



Family Table Farm 2010 CSA Program

Weekly veggies direct from the farm



What is a CSA share?

CSA stands for Community Supported Agriculture. It is a way for consumers and farmers to support one another. By committing to a season's worth of fresh, tasty and nutritious veggies at the beginning of the year, you invest in the health of your family, community, and local agriculture.

Your share is a portion of the harvest and consists of a variety of vegetables, which you pick up weekly at the farm. Commit to diverting \$25 a week from the grocery store to a local farm and enjoy a summer of seasonal eating.

What does it cost?

\$450 for a weekly share. You will receive a selection of seasonal veggies every week for 18 weeks starting in early June and continuing through early October.

\$250 for an every-other-week share. Every two weeks during our 18 week season you will receive the same veggies that are in the full share that week. If you are concerned about getting more vegetables than you can use, or tend to be away on vacation for part of the summer, this might be the option for you.

What will I get?

Certified Naturally Grown veggies, in-season with no synthetic fertilizers or pesticides. We try hard to give you the right amount of vegetables, so none go to waste and you get a good value. While production can be affected by bad weather and other uncontrollable events, the following sample weeks will give you some idea of quantities:

June 16	July 14	August 18	September 15
4-5 beets	4-5 beets	1 lb green/yellow beans	10-12 carrots
Bag of salad mix	1 lb broccoli	4-5 beets	4 cucumbers
10-12 green onions	1 head cabbage	10-12 carrots	Bag of salad mix
8 oz snap peas	Bag of salad mix	1 head lettuce	4 bell peppers
10-12 radishes	10-12 green onions	1 head garlic	2 lbs potatoes
8 oz spinach	10-12 salad turnips	2-3 onions	8 oz spinach
10-12 salad turnips	1 lb swiss chard	4 bell peppers	4 heirloom tomatoes
		4 summer squash/zucchini	2-3 winter squash

You'll also receive our newsletter containing farm news and recipe suggestions to help make the most of your share.

How and when do I get my veggies?

You pick them up at the farm every Wednesday night, any time between 4 and 7 pm. The farm is located about 6 miles west of Longmont, at 10790 N. 49th Street, Longmont, CO 80503. See the website for a detailed map.

We are willing to arrange a special drop-off in your neighborhood if you can sign up at least 5 of your neighbors. Give us a call (720.352.5326) or email us at csa@thefamilytablefarm.com for more information.

More Questions?

Visit our website at <http://thefamilytablefarm.com/csa> for more information about the CSA program and our farm in general. Don't hesitate to call (720.352.5326) or email us at csa@thefamilytablefarm.com if you have more questions.

Family Table Farm 2010 CSA Application

Complete this form and mail it with payment (payable to The Family Table Farm) to:

The Family Table Farm
714 Snowberry Street
Longmont, CO 80503

- Weekly Share: \$450 for 18 weekly pick-ups
- Every-Other-Week Share: \$250 for 9 pick-ups

Our season is 18 weeks, June 9 – October 7.

To reserve your share, you must include either the full amount or a \$150 non-refundable deposit, with the remainder due by **May 1st**.

Enclosed is payment in the amount of \$ _____

Name: _____

Address: _____

City, Zip: _____

Phone: _____

Email: _____

I agree to pay my balance by May 1, 2010. I understand that I am sharing in the risks inherent to farming and that quantities and quality of my share may be adversely affected by uncontrollable events. I understand that it is my responsibility to pick up my share each week and that there will be no special arrangements or schedule changes made for missed pick-ups. I understand that there are no refunds given.

Signature: _____

Date: _____

Questions? Email csa@thefamilytablefarm.com or call 720.352.5326.