

What is CSA?

It is a farm in which the farmer and consumer (member) provide mutual support, and share in the benefits and risks of food production. Community Supported Agriculture (CSA) farms are usually small farms which practice sustainable farming methods and grow a variety of organic produce. It is direct marketing, meaning there is no middle man between the produce and the consumer allowing prices to stay affordable, and the quality of produce to be optimal and fresh.

**You must be the change you wish to see in the world.
MahatmaGhandi**

Benefits to the Community

- Allows for small farms to survive and flourish (challenging the global industrial food system)
- The high economic and environmental costs of transporting food is minimized(the average meal travels 1200 miles from the farm to your plate)
- Builds local sustainable economy and food security
- Allows people to be connected to their food, knowing who is growing it, participating, and know how it is grown
- Encourages us to eat seasonally

Memberships

Members pay an annual membership fee to cover anticipated costs of the farm operations. In return, members receive shares in the farms bounty each week throughout the growing season.

Working Memberships: if you are on tight budget or just like to work outdoors, consider a working membership. Volunteer just 4 hrs./week and get a considerable discount. You'll make some great friends while working towards a common goal.



Share Prices

Full Share: feeds a family of 4

- Non-working \$468
- Working(4 hrs./week) \$320

Half Share: Feeds a family of two and small children

- Non-working \$260
- Working \$160

Single Share: Feeds one person

- Non-working \$143
- Working \$83

Harvest Schedule approx. 13 weeks of produce

Produce	June	July	Aug	Sept	Oct
beans (green)			X	X	
beets		X	X	X	
broccoli			X	X	X
cabbage				X	X
carrots			X	X	X
cauliflower				X	X
celery		X	X	X	
swiss chard	X	X	X		
garlic				X	X
herbs		X	X	X	
lettuce	X	X	X	X	X
onions			X	X	X
peppers			X	X	
potatoes			X	X	X
snow peas	X	X			X
spinach	X	X		X	X
summer squash			X	X	
winter squash				X	X

Harvest schedule subject to changes due to the nature of farming!

As a member you will receive a mixed bag of delicious mountain grown produce each week as crops come into season. **Goat cheese and homebaked bread may be available upon pre-ordering at an additional cost.

**"The only possible alternative to being either the oppressed or the oppressor is voluntary cooperation."
Enrico Malatesta**