

The Small Family Salads and Side Dish CSA

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 early in the year, before the first veggies are harvested. This provides farmers with critical working capital at a time when expenses are high and income is virtually nil. 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 you and your family will receive an assortment of York and Lancaster County'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 summer salads such as cherry tomatoes, cucumber, radishes, sweet baby turnips and carrots, you will receive additional greens, veggies and fruits 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. For instance, if a spinach salad with strawberries and candied pecans doesn't strike your fancy that week, you could use the spinach for an addition to weekend omelets and throw the strawberries and pecans on a dish of your favorite vanilla ice cream for a mid-week treat!

Most of the products in our shares will be seasonal chemical-free produce coming directly from our farm. Produce that is called for by the recipes but not grown on our farm will be procured 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.

What Do We Grow On Our Farm?

Arugula, Baby Turnips, Baby Spinach, Basil, Beets (a variety of kinds and colors), Beans, Broccolini, Brussels Sprouts and Kalettes, Bok Choy, Cabbage, Carrots, Celery, Celeriac/Celery Root, Cilantro and Dill, Cucumbers, Dandelion Greens, Fennel, Garlic, Kale, Baby Kale Mix, Kohlrabi, Leeks, Lettuce heads, Okra, Parsley, Parsnips, Peas, Bell Peppers, Potatoes, Scallions, Spring Mix, Radishes (assorted varieties), Spinach, Swiss Chard, Tomatoes, Mini Eggplants, Mini Peppers, Cantaloupe, Watermelons, Watermelon Radish, Winter Squash, Zucchini, and a variety of a herbs

Some Examples of Our Weekly Boxes

Example 1:

Items: ½ lb. Spring Mix, 1 bunch radishes, 2 tomatoes, 1/3 lb. baby kale mix, 1 bunch spring garlic, 2 pack of Thom's Bread pizza crusts, small bag of pine nuts, 1/3 lb. arugula, 2 bulbs baby fennel, 1 lemon.

Featured recipes: Spring Greens Flatbread Pizza; Arugula and Fennel Salad with Lemon Vinaigrette

Example 2:

Items: ½ lb. Spring Mix, 1 cucumber, 1 pint cherry tomatoes, 1 bunch orange carrots, 1 bunch rainbow carrots, 1 large bulb fennel, 2 bunches radishes, 1 bunch golden beets, 1-2 bulbs kohlrabi, 1 bunch parsley

Featured recipes: Carrot-Kohlrabi Slaw; Shaved Beet, Carrot and Radish salad

Optional Fruit Add-on

We are now offering an option to add \$5, \$10, or \$15 of certified organic fruits to your weekly CSA boxes. We would choose the fruits you receive on our end, aiming to always alternate the types of fruits you get to avoid too much repetition. Some examples include:

EXAMPLE: \$5/Week

Week 1: 2 apples, 2 oranges

Week 2: 1 lb. bananas, 2 grapefruit

Week 3: 1 pint strawberries

EXAMPLE: \$10/Week

Week 1: 2 apples, 2 oranges, 1 pint blueberries

Week 2: 1 lb. bananas, 2 grapefruit, 1 half-pint raspberries

Week 3: 1 pint strawberries, 1 pineapple

EXAMPLE: \$15/Week

Week 1: 2 apples, 2 oranges, 1 pint blueberries, 1 half-pint raspberries

Week 2: 1 lb. bananas, 2 grapefruit, 1 half-pint raspberries, 4 pears

Week 3: 1 pint strawberries, 1 pineapple, 1 quart peaches

This is entirely optional, and you can always just purchase any additional fruits you might like from our stand at the Fresh Market at Hershey Towne Square.

The CSA Season Starts the Week of May 15, with One Optional ‘Skip Week’

The CSA season is scheduled to run from the week of May 15 to the end of your 8, 10 or 12-week signup. If you ever wish to take a week off from receiving your CSA delivery – because you are going on vacation, for instance – please do not hesitate to let us know. You will still receive your total boxes for the season, no questions asked. We will simply extend the season beyond the currently planned end date for you until you’ve received all of your boxes. For instance, if you are planning to take a vacation the week of June 14 and don’t wish to receive your box for that week, we will simply provide you with a box one week after your CSA membership was scheduled to end. We simply request that you let us know at least one week in advance of the delivery that you wish to skip over, and that you limit your ‘skip weeks’ to one during the season. Of course, emergencies will always be accommodated, and if you find yourself needing to be away at the last minute your deliveries will be paused without question and you will receive a later delivery, even if you have already used your ‘skip week.’

Pricing

The current cost for the CSA season is set to reflect deals set up for Early Bird Sign Ups (December & January). Prices will increase in February and again in March.

Membership Option	Cost
8-Week Membership, no fruit	\$280 (Early Bird cost: \$252)
8-Week Membership + \$5/Week Fruit Add-on	\$320 (Early Bird cost: \$288)
8-Week Membership + \$10/Week Fruit Add-on	\$360 (Early Bird cost: \$324)
8-Week Membership + \$15/Week Fruit Add-on	\$400 (Early Bird cost: \$360)
10-Week Membership, no fruit	\$350 (Early Bird cost: \$315)
10-Week Membership + \$5/Week Fruit Add-on	\$400 (Early Bird cost: \$360)
10-Week Membership + \$10/Week Fruit Add-on	\$450 (Early Bird cost: \$405)
10-Week Membership + \$15/Week Fruit Add-on	\$500 (Early Bird cost: \$450)
12-Week Membership, no fruit	\$420 (Early Bird cost: \$378)
12-Week Membership + \$5/Week Fruit Add-on	\$480 (Early Bird cost: \$432)
12-Week Membership + \$10/Week Fruit Add-on	\$540 (Early Bird cost: \$486)
12-Week Membership + \$15/Week Fruit Add-on	\$600 (Early Bird cost: \$540)

TO SIGN UP ONLINE:

You may place your order and make your payment online through our online store (www.productivepeasant.com/what-s-fresh), in person at our stand at the Fresh Market in Hershey, or by mailing a check to:

The Productive Peasant Farm Co.
105 North Jackson Street, #1
Strasburg, PA 17579

If you do not wish to sign up online, you may submit payment in person at our stand at Fresh Market at Hershey Towne Square (Thursdays-Saturdays), or by mail to the above address.

If you have questions, you can contact us any time via email at sales@productivepeasant.com