

The Small Family Salads and Side Dish CSA

FALL 2022 – Runs 8 weeks, Oct-Nov

from The Productive Peasant Farm Co.

What is a CSA?

Community Supported Agriculture (CSA) programs allow farmers and community members to build relationships that are based in an ethic of mutual benefit. CSA members (that's you) buy a "share" in the farm (in this case, in the Fall), thereby providing farmers with critical working capital that allows for infrastructure and equipment improvements for the following year. In return for their support, members receive a box of fresh produce from the farmer each week for a set number of weeks, with the farmer aiming to provide more produce than the customer initially paid for. In effect, each member's support is converted into an investment in the farm's success, with a return that demonstrates the farmer's appreciation and makes the up-front expense worth it for the CSA member.

What Does Our CSA Look Like?

Each week (except for the week of Thanksgiving – see below) you and your family will receive an assortment of Lancaster's freshest seasonal ingredients that can be easily assembled into a variety of healthy salads and side dishes throughout the week. In addition to receiving a regular delivery of spring mix and fixings for salads such as radishes, carrots and baby turnips, you will receive additional greens and root veggies that can be transformed into tasty gourmet salads and side dishes with minimal effort.

By providing two or three recipes each week and the vast majority of the ingredients that these recipes call for, your grocery shopping and meal prep should be simplified. In order to make the recipes included in a typical week, you may only need to buy (or have on hand already) oil, vinegar, or perhaps some meat or cheese should you choose to include those ingredients. You will receive an email no less than three days prior to receiving each box which will include a list of produce you will receive along with featured recipes that allow you to plan your meals with those ingredients. You will also receive a very short "need to have on hand" list of ingredients called for by the recipes but not included in your CSA box.

Because the items you receive each week lend themselves easily to a variety of applications, you are by no means restricted to following the recipes – they are meant to be helpful, but in no way constraining should you want to do your own thing.

Most of the products in our shares will be seasonal chemical-free produce coming directly from our farm. We also occasionally procure items such as potatoes, sweet potatoes, onions and apples from other local organic farms and vendors that we partner with, and we will inform you on who we have partnered with each week. The few non-organic items included during the season are limited to products that are difficult to find from local organic growers, such as tree nuts, or other minimally-processed items, such as croutons or flat-bread pizza crusts made by local bakeries. By supplementing our own produce with products from other local businesses, your support is being spread more widely throughout our community!

As a CSA member, you will also be invited to tour the farm and learn more about our chemical-free, bio-intensive farming practices that deliver nutrient-dense veggies to you while also building healthy, living soils free of chemical treatments.

THANKSGIVING WEEK

Instead of us making a box for you during the week of Thanksgiving, you will receive a \$30 credit to our online store and we will bring you anything you order on the Tuesday of Thanksgiving week. Orders must be received by the Saturday prior. This will allow you to tailor your Thanksgiving meal to your preferences, rather than having us interfere.

What Vegetables Do We Grow On Our Farm during the Fall?

Arugula, Baby Turnips, Beets (a variety of kinds and colors), Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Celery Root, Fennel, Kale, Baby Kale Mix, Kalettes, Kohlrabi, Leeks, Parsnips, Radishes and Winter Radishes (assorted varieties), Rutabaga, Scallions, Sugar Snap Peas, Salad Mix, Spinach, Swiss Chard, Winter Squash (Delicata, Honey Nut, Butternut, Acorn and Spaghetti), and a variety of a herbs.

Some Examples of Our Weekly Boxes

Example 1:

Items: 5oz. Salad Mix, 1 bunch radishes, 1 bunch carrots, 1/3 lb. baby kale mix, 1 bunch scallions, 2 bulbs baby fennel, 1 bunch parsley, 2 Granny Smith apples, 1 bulb garlic, 1 lb. fingerling potatoes
Featured recipes: Creamy Orecchiette with Scallions, Fennel and Bacon; Baby Kale and Apple Salad with Cider Vinaigrette; Roasted Garlic-Parmesan Fingerling Potatoes

Example 2:

Items: 5 oz. baby spinach, 2 lbs. golden and candy cane beets, 1 bunch carrots, 1 bunch watermelon radishes, 1-2 bulbs kohlrabi, 1 quart brussels sprouts, 1 bunch parsley, 2 pears, candied pecans
Featured recipes: Carrot-Kohlrabi Slaw; Shaved Beet, Carrot and Radish salad; Maple Bacon Roasted Brussels Sprouts; Baby Spinach Salad with Candied Pecans

The 8-Week Season Runs October 1 to November 30.

If for any reason you cannot pick up your order during one of these weeks, please contact us as soon as possible and we will figure out a way to get your box to you.

Pricing

The cost for the 8-Week season is \$250 for those wishing to pick up their boxes either at the Columbia Market House on Saturdays or at the Fresh Market at Hershey Towne Square on Saturdays, an average cost of \$30 per week. There is an additional one-time \$50 delivery fee for those choosing delivery. We currently deliver to the following zip codes: 17601, 17602, 17603, 17551, 17543, 17579, 17368, 17512. All deliveries will be made on Tuesdays. Payment is due by September 15, 2021. You may order and make your payment online through our website (www.productivepeasant.com/what-s-fresh) or by mailing a check to

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Contact

If you are interested in joining, or have questions, you can contact us any time.

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