



COMMUNITY SUPPORTED AGRICULTURE (CSA) INFORMATION

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

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 Rillito Farmers Market. 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 market.
- 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 19 weekly shares (\$500) by the first share delivery July 14.
 - ***Half-season***
 - Payment is made in two installments, one of \$275, one by the start of the deliveries (see above) and one of \$275 by the start of the second half September 22.

CSA Season

- Dates: First Half-Season – 9 share pickups, July 14 through September 15
- Second Half-Season – 10 share pickups, September 22 through December 8

CSA Pickup Days, Times, and Locations

Rillito Park Farmers Market

Day: Sunday mornings, 8a until Noon in the summer, and 9a through 1p in the fall.

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/](http://www.heirloomfm.com/markets/)

Who, 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 two small pomegranate orchards. We have two high-tunnels that function as shade structures in the summer and greenhouses in the winter. 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.

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.

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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, in addition to the late summer crops, we'll have greens (salad and cooking), carrots, radishes, winter squash, bok choy, cabbage, beets, 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, and possibly canned goods and dehydrated items from the farms. 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.

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 Summer 2024 SEASON

Various lettuces Salad mixes Greens mixes for salad and stir fry Beets – Red and Badger Flame Potatoes Tomatoes Honeydew melons Green Onions, Garlic Herbs – Lemongrass, Sorrel, Basils and many more Kale – Madeley	Summer squash Eggplant Chiles Sweet Peppers String beans Cucumbers Okra Sweet potatoes And Many Others !
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CROP LIST FOR Fall 2024 SEASON

Arugula Asian Greens – Komatsuna, Mizuna, Tat soy, Tokyo Bekana, among others Beets – Red, golden and specialty Bok Choi Carrots Chard – Rainbow Collard Greens Winter squash, butternut, delicata Green Onions Turnips	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 for your share.

July	August	September	October
(4-6 items per week) Sweet peppers Salad mix Summer squash Chiles Tomatoes	(4-6 items per week) Melons Chiles Salad mix Cucumbers Okra	(4-6 items per week) Salad mix Beets Sweet potatoes cucumbers tomatoes	(4-6 items per week) Lettuce mixes Beets Sweet potatoes Winter squash radishes



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CSA SIGN UP FORM Summer-Fall 2024

Name(s): _____

Address: _____

City/Zip: _____

Phone: _____ Email address for Weekly newsletter _____

I am interested in purchasing a Weekly Share (19 week season = \$500) or 9-week first half-season = \$275) .

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

I am paying:

- Full season Half season

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 _____