



Volunteers Needed!

Weekly CSA Volunteer

Details: We are looking for one volunteer to help staff with our weekly CSA pick-up. Must be available from 3-7pm every Thursday between June 30th and October 20th.

Requirements: Must be able to lift 40+ lbs, be interested in local food, helping out local farmers, and being a spokesperson for Eat Local Sudbury.

Perks: The CSA volunteer will receive one free CSA share for the season. If interested please contact miranda@eatlocalsudbury.com.

Special Event BBQ Volunteers

Details: We are looking for volunteers interested in helping out with our Special Event BBQ's on July 1st, 8-10th, and 14-17th.

Requirements: Food handling and/or cash experience preferred. We are looking for people who like working with the public and can commit to volunteering for 4-6 hours on any of the above dates. If you are interested please contact amanda@eatlocalsudbury.com.

Love the Co-op | Save the Co-op



We have a special offer for you! The next 2 people who make a \$100 [donation online](#) will receive a \$50 gift certificate from Evan's Home Building Centre. Our Fundraising Development Coordinator will be notified when the donations come in and the lucky winners will be able to pick up their gift certificates in-store.

Thank you to [Evan's Home Building Centre](#) and to all our "participants"!

Yard Sale Fundraiser!

When: Saturday June 25, 10-3

Where: 28 Whittaker Street

Have housewares, sporting goods, camping gear, tools, or furniture that you no longer want (no clothes please)? You can drop them off anytime under the carport at 28 Whittaker Street. If you have things you don't want to leave outside, contact Carrie Regenstreif at 705-521-6717 x 105 or info@fruitforall.ca to make arrangements.



More info [HERE](#)

Upcoming Fundraising Events

Special Event BBQ's

We will be holding several BBQ's at events happening around the city - Canada Day July 1st, Northern Lights Festival Boreal July 8-10, River & Sky July 14-17, Elgin Street Beer Festival August 6th, and Up Here Festival August 13th. Stay tuned for further details.

Harvest Feast Fundraiser - Friday September 30

at Co-op Boreal

Join us for a local meal created by Co-op Boreal Chef Jean Huneault and a silent auction. Tickets on sale soon!

Theatre Cambrian's Musical version of The Little Mermaid - Saturday November

26, 7:30pm

We are selling tickets for the Saturday November 26 showing of The Little Mermaid.

Tickets \$30, available in-store. More info [HERE](#)



FEATURES THIS WEEK:

- Local Field Cucumbers **\$3.69/pkg**
- Ontario Tri-coloured Carrots 3lb **\$5.99 each**
- Ontario Bulk Carrots **\$1.59/lb**
- Ontario Parsnips 2lb **\$4.99 each**
- Ontario Broccoli **\$3.49/head**
- Organic Swiss Chard **\$3.99/bunch**
- Organic Shiitake Mushrooms **\$15.99/lb**



Recipe of the Week



[How To Cook Broccoli 5 Ways](#)

[10 Broccoli Recipes Kids Will Love](#)

We are selling River & Sky tickets!



Stop by Eat Local Sudbury to get your tickets for this music and camping event, July 14-17.

3-day passes: \$135 cash, \$140 debit/credit

4-day passes: \$180 cash, \$185 debit/credit

More info [HERE](#)



Operation Fruit Snacks

Find out what Carrie Regenstreif of Fruit For All is up to with rhubarb harvested from the community.

See the CTV interview [HERE](#)

HOME DELIVERIES!



Sudburians in the Flour Mill, Donovan, Bell Park, New Sudbury, South End, West End, and Gatchell areas - would you like to order a box of products online and have it delivered to your door?

[Order](#) by **Tuesday 9:00 AM** and have it delivered **Thursday after 4:00 PM** OR pick-up in store **Friday 11-6**.

Our first CSA pick-up is June 30th. Only 3 CSA shares remain - get them while you can!



Visit us **in store** today to sign a CSA membership agreement and pre-pay for your share of local fruits and veggies.

More info [HERE](#)