



## **COMMUNITY SUPPORTED AGRICULTURE (CSA) INFORMATION**

Thank you for your interest in purchasing produce grown locally in the San Pedro Valley near Benson. We hope you'll join in enjoying our farm's bounty and become a member of our CSA !

Our mission is to:

- Grow delicious, healthy, organic vegetables and fruit;
- Use sustainable methods and permaculture techniques to do so;
- Treat our customers and supporters with respect and care; and
- Engage with our various local food and farming communities.

### ***How It Works***

Buying a share in a CSA is like purchasing a food subscription to a farm. As a share member you become part of our farm community. You pay at the beginning of the season (or by payment plan), and every week during the season you receive a selection of seasonal, delicious, fresh, local, and organic produce. You pick up your share on Wednesday afternoon/evening from us at Frontier Fitness Club, 496 N. Ocotillo Road, Benson, AZ 85602. If you are not able to pick up your share, please designate someone to pick it up for themselves or for you. We do not extend the season for missed shares and we are not able to deliver shares to your home.

### ***How To Sign Up For Our CSA:***

Sign-up Form: Fill out the form on Page 4 and return it to us at the farmers market or mail it with your payment to the address given.

Payment: You must sign up for the whole season to join our CSA – we do not offer partial season shares. We do offer two payment options, *in-full* and *payment plan*.

- ***Payment in full.*** This is our preferred method of payment, in which you pay the full share cost (\$250) by the first share delivery November 7.
- ***Payment plan*** Payment is made in two equal installments of \$125, one by the start of the deliveries (Nov. 7) and one by January 16.

## **CSA Season**

- Dates: Starting November 7 through March 13.
- We will take off a total of 3 weeks for holidays – November 28 and two weeks at the end of this year, December 26 and January 2.

## **CSA Pickup Days, Times, and Locations**

### **Frontier Fitness Club**

**Day:** Wed afternoon/evening, 5:00p through 7:00p.

**Location:** 496 N. Ocotillo Road, Benson, AZ 85602

## **Where, How and What We Grow**

We have 8 acres in the San Pedro Valley, approximately 6 miles east of Benson. Right now we have one field of about 1 acre in area, plus two small orchards (jujubes and pomegranates). We use organic techniques to grow our vegetables. We use only organic fertilizers and natural pesticides. Our crops are both hybrid and heirloom varieties. We do not grow GMO crops. We are currently in the beginning of a transition to no-till growing.

We use rainwater, groundwater, and drip irrigation to optimize our water usage. Our farm is off-grid, so our water is pumped using renewable energy. We use berms and other earthworks to increase the recharge of the rain that falls on the farm. We currently meet the farm's energy needs using solar energy and hope to add a wind turbine sometime soon.

Additionally, SouthWinds Farm has entered into a cooperative arrangement with Arevalos Farm, located near Double Adobe and owned by Aaron Cardona. The two farms are in the process of developing a cooperative small farm model and are currently coordinating production for both farms' fall/winter CSA seasons this year. As such, from time to time, you will receive produce from Arevalos Farm in your CSA share. This will include a monthly one-pound portion of Arevalos Farm's signature dried bean, known as Frijol Mechudo.

Arevalos Farm is a third generation Mexican-American family farm, located in Double Adobe, AZ. They farm the same land that Aaron's grandfather, Gilbert Arevalos, first cultivated in the late 1950's. They cultivate between 15-20 acres a year, focusing on heritage varieties of vegetables that Aaron's grandfather grew, along with some new and innovative varieties. They are most notably known for the bean they created (Frijol Mechudo), a non-GMO white corn (Mexican June), Tohono O'odham Yellow Meat Watermelon, as well as green chile roasting.

See the Crop List at the end of the Signup Form for some of what we'll be growing this season and some example shares. The shares will vary from these examples.

**How Our CSA Is Different**

We concentrate on variety within these fall and winter season staples: greens (salad and cooking), carrots, radishes, sweet potatoes, winter squash, bok choy, cabbage, beets, kohlrabi, broccoli, and herbs (cilantro, sage, mint), among other crops. We try to vary the mix every week but there will be weekly repeats. There will also be some surprises and additions. The amount you receive each week is based on market value. One benefit of the CSA is that we always give our CSA shareholders first choice on the choice items such as carrots, sweet potatoes, winter squash, etc. The CSA guarantees you go home with a great selection of our best produce.

**How Many People Will A Share Feed?**

This is a difficult question because every household has different eating habits. A \$15 share should be able to meet most of the vegetable needs of one person, a couple or a small family.

**CROP LIST FOR Fall Winter 2018-19 SEASON**

Arugula	Green Onions
Asian Greens – Komatsuna, Mizuna, Tat soy, Tokyo Bekana, Yukina Savoy, Red pac choi, among several others	Greens mixes for salads and stir fry
Beets – Red, golden and specialty	Maché
Bok Choi	Herbs – Cilantro & Parsley, among others
Broccoli	Kale – Red Russian, Siberian, Curly and Lacinato
Carrots	Lettuce heads and mixes
Cabbage – Red and green	Radishes – French Breakfast, white, red, others
Chard – Rainbow	Turnips – Salad and Cooking
Collard Greens	Sorrel
Rutabaga	Spinach
Winter squash, butternut	Sweet potatoes
Kohlrabi	

**Example shares:**

Greens portions are generally 6 oz to 8 oz. Root portions vary from a half-pound (radishes, carrots) to 1 pound (beets, potatoes). Other vegetable portions vary from a half-pound to a pound. We will vary from these estimates in order to ensure you receive at least market value (total of \$15) for your share.

<b>November</b>	<b>December</b>	<b>January</b>	<b>February</b>
(4-5 items per week)			
Salad mix	Salad mix	Broccoli	Broccoli
Radishes	Head lettuce	Salad mix	Lettuce
Beets	Radishes	Beets	Kale
Sweet potatoes	Winter squash	Head lettuce	Spinach
Spinach	parsnips	Carrots	Herbs
Winter squash	Beets	Cabbage	Cooking greens
Carrots	Kale	Chard	



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**CSA SIGN UP FORM Fall-Winter 2018-2019**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email address for Weekly newsletter \_\_\_\_\_

**I am interested in purchasing a:**

Weekly Share (16 week season = \$250)

(Share sign-up is first-come first-served. When we fill up, we'll put you on a waiting list.)

**I am paying:**

In Full  By Payment Plan

(Ask us if you are interested in a work exchange for a portion of the share cost.)

**I am interested in volunteering on the farm:**  **Yes**  **No**

**CSA Membership Agreement:**

- I acknowledge that farming is subject to risks beyond the control of SouthWinds Farm that may adversely affect the quality or quantity of the season's harvest.
- I acknowledge that these risks are shared equally by all CSA members and that my subscription is non-refundable (unless all farm crops fail and we are not able to give you any produce).
- I acknowledge that it is my responsibility to pick up my weekly share at the specified time and place. I may designate someone in my place, but missing a pick-up releases SouthWinds Farm to make other arrangements for the produce.
- Please make **check** or **money order** payable to SouthWinds Farm. Send payment & this form to: SouthWinds Farm, 2404 E. Gingerbread Lane, Benson, AZ 85602 . (We also can take credit/debit cards.)

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Printed Name

Signature

Date