

## THIS FARM SELLS A VARIETY OF FRESH PRODUCE

BRYAN MYERS  
bmyers@metroland.com

Not sure what fruits and veggies are in season? A local farm market, the Hen House, sells a weekly basket of fresh vegetables grown locally. Amber Smiley, her husband, Jeremy Knapp, and their three daughters, Addison, Scarlet and Clara, maintain about an acre of vegetables from lettuce and garlic to cucumbers and tomatoes throughout the season. The family moved to the 44-acre farm in 2015.

"Jeremy grew up farming and wanted to get back to it," Smiley said. Prior, the family had lived in downtown Toronto, where she maintained a small vegetable garden in their urban yard.

"I'd never lived on a farm," Smiley said, adding that once she started farm-

ing in a rural setting she grew an abundance of produce. Smiley was already selling eggs from the family's laying hens.

"I love doing it," Smiley said, "and I get to stay home with my kids. We just keep getting bigger year after year."

Now, about an acre of the property is used for farming.

"We plant with our hands, we weed with a hoe, and we don't spray anything at all," Smiley said. "We don't put anything unnatural on our food at all."

However, the Hen House has yet to be certified organic.

Customers can pick up their food order from Thursday to Saturday, with an option for delivery in Georgetown on Sundays available.

Smiley and her family harvest vegetables for each

order on the morning of scheduled customer pick-ups.

"You're getting everything that is available," Smiley said, adding that substitutions are welcome as are additional produce.

Vegetables are washed before going into baskets, with no plastics used, and bunches tied with twine.

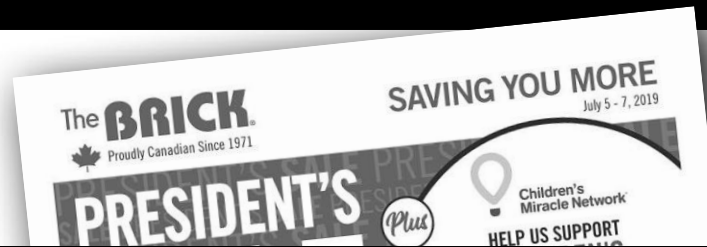
"Most people come here to pick up their basket and they see the food and can see what is and isn't being done to it," Smiley said. "It's sustainable, we put back into the land what we take out of it."

Prices vary throughout the season between \$20 at the start of the season, and \$35 when more fresh produce is ready for harvest.

"We don't want waste," Smiley said. "We don't make extra so we don't waste anything."

More information about The Hen House is available at [www.facebook.com/pg/Henhousefarmfresh](http://www.facebook.com/pg/Henhousefarmfresh) or by contacting [thehenhousefarmfresh@gmail.com](mailto:thehenhousefarmfresh@gmail.com).

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