



## CSA 2018 Information

Community Supported Agriculture (CSA) membership welcomes you to connect with the farm and people where your food is grown. In its simplest form you contribute to the farm at the beginning of the growing season, when seeds, fertilizers and other resources are purchased and planted. In return you become a member of the farm and receive a weekly share of the best produce our farm has to offer including more than forty types of vegetables, herbs, fruit, and flowers. Everything in your CSA harvest share is grown on our farm using organic and biodynamic farming methods.

As a member of the farm you will receive a weekly newsletter describing the contents of your CSA box, recipes, and updates about farm work and fun and a 10% member discount at our farm stand. Camas Swale Farm potlucks offer additional opportunities to connect with the farm. If you are interested in regularly volunteering on the farm in trade for a full CSA harvest share, ask about our Working Memberships.

### *FARM SHARES Start Tuesday, June 5th, 2018*

Sign up by April 1st for the best rate and by June 1st to experience full season

**Full Veggie Share:** 22 boxes delivered weekly Jun - Oct

**\$560** if paid by April 1st, **\$580** after April 1st (\$26 per week)

Intended to meet the needs of a four-person household. This is the most economical option. If you think this could be too much for your household consider ordering a small share or splitting this share with a neighbor.

**Small Veggie Share:** 22 boxes delivered weekly Jun- Oct

**\$450** if paid by April 1st, **\$470** after April 1st (\$21 per week)

Intended to meet the needs of two person household. This share will contain most of what a full share includes, but lesser amounts.

**Salad Lovers Add-on:** 3/4 lb bag of mixed salad greens delivered twice monthly June- Nov

**\$65** for the season

Offered by popular demand! Many weekly boxes contain head lettuce and other fresh greens but most weeks do not include mixed baby salad greens. If you really like ready-to-eat mixed salad greens, consider a salad lovers add-on. Mixed baby salad greens will be delivered with your harvest share every other week of the month.

**Fall Veggie Share:** 3 boxes delivered weekly up to Thanksgiving

Late season boxes include fall favorites, longer storing roots, alliums, pie-friendly squash, along with leafy greens and salad mix for the holiday.

Each weekly share will typically contain (among the other seasonal items) a cooking green, a root vegetable and an herb or seasoning (e.g. basil, parsley). The rest of the farm share is a mix of seasonal produce, along with some flowers and fruit. We aim for each weekly box to contain at least the value you have invested according to market prices. Each weekly box can vary in size. In 2015 and 2016 the real market value of an average box was \$31. Here is a sampling of what we grow and when you might see those items in your CSA box. For a full list of what we grow, and archives of previous season's newsletters with "what's in your box" and recipes, see our website at [www.CamasSwaleFarm.com](http://www.CamasSwaleFarm.com).

**Early June-July:** lettuce, snap and snow peas, radish, kale, chard, bok choy, broccoli, carrots, cabbage, parsley

**Mid July-Aug:** potatoes, carrots, beets, green onions, cabbage, cauliflower, basil, strawberries

**Late Aug-Sep:** tomatoes, peppers, eggplants, garlic, sweet corn, zucchini, cucumbers, cilantro, dill, green beans, lettuce, plums, melons, celery, sweet potatoes

**Fall Oct-Dec:** winter squash, roots (carrots, beets, storage potatoes, parsnips, rutabaga), garlic, onions, leeks, apples, lettuce, and return of those early summer crops including broccoli, kale, mustard greens and more

