



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 Udall Park Farmers Market or at the westside distribution location south of downtown. 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 at least a half-season to join our CSA. We offer two payment options, *in-full* and *half-season*.
 - ***Payment in full***
 - This is our preferred method of payment, in which you pay the full-season cost for 23 weekly shares (\$430) by the first share delivery July 8.
 - ***Half-season***
 - Payment is made in two installments, one of \$220, one by the start of the deliveries (see above) and one of \$210 by the start of the second half October 7.

CSA Season

- Dates: First Half-Season - Starting July 8 through September 30, Second Half-Season – Starting October 7 through December 23.
- We will take two Fridays off – September 2 (Labor Day weekend) and November 25 (Thanksgiving Day weekend).

CSA Pickup Days, Times, and Locations

Udall Park Farmers Market

Day: Friday morning, 8a through Noon (summer) and 9a through 1p (fall).

Location: near the intersection of Tanque Verde Road and Sabino Canyon Road at 7202 E. Tanque Verde Rd., Tucson, AZ 85715

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

Downtown distribution location

Day: Friday afternoon, 4p through 6p

Location: 1040 S. 6th Avenue, on the northwest corner of 6th Avenue and 21st Street.

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, 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. In the fall we'll have 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 tomatoes, sweet peppers, melons, 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.

This season we are partnering with Rosebud Bakery to offer a CSA add-on of their Rosebud Signature Granola - A great staple to have around the house for a quick breakfast or snack. Their granola strikes a nice balance of sweet/savory due to maple syrup being the only sweetener. It is made with organic oats, organic maple syrup, olive oil, pecans, walnuts, almonds, organic pepitas, organic coconut flakes, vanilla extract, ground organic cardamom, ground organic cinnamon, ground organic ginger, and kosher salt. NOTE: contains nuts

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 Spring-Summer 2022 SEASON

Various lettuces Salad mixes Greens mixes for salad and stir fry Beets – Red and Yellow Swiss Chard – Rainbow Tomatoes Honeydew melons Green Onions, Garlic Herbs – Cilantro, Sorrel, Basil and more Kale – Curly, Black Tuscan	Summer squash Carrots Eggplant Chiles Sweet Peppers String beans Cucumbers Okra Sweet potatoes And Many Others !
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CROP LIST FOR Fall 2022 SEASON

Arugula Asian Greens – Komatsuna, Mizuna, Tat soy, Tokyo Bekana, among others Beets – Red, golden and specialty Bok Choi Carrots Cabbage – Red and green Chard – Rainbow Collard Greens Winter squash, butternut, delicata Kohlrabi	Green Onions Greens mixes for salads & stir fry Herbs – Cilantro & Parsley, among others Kale – Curly and Lacinato Lettuce heads and mixes Radishes Turnips – Salad and Cooking Spinach And Many Others !
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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 \$18) for your share.

July	August	September	October
(4-5 items per week)	(4-5 items per week)	(4-5 items per week)	(4-5 items per week)
Sweet peppers	Melons	Salad mix	Lettuce mixes
Salad mix	Chiles	Beets	Beets
Summer squash	Salad mix	Sweet potatoes	Sweet potatoes
Chiles	Cucumbers	cucumbers	Winter squash
Tomatoes	Okra	tomatoes	radishes



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CSA SIGN UP FORM Summer-Fall 2022

Name(s): _____

Address: _____

City/Zip: _____

Phone: _____ Email address for Weekly newsletter _____

I am interested in purchasing a Weekly Share (22 week season = \$430 or 11-week half-season = \$220) .

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

Rosebud Bakery Signature Granola Add-on (every other week):

- First half-season \$84
- Second half-season \$84
- Full season \$154

I am paying:

- Full season
- Half season

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