



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 CSA share 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 at the farmers' market we attend - Heirloom Farmers' Market at Rillito Park. If you are not able to pick up your share, you designate someone to pick it up for themselves or for you. We do not extend the season for missed shares.

How To Sign Up For Our CSA:

- Sign-up Form: Fill out the form on Page 4 and mail it with your payment to the address given or bring it to us at the farmers markets.
- Payment: You must sign up for the whole season to join our CSA – we do not offer partial season shares. We do, however, 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 May 19 at Rillito.
 - ***Payment plan***
 - Payment is made in two equal installments of \$125, one by the start of the deliveries (see above) and one by July 14.

CSA Season

- Dates: Starting May 19 through September 15.
- We will take two summer Sundays off – June 16 and September 1 (Labor Day weekend).
- ***We are selling at the farmers' market now, so you are welcome to stop by and shop before the CSA share deliveries start.***

CSA Pickup Days, Times, and Locations

Rillito Park Farmers Market

Day: Sunday morning, 8a through Noon

Location: Rillito Park, 4502 N. First Avenue - near the intersection of River Road and First Avenue

A map can be found at <http://www.heirloomfm.com/markets/>

Where, How and What We Grow

We farm 8 acres in the San Pedro Valley, approximately 6 miles east of Benson. Currently we have one field of about 1 acre in area, plus two small orchards (Jujubes, pomegranates, figs). We will add another field this summer. We use organic and sustainable 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 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 primarily solar energy.

We have a high-tunnel that functions as a shade structure in the summer and a greenhouse in the winter. This summer we will grow tomatoes, peppers, chiles, cucumbers and other items in the high-tunnel.

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 summer season staples: greens (salad and cooking), tomatoes, sweet peppers, chiles, summer squash, eggplant, cucumbers, melons, string beans, garlic, and herbs (cilantro, basil, others), 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. The benefit of the CSA over only shopping at the farm stand is that we always give our CSA shareholders first pick on the choice items such as tomatoes, sweet peppers, melons. Also, produce moves quickly at the market and 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 or a couple. It will provide a modest portion of the vegetable needs for a small family.

CROP LIST FOR Spring-Summer 2019 SEASON

Arugula	Summer squash
Various lettuces	Carrots
Salad mixes	Eggplant
Greens mixes for salad and stir fry	Chiles
Beets – Red and Yellow	Sweet Peppers
Cabbage	String beans
Swiss Chard – Rainbow	Cucumbers
Tomatoes	Flowers
Melons	Okra
Green Onions, Garlic	Tomatillos
Herbs – Cilantro, Sorrel, Basil and more	
Kale – Curly, Black Tuscan	And Many Others !

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.

May	June	July	August
(4-6 items per week)			
Salad mix	Salad mix	Sweet peppers	Melons
Cabbage	Head lettuce	Salad mix	Chiles
Cooking greens	Summer squash	Summer squash	Salad mix
Carrots	String beans	Chiles	Cucumbers
Garlic		Tomatoes	Okra



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CSA SIGN UP FORM Spring-Summer 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

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 unable 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 or bring it to us at the markets. (We also can take credit/debit cards at the markets.)

Printed Name

Signature

Date