



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 half-season), 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, or at the farm for local residents). 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.
- Payment: You must sign up for a full season to join our CSA.

CSA Season

- Dates: Winter/Spring 2022 – **February 6 through April 24 (Feb.5 – Apr.23 at the farm)**
- ***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/>

SouthWinds Farm (for local residents)

Day: Saturday afternoon, 4p through 5p.

Location: 2404 E. Gingerbread Lane, Benson, AZ 85602

Where, How and What We Grow

We farm 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; 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 two high-tunnels that function as shade structures in the summer and greenhouses in the winter. This winter we are growing snow peas, snap peas, greens, carrots, and other items in the high-tunnels.

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 winter and spring season staples: greens (salad and cooking), carrots, radishes, winter squash, bok choy, cabbage, beets, kohlrabi, broccoli, and herbs (cilantro, parsley, oregano) among others. We try to vary the mix every week but there will be weekly repeats. There will also be some surprises and additions, plus canned goods from the farm and dehydrated items. 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, and sprouting broccoli. 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 Winter/Spring 2022 SEASON

Various lettuces Salad mixes Greens mixes for salad and stir fry Beets – Red and Badger Flame Swiss Chard – Rainbow Green Onions Herbs – Cilantro, Sorrel, Oregano and more Kale – Curly, Black Tuscan Carrots	Radishes Turnips – Salad and Cooking Spinach Bok Choi Collard Greens Kohlrabi Broccoli Rapini And Many Others !
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Share items:

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 \$18) for your share.

February	March	April
(4 items per week)	(4 items per week)	(4 items per week)
Broccoli	Broccoli	Rapini
Salad mix	Lettuce	Arugula
Beets	Kale	Radishes
Head lettuce	Spinach	Carrots
Carrots	Herbs	Salad mix
Cabbage	Cooking greens	Beets
Chard	Asparagus	Asparagus
Potatoes	Potatoes	



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CSA SIGN UP FORM Winter/Spring 2022

Name(s): _____

Address: _____

City/Zip: _____

Phone: _____

Email address for Weekly newsletter _____

I am interested in purchasing a Weekly Share (12-week season =\$220) .

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

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