

# Iron Moon Farm Community Supported Agriculture

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## What is Community Supported Agriculture (CSA)?

A CSA is a partnership between farmers and customers. Customers become a member of a CSA by making a payment at the beginning of the growing season. Farmers provide a portion or a 'share' of the farm's produce to each CSA member each week throughout the season.

A CSA creates agriculture-supported communities where members receive a wide variety of foods freshly harvested from local farms. CSA farmers are able to produce a wide variety of high quality vegetables on a small scale near your neighborhood.

## What are the Benefits?

- Naturally grown vegetables, harvested at their peak of nutritional value.
  - A large variety of vegetables and herbs.
  - The opportunity to learn how your food is grown.

Support of the local economy, the community and local agriculture.

## How does a CSA work?

Members of a CSA farm pay in advance for a season's share of produce. Member-ship fees vary due to the cost of farming in different areas, but typically run between \$500 and \$600 per year for a household of four. Members receive a weekly share, usually for 15 to 20 weeks, July through October.

Farmers use member payments to pay for seeds, fertilizer, water, equipment maintenance, labor, etc., at the beginning of the season. Members share not only in the harvest but also in the risk of unfavorable weather or pests.

Members receive the freshest produce available each week from their CSA farm. Members may also get the chance to try produce that might not be found at the grocery store.

### **We are not a supermarket!**

The vegetables that you find each week in your share are what we are harvesting at that time. You are NOT able to pick and choose as in a market. Part of the commitment is to learn to eat what is in season here in our local area- you will find you become more flexible and adventurous with your cooking and eating habits. Each crop has a preference for certain growing conditions. There are some things that we cannot grow at all, and others that have a very limited season.

## PICKING UP YOUR SHARE

When you sign up, you can choose a day to pick up your share at the farm.

When you arrive each week to collect your share, you will find a sign-in sheet and share bags. Sign in, this helps us keep track of who has received their share. Make sure you take the correct share bag with your name on it. You may have more than one bag depending on your share size. Please return your bag each week so that we can reuse it and keep our costs down.

If you need to skip a week, you can have a friend pick it up for you, or you can donate. If you give 48 hours notice, you may change your day for the week.

There will be no make ups for missed pick ups. It will not be possible to call and remind you of your pick up.

### 2009 Share Prices

#### Full Share \$550

- One full grocery bag-sized container of fresh produce per week (about 5-18 lbs. of produce).
- Enough for a typical family of four.

#### Small Share \$400

- Enough produce to meet the needs of two adults.
- Individual Share \$275
- Produce to meet the needs of the individual living alone.