



# Spiral Farm

Spiral farm is a small (under 1 acre) farm in Elora, Ontario on the traditional land of the Haudenosaunee, Ojibway/Chippewa and Anishinaabe people. We grow a wide variety of vegetables as well as some fruits using organic methods and beyond, using mostly hand tools, no by-products of animal agriculture, and minimal tillage.

## Vision Statement

The natural world is full of cycles. The spiral pattern is abundant in nature, found in plants, water currents, animals, and solar systems. As a seed sprouts and its tiny plant grows toward the light, it follows the trail of the sun, leading it to grow upward and also outward in a spiral, strengthening its stalk.

Spiral Farm aims to mirror this. Food is the very basis of health and happiness, and just as the crops we grow express the spiral, so too does Spiral Farm strive to extend outward into the community and push upward for positive change. While Spiral Farm is a working farm offering market produce and a Community Supported Agriculture program, a main tenet of our mission is to enact Community Supportive Agriculture, reflected through conscious and sustainable farming practices, as well as through relationships with customers and the wider community.

## Mission Statement

Striving for high standards of land stewardship - potentially above and beyond regulated practices such as organic or biodynamic - while providing high-quality, nourishing food for those in the community. Produce will be priced fairly, but a "community supportive agriculture" stance will be taken to ensure that customers are not limited to the wealthy.