



## **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. Missed shares are forfeited; we do not extend the season for missed shares. No substitutions are provided for share items.

### ***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.
- **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 (\$275) by the first share delivery November 8 at Rillito.
  - ***Payment plan***
    - Payment is made in two equal installments of \$137.50, one by the start of the deliveries (see above) and one by January 24.

## **CSA Season**

- Dates: Starting November 8 through March 14.
- We will take three Sundays off– November 29, December 27, and January 3.
- ***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, 9a through 1p.

**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 two fields of about 1 acre each in area, plus a small pomegranate orchard. 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.

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, winter squash, bok choy, cabbage, beets, kohlrabi, broccoli, and herbs (cilantro, parsley, oregano) 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. We will also include pickles, chile powder, dried herbs and other preserved foods made from produce we grow at the farm.

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 carrots, sweet potatoes, and winter squash. 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 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 Fall/Winter 2020-21 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 – 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, delicata	And Many Others !
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). 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 for your share.

<b>November</b>	<b>December</b>	<b>January</b>	<b>February</b>
(4-5 items per week)	(4-5 items per week)	(4-5 items per week)	(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 2020-21**

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

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

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

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

**I am interested in purchasing a Weekly Share (16 week season = \$275) .**

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

**I am interested in adding eggs to the CSA deliveries:**

\_\_\_1 dozen weekly (16 dozen, **add \$100**) \_\_\_1 dozen biweekly (8 dozen, **add \$50**)

**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