice in these pages.

Customer Memories



Thank you to Debbie for sharing this wonderful memory. "There are many but some of my favourites are a warm cup of broth on a cold morning. A young man with exceptional knife skills and veggie preps saving my arthritic hands and now the same service carried on by carried out by other produce staff. And how could I forget those boxes with the artwork that adds a bit of sunshine to your day. I am glad of the day that I walked into the Garage and found original Farm Store."

Spring Break Adventures



The kids are eagerly awaiting their blissful two week break from the confines of the classroom, with most Cowichan Valley students on Spring Break from March 13th-24th. Planning on some fun family hikes or road trips somewhere magical? Be sure to visit and stock up on the yummiest, most nutritious adventure essentials. Here are a few of our locally made recommendations.



CFS Cafe

Visit the CFS Cafe for nourishing sandwiches, soups, salads, drinks, and more. Everything except the Ramen can be made to go. Our Grab & Go Cooler is filled with delicious, freshly made offerings to bring along for the road trip, too!



Roly Poly Rice Balls

These delicious Om-Subi are hand made with love on Salt Spring Island by the loveliest family. A favourite Japanese fast food, **Roly Poly Rice Balls** come in traditional Japanese flavors, all vegan and gluten free . Some have fillings in the middle, others have freshly roasted seeds sprinkled all around them. They're delivered personally by Aki to us twice each week.



Farm Store Favourites

This basket is filled with CFS staff picks to bring along on a springtime adventure. Don't forget the sunscreen if you're heading up the ski hill!



New So Young

All this gorgeous sunshine has us ready for fresh colours and patterns! Perfect for packing up for springtime adventures with friends and family.

Get Nourished at the CFS Cafe



The CFS Cafe is open **Tuesday-Saturday from 10-4:30 (kitchen closes at 3)** for delicious housemade sandwiches, soups, salads, poke bowls, falafel bowls (above), pasta, ramen, Mezze boards, coffees, and more. We will continue to stock all of your CFS Housemade favourites in our Grab & Go Cooler, and you can always add any of these to your online order. Look out for new offerings in the spring!



Community Fishery

On the Michelle Rose Community Fishery, we head out in the spring to start fishing for groundling. We fish a couple of days north of Coos Bay, Oregon around the north end of Vancouver Island. Typically we return and distribute the groundling and octopus along the coast towards the end of June. We have finished with the groundling portion of the CFSF this week, to switch the boat back to a prawn fishing trawl. When completed we get to sleep a bit longer for a bit before we head out on the long trip to the A. It's the marine border with Alaska. We will be trolling for salmon, ling cod and fish between the border of Alaska and the north end of Haida Gwaii. As the salmon season draws to a close we head back south and have salmon distributions in late August and thru September. Take a look at our website to see the different shares we have on offer, see you down at the wharf!

Please visit our Facebook page: Michelle Rose Community Fishery or our website www.michellerosecfsf.com for more details on how to sign up.



Healing Benefits of Bone Broth

As a holistic nutritionist, I believe in the importance of nourishing the body with whole, unprocessed foods that are rich in nutrients. Bone broth is a perfect example of such a food.

That's why at CFS Cafe in the heart of the Community Farm Store we're excited to serve a variety of dishes made with healing broth. Made from high-quality, Organic and grass-fed bones simmered for hours to extract all the beneficial nutrients, our bone broth is a true superfood. Rich in collagen, it supports healthy skin, hair, nails, and joints. It's also packed with minerals such as calcium, phosphorus, and magnesium, which are essential for bone health.

But the benefits of bone broth don't stop there. It's also a great option for those dealing with gut-related issues such as leaky gut syndrome or autoimmune disorders. The collagen and other nutrients in bone broth help to repair and strengthen the gut lining, reducing inflammation and

preventing overall gut health. And for those dealing with joint pain or inflammation, bone broth can be a game changer! The collagen in bone broth can improve flexibility and reduce pain in the joints, making it a great option for those with arthritis or other joint-related issues.

But perhaps the best part? Bone broth is not only good for you, it's delicious. The comforting and warming properties of bone broth make it a satisfying and nourishing meal that can be enjoyed any time of the day.

At CFS Cafe, we're committed to using only the best ingredients and our bone broth is no exception ensuring that our bone broth is not only nutritious but also delicious.

Bone broth also has hydrophilic properties just like raw foods and is the only cooked food item to do so. This means it can attract and hold onto water molecules drawing digestive juices into the gut and is beneficial for hydration and maintaining a healthy gut environment.

In addition to our bone broth, we also offer a variety of other delicious and nourishing



Sustainably Harvested Seafood from Michelle Rose CFSF

Michelle Rose Community Supported Fishery
www.michellerosecfsf.com

Dinner at the Farm

Valentine's Menu - February 14th
• Two seatings 5pm & 7:30pm

- Prime Rib Night - Thursday nights
- Seasonal 8 1/2 course - Friday & Saturday
- Island-style Dinner with Sourdough Bread & Spouts - Saturday Feb 25

Reservations required.
www.farmtableinn.com

Farm Table Inn

6755 Coos Bay Lane Road, Lake Coos Bay
254-932-3255 | info@farmtableinn.com

menu items. Our Chicken Chai Latte is a unique and flavorful twist on the traditional chai latte, made with real chicken broth and a blend of Westholme Tea and Spices. The Duncan Fog is a comforting and satisfying blend of bone broth, earl grey and local honey, perfect for a chilly day. Our Aztec Mole is a hearty and flavorful twist on a mocha made with a rich house made mole chocolate sauce, espresso and steamed milk of choice.

We also offer a "Cup of Broth" with a choice of garnish like the popular Thai curry paste, lime chili oil or turmeric seasoning- you can customize it to your liking and make it even more delicious.

Come visit our friendly staff at CFS Cafe who can help you craft a bone broth specifically for you and your health goals. Alternatively try any of our other nourishing menu items today.

You'll be nourishing your body and satisfying your taste buds all at the same time.

James Day R.H.N.
Chef / Wellness Advisor
@cfscafe

Be sure to check out Chef James' wonderful article about bone broth on page 29 of the latest Valley Voice! [Head here](#) to read it online.

CFS Wellness Department



The CFS Wellness Advisory Team is a unique group of compassionate, knowledgeable, and committed Holistic Health Care professionals. Setting the bar high, in the health-food industry, is our on-going mission. We strive to meet each of our customers where they are at, in their uniquely individual journeys, with friendly curiosity and humility. Our enthusiastic team is stacked with credentials in Holistic Nutrition, Herbology, Reflexology, and Energy Medicine. We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability. It is our collective calling to serve and we are always here to help!

Monthly Wellness Talks are Back

We are excited to be hosting wellness talks on the CFS Mezzanine once each month for all who wish to come! Please see posters in store for details.

All of our products can also be purchased via [CFS Online](#).

Did you miss our latest Wellness newsletter? Don't miss out! [Head here](#) for the latest products and health guidance to help you be your healthiest self.



CFS for the SOUL

CRYSTALS • BOOKS • ORACLE DECKS • GIFTS

A curated collection of crystals, books, oracles, and locally crafted treasures for your sacred space. Come see what's new!



Sacred Adornments

Simple and elegant gemstone necklaces handmade by [Stone & Weave](#) are a perfect way to connect to the healing energy of crystals all day long.



Soapstone Animals

They are finally back! Choose from bears, owls, turtles, bunnies, cats, wolves, dolphins, or squirrels. We also just unpacked a new delivery of books and decks we know you'll love.



Healing Stones

Beautiful Botswana Agate is excellent for balancing emotional, physical and intellectual energy, and in harmonizing the positive and negative forces of the universe. It promotes inner stability, composure, and maturity and its warm, protective properties encourage security and self-confidence.

Extend Your CFS Discount

Community Farm Store Members can extend their monthly member discount to save 15% on purchases* at CFS for the Soul!

How it works:

1. Complete your shop downstairs & redeem your monthly member discount.
 2. Bring your receipt upstairs to extend the 15% discount to your crystal store purchase*
- Not a member yet? [Sign up today](#) to receive a discount on a future purchase!

Discount reimbursements will not be issued. Not valid on sale items. Valid for same day purchases only.

CFS for the Soul Hours

Monday - Saturday 10-5
Closed Sundays & Holidays
Closed Family Day ~ Monday, February 20th

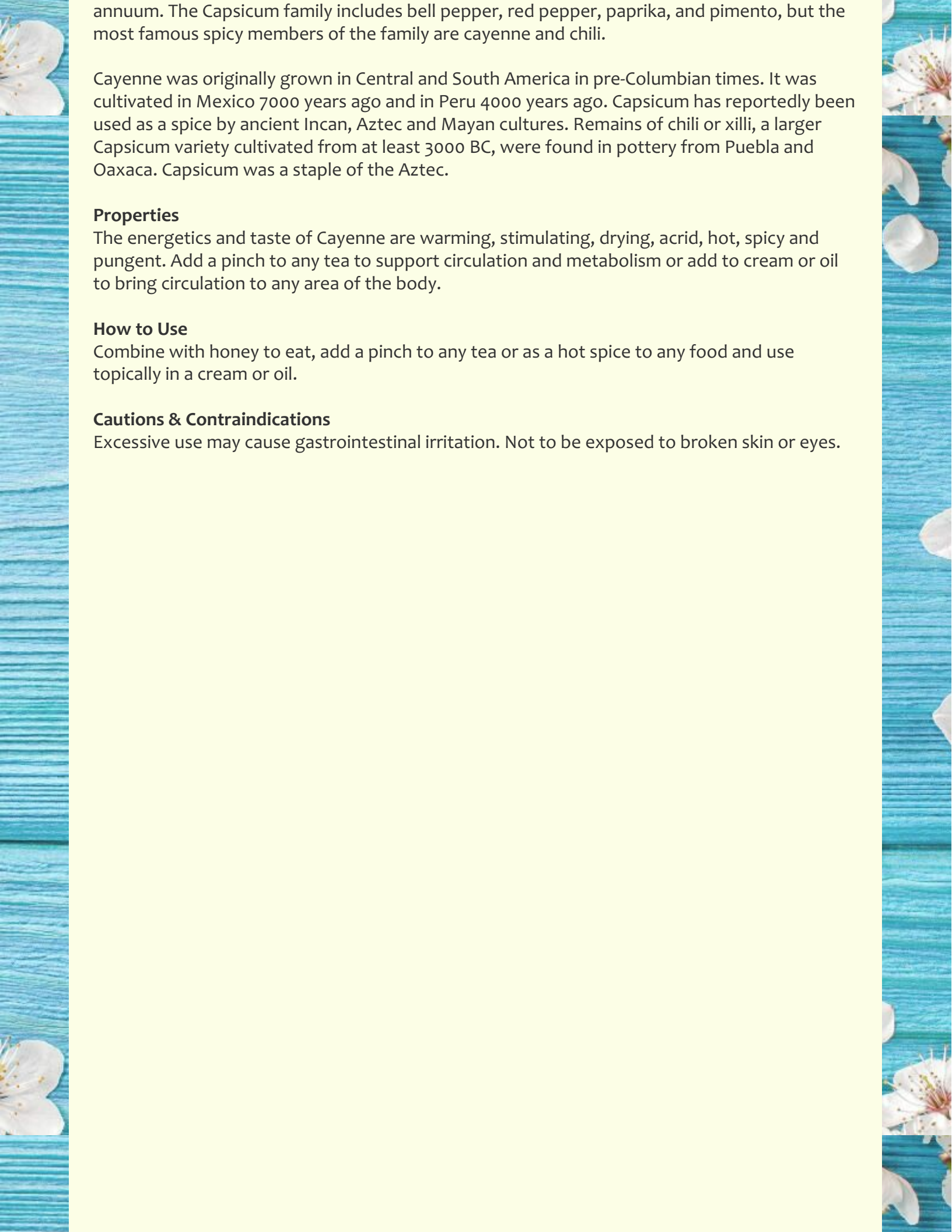
Follow us on [Facebook](#) and [Instagram](#) to stay up to date with all the magic!

CFS Bulk



Organic Medicinal Whole Cayenne Peppers

These beauties are grown locally and bagged by the bulk team. There are 3-4 peppers in a bag. Cayenne Pepper takes its name from its supposed center of origin – the Cayenne region of French Guiana, Cayenne deriving from a Tupi Indian name. Chili is the Aztec name for Capsicum



annuum. The Capsicum family includes bell pepper, red pepper, paprika, and pimento, but the most famous spicy members of the family are cayenne and chili.

Cayenne was originally grown in Central and South America in pre-Columbian times. It was cultivated in Mexico 7000 years ago and in Peru 4000 years ago. Capsicum has reportedly been used as a spice by ancient Incan, Aztec and Mayan cultures. Remains of chili or xilli, a larger Capsicum variety cultivated from at least 3000 BC, were found in pottery from Puebla and Oaxaca. Capsicum was a staple of the Aztec.

Properties

The energetics and taste of Cayenne are warming, stimulating, drying, acrid, hot, spicy and pungent. Add a pinch to any tea to support circulation and metabolism or add to cream or oil to bring circulation to any area of the body.

How to Use

Combine with honey to eat, add a pinch to any tea or as a hot spice to any food and use topically in a cream or oil.

Cautions & Contraindications

Excessive use may cause gastrointestinal irritation. Not to be exposed to broken skin or eyes.



Hot Sauce with Dried Peppers

Why wait for summer to make hot sauce? Here's how to make hot sauce from dried peppers, so you can make it year-round with this small-batch recipe.

Ingredients:

- 1 cup dried chili peppers - NOT a packed cup
- boiling water - to cover
- 1 cup apple cider vinegar
- 1 head garlic - peeled
- ¼ cup brown sugar - or to taste

Instructions:

1. Cut the tops off of your chili peppers, then place them in a small bowl. Heat your water to boiling, then pour it over the peppers. You may need to use a spoon or two to anchor those suckers so that they stay submerged. Let your peppers soak in the water for about 30 minutes, then drain them.
2. Add the peppers to the bowl with the garlic cloves, then pour enough vinegar over them to cover. Use your spoons again to keep the peppers from floating, and soak for 30 minutes more.
3. Pour the peppers, garlic, and vinegar into a food processor and add the sugar. Blend until smooth.

Visit the CFS Apothecary



New Spice Blends

We have brought in a new Cajun Seasoning as we haven't been able to get the Blackened Cajun

Seasoning since last August. This Cajun seasoning is milder, so if you like more heat you can add some more cayenne.

We also have a delicious new Pizza Seasoning with roasted garlic, chili peppers, and red peppers blended with other spices. In addition to using it for pizza, we suggest sprinkling it over olive oil and using it as a dip for bread.

From the Land of Tea



Westholme Ruby Tea

This stunning [Westholme](#) tea is perfect for any day. This organic, caffeine-free blend of hibiscus, fennel, and licorice root is a ruby red tart and bold infusion with a fresh, rich, and stimulating flavour. Enjoy it hot to soothe, or sip it over ice to restore and revitalize.

Brewing Instructions: 2g per cup; 100°C water; steep 3-5 minutes

The Freya-Sophia Waldorf Store



In contrast to a complicated world let's keep things at home simple and beautiful. Let us help you to imagine new traditions that are nourishing for the whole family. Our store is a colourful, tranquil, and an inspiring "portal" to warmth, wonder and wisdom. Find us tucked into the Sol-Centre, adjacent to The Community Farm Store.





The store is filled with toys, games, art supplies, musical instruments, school supplies, children's clothing, birthday candles, and so much more. Come get inspired for springtime!



Did you miss us in the Cowichan Valley Voice? [Head here](#) for our latest pages!

FSWS Hours

Open Monday - Saturday 10-5

Closed Sundays & Holidays

Closed Family Day ~ Monday, February 20th

We are here to help and to support.

We are happy to accommodate requests for mail orders or curbside pickups.

To contact us at the store, email freyasophiawaldorfstore@gmail.com.

Follow us on [Facebook](#) for updates.

Recipes



Baked Hot Chocolate Doughnuts

These easy baked doughnuts are best enjoyed with a sweet mug of hot chocolate. The perfect way to warm up with your loved ones!

Ingredients:

- 1/4 cup melted coconut oil
- 1/2 cup real maple syrup, or honey
- 1/2 cup canned coconut milk (or milk of choice)
- 1/3 cup pumpkin puree (plain Greek yogurt or applesauce also work great)
- 2 large eggs, at room temperature
- 1 tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1 cup + 2 tablespoons whole wheat pastry flour (or all-purpose flour)
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Hot Chocolate Glaze

- 1/2 cup semi-sweet or dark chocolate chips

- 1/3 cup canned full fat coconut milk (heavy cream/whole milk)
- 1 teaspoon vanilla extract
- 1 teaspoon espresso powder (optional)

Instructions:

1. Preheat the oven to 350° F. Grease a 6-cup doughnut pan or 12-cup muffin pan with butter or melted coconut oil.
2. In a large mixing bowl, whisk together the coconut oil, maple syrup, milk, pumpkin, eggs, vanilla, and almond extract (if using) until combined. Add the whole wheat flour, flour, baking powder, and salt, mixing until just combined.
3. Spoon the batter into a zip top bag and snip the corner off. Pipe the batter into each donut cup, filling 1/2-2/3 the way full. Bake 12-15 minutes, until the tops are set. Remove and let cool 5 minutes, then run a knife around the edges to release, invert the doughnuts onto a cooling rack. Repeat with the remaining batter. If using a muffin pan, fill 2/3 the way full and bake 12-15 minutes.
4. To make the hot chocolate glaze. Combine chocolate chips and coconut milk in a bowl and melt on a double boiler. Stirring every 45 seconds, until melted. Stir in the vanilla and coffee powder. Let cool 5 minutes.
5. Dip or drizzle the doughnuts in the glaze. Top with chocolate shavings, if desired. Highly recommend eating a few warm...with a rather large mug of hot cocoa.



Sugar-Free Keto Carrot Cake

The perfect carrot cake recipe made sugar-free using monkfruit sweetener instead of sugar with a one-to-one measuring replacement.

Ingredients:

- 1 cup unsalted butter
- ½ cup Lakanto Brown Monkfruit Sweetener
- 1 cup LClassic, Golden or Baking Monkfruit Sweetener
- 5 eggs, room temperature
- 2 ½ cups of fine milled almond flour, sifted
- ½ cup unsweetened coconut flakes
- 1 tsp sea salt
- 2 ½ tsp Baking powder
- 2 T ground cinnamon
- 2 tsp ground ginger
- 1 tsp nutmeg
- 2 cups freshly grated carrots
- 1 ½ cups chopped pecans or walnuts
- ½ cup heavy cream

Keto Cream Cheese Frosting

- 6 oz full fat cream cheese, room temperature
- 1 ½ cups unsalted butter, slightly cool
- 2-3 cups Lakanto Powdered Sweetener, sifted after measuring
- 2-3 T Heavy Cream, cold
- 1 tsp pure vanilla extract
- ½ tsp salt

[Head here](#) for the directions.

Events & Announcements

CFS Wellness Talks

HEALTHY DETOXING

Presented by our lovely Dayana
Thursday, March 9th
10-11am

CFS Mezzanine
\$10 suggested donation





SOULFUL SATURDAY
@ CFS for the SOUL
MARCH 11th, 2023

**SPIRIT GUIDE READINGS
W/TIFFANY MAILLOUX**

**11-4PM ON THE MEZZANINE
25 MINUTE READINGS FOR \$40**

**NETTLECOHEALING@GMAIL.COM
TO BOOK YOUR SPOT!**

  @CFSFORTHE SOUL



Customer Appreciation Day

Thursday, March 30th

Join us for a fun day celebrating 30 years of service! We'll have demos, samples, draws, and more. Plus, all shoppers will receive a complimentary 30th Anniversary notepad!

Inspiration



Sometimes we forget
how magical it is
to just wake up in the morning.
Take a breath.
Wiggle your toes
and open your droopy eyes.
Take a moment.
Be present.
Give gratitude first.

unknown

Poetry & Every emotion



The Community Farm Store Hours

Monday - Saturday 9-6

Closed Sunday

Open Family Day ~ Monday, February 20th 10-6

Thank you for choosing organic!



The Community Farm Store
Organic Health and Whole Food Market
Proudly serving the community since 1993



#2, 5380 Trans Canada Hwy.
Duncan, BC V9L 6W4
Phone: 250-748-6227
FAX: 250-748-6292

Contact
Us



The Community Farm Store | 5380 Trans Canada Highway, Duncan, V9L 6W4 Canada

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