

Box Scheme Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Preferred Pick-up Location:

Yes! I would like to receive a box of organic produce from Kenya's organic farmers and will pay cash upon delivery of the box each Thursday.

Signature:

Date: _____

Please Detach and Return to:
KIOF Box Scheme PO Box 34972-00100
Nairobi

What Types of Organic Products Might be in the Box?

Mangos	Onions
Papayas	Leeks
Avocados	Coriander
Kale	French beans
Spinach	Eggplant
Beans	Eggs
Tomatoes	Passion fruit
Bananas	Courgettes
Green cabbage	Potatoes
Red cabbage	Turnips
Snow peas	Watermelon
Sugar snap peas	Apples
Sweet potatoes	Pears
Beetroot	Arrowroot
Shelling peas	Plums
Capsicums	
Carrots	
Amaranth greens	
Butternut squash	
Pumpkins	

Kenya Institute of
Organic Farming (KIOF)

Community Supported Agriculture (CSA) in Nairobi



A Box Scheme from Kenya's
Organic Smallholders

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What is a Box Scheme?

A CSA or “box scheme” is a weekly exchange between a farmer, or group of farmers, and a consumer. This consumer can be an individual, a family, or a business. Organic smallholders in various locations in Kenya’s Central and Eastern Provinces supply a variety of fruits and vegetables on a weekly basis. Consumers become “members” of these farmer groups by agreeing to purchase produce from them on a regular basis.

As members, each consumer receives a box of fresh, organic produce delivered to their home or a nearby distribution area, every Thursday afternoon. They pay a fixed price for the box, and the contents vary weekly, depending on what is in season.

What are the Benefits of Joining a Box Scheme?

First and foremost, members of a box scheme are guaranteed fresh, chemical-free produce on a regular basis. Customers know that their food is safe and free of pesticide residues. Moreover,

they know that the air, soil, and water in the area where their food was grown remain unaltered by the use of synthetic pesticides.

The spread of supermarkets and other major food retail outlets is an indication of the growing distance between producer and consumer. Box schemes shorten this chain, and allow the farmer to receive fair prices and the consumer to know where his or her food comes from.

The theory behind “box schemes” is one of mutual support.



Consumers encourage organic farming among Kenya’s smallholders by guaranteeing a market for farmers’ products and therefore sustaining farmer livelihoods. Likewise, farmers who grow organic encourage consumers to make healthy and environmentally sustainable eating choices and are protecting the future for Kenya’s environment and people.

How Does the Produce Get From the Farmer to Me?

Organic smallholders in Kinangop and Embu are growing a variety of organic produce to supply this box scheme. Every week, they will have a selection of fruits and vegetables available. On Wednesday evenings, the farmers will transport the week’s produce to the KIOF Organic Market in Juja. From there, we will pack it into boxes for each customer.

On Thursdays, we will drive into Nairobi for delivery. Depending on the distribution of customers, we can deliver to homes to a few central places. To reduce driving, and fuel costs and emissions, groups of CSA members who live near each other can arrange for a group pickup from one location.