# What is Community Supported Agriculture (CSA)?

CSA is a mutual relationship between a local farm and the community that consumes its produce. The members pay a fee to cover the cost of producing the food and, in turn, receive a weekly share of the harvest during the growing season.

This arrangement guarantees the farmer financial support and allows many small to medium scale organic farms to remain in business. It benefits the members by knowing the person who is growing their food and by receiving the harvest at the peak of freshness.

Another characteristic of CSA is the agreement to pay in advance for a predetermined amount of produce. In most cases, this commitment implies a willingness to share with the farmer both the harvest from the land and at least some of the inherent risks of production.

Participation in a CSA leads to a deeper understanding of the effort it takes to produce quality food and our dependence upon God for our sustenance.

# Where does the produce come from?

• The vegetables we send are certified organic. We grow many of the items we send, but occasionally we will purchase items from other local farms. These other farms are also certified organic using quality growing methods. We will inform you before we send any items that are not from our farm.

- The eggs, meat, and yogurt come from other local farms.
- The Fruit Share is low-spray (IPM) from local orchards.

## When does the season start? How long will it last?

The <u>Early Start</u> CSA is a four-week share in the month of April. If you are eager for early spring vegetables, this season is for you. The <u>Spring/Summer</u> season begins in May and continues through September 2<sup>nd</sup>. This season

lasts a total of 18 weeks. The <u>Fall</u> season starts in September and runs through December. The Fall shares last for a total of 16 weeks.

The <u>Meat Share</u> starts on any date of your choosing and continues for 6 weeks. You may order as many or few meat shares in a year as you desire.

# What is a share and how does it work?

As a member of Crawford Organics CSA, you will receive a weekly box with an assortment of in-season fresh vegetables. In the Standard share you will receive 7 to 9 items each week. In the Mini share you will receive 5 to 6 items per week (See "Harvest Expectations" for types). The Standard size box is designed for 2-4 people. The Mini Share is designed for 1-2 people (depending on menu preferences). The box may not supply all your vegetable needs,

depending on your normal vegetable consumption. (See website for more details.)

You will pick up your vegetables once a week (every other week for a bi-weekly share) either at the farm or at a specified pick-up point (see "Dropsites").

#### What is a Bi-Weekly Share? A bi-weekly share is a box (Standard or Mini size) delivered every other week. Nearly all of the produce we send will easily last for two weeks. Please see our website for more details.

#### Other Additional Shares: EGGS

We also offer eggs from pastured hens. The hens have daily access to roam the fresh grass around their portable house. These hens are not organic, but are fed a 100% GMO-free diet. A share of eggs consists of one dozen per week.

#### FRUIT

The fruit share contains fruit that is not certified organic. Rather it is reduced-spray, using the environmentally-sensitive IPM standard.

The spring season will start with apples and then move into fresh strawberries, cherries, blueberries, and raspberries. In the summer, expect to find peaches, nectarines, and plums.

For those who want to sample more of autumn's bounty, we offer a 16-week Fall Fruit share. During these weeks, you will be able to enjoy a final taste of peaches, a few raspberries, many different types of apples, and several varieties of pears.

#### YOGURT

We offer yogurt from Seven Stars Farm in Kimberton, PA. Their yogurt is made from certified organic whole milk without flavorings or thickeners. It is a very good, creamytextured yogurt with a mild flavor.

#### **GRASS-FED MEATS**

We offer three grass-fed meat shares from Gobbler's Ridge Farm in New Providence, PA. The small regular and small pork-free shares will have three or four packages of meat each week. The large share will contain some of the same items and some larger portions of meat. There will be a variety of chicken, pork, beef, and lamb items. See website for more details.

## What if I go on vacation?

If you plan to be away certain weeks in the CSA season, and you can let us know <u>when</u> <u>you sign up</u>; we will deduct the value of the boxes. If, after you sign up, you realize you will be away some week, there will be no refunds; but you may either have a neighbor pick up your box for you, or (with one week's advance notice) you may cancel your box and receive a credit. That credit can be used on another delivery date. See website for details.

#### Discounts

Spring/Summer season paid by 2/28/25 2% Fall Season paid by 7/31/25 2% More discounts on website.

#### Dropsites:

(By County) All deliveries are on Tuesdays.

#### Chester:

Berwyn/Paoli: 4:00-7:00pm 106 W Circular Ave, Paoli, PA 19301 <u>West Chester</u>: 3:00-6:30pm 212 S High St, West Chester, PA 19382

#### **Delaware:**

Bryn Mawr: 5:00-8:00pm 22 Thomas Ave, Bryn Mawr, PA 19010 Havertown: 4:00-8:00pm 149 E Turnbull Ave, Havertown, PA 19083 Springfield: 4:00-8:00pm 2 Scenic Rd, Springfield, PA 19064



#### Lancaster:

East Earl: 2:30-7:30pm 387 Iron Bridge Rd, East Earl, PA 17519 Ephrata: 2:30-7:00pm 727 Rettew Mill Rd, Lititz, PA 17543 Ephrata (East): 2:30-7:30pm 121 Sycamore Rd, Ephrata, PA 17522

#### **Montgomery:**

Arcadia University: 4:00-7:00pm 450 S Easton Rd, Glenside, PA 19038 Bala Cynwyd: 4:00-7:00pm 415 Bryn Mawr Ave, Bala Cynwyd, PA 19004 Conshohocken: 12:00-6:00pm 213 W. 7Th Ave, Conshohocken, PA 19428 Merion Station: 4:00-7:00pm 505 Baird Rd, Merion Station, PA 19066 Narberth: 4:00-7:00pm 115 Merion Ave, Narberth, PA 19072 Plymouth Meeting: 4:00-7:00pm 2 Timberfare Cir, Plymouth Mtg, PA 19462

#### **Philadelphia:**

Fairmount: 2:00-10:00pm 2601 Pennsylvania Ave, Phila, PA 19130 <u>Mt Airy:</u> 4:30-7:00pm 7112 Germantown Ave, Phila, PA 19119 Queen Village: Wednesday 10:00am-5:00pm 529 S 4th St, Philadelphia, PA 19147 West Philly: 3:00-7:00pm 915 47th St, Philadelphia, PA 19143

**In Home delivery:** (Additional Cost) We also offer delivery to your home or work within these zip codes: 19102, 19103, 19104, 19106, 19107, 19110, 19121, 19122, 19123, 19125, 19130, 19132, 19133, 19134, 19139, 19143, 19145, 19146, 19147 and 19148. (Other zip codes considered by request.) The boxes will be delivered to your home or work on Tuesdays.

#### Prices:

	Weelder	D: Weekly
	Weekly	Bi-Weekly '
Early Start CSA (April)		
	4 wks	2 boxes
Standard Veg Share	\$132	\$66
Mini Veg Share	\$104	\$52
Egg Share	\$26	\$13
Yogurt Share	\$22	\$11
Spring/Summer (May through August)		
	18 wks	9 boxes
Standard Veg Share	\$684	\$342
Mini Veg Share	\$486	\$243
Egg Share	\$112.50	\$56.25
Fruit Share	\$222	\$114
Yogurt Share	\$99	\$49.50
Fall (September through December)		
	16 wks	8 boxes
Standard Veg Share	\$608	\$304
Mini Veg Share	\$432	\$216
Egg Share	\$100	\$50
Fruit Share	\$162	\$84
Yogurt Share	\$88	\$44
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Meat Share (Start any date(s) you like) 6 wks 3 boxes		
Larga Maat Shara		3 boxes
Large Meat Share	\$480 \$264	\$240 \$122
Small Meat Share	\$264 \$288	\$132
Pork-Free Meat Share	\$288	\$144

In Home Delivery: \$7.50/delivery

\* Some bi-weekly shares will start one week later.

#### **Reserve Your Share**

To sign up, please visit our website www.crawfordorganics.com/signup or call us at (717) 445-6880

### Harvest Expectations

#### **April-June**

Arugula, Beets, Boc Choi, Broccoli, Cabbage, Carrots, Chard, Cilantro, Garlic Scapes, Assorted Herbs, Kale, Lettuce, Parsley, Peas, Peppers, Popcorn, Potatoes, Radishes, Scallions, Spinach, Sweet Potatoes, Zucchini

#### **July-September**

Green Beans, Beets, Broccoli, Carrots, Chard, Cilantro, Concord Grapes, Sweet Corn, Cucumbers, Eggplant, Garlic, Assorted Herbs, Kale, Lettuce, Onions, Parsley, Peppers, Potatoes, Radishes, Scallions, Shallots, Tomatoes, Cherry Tomatoes, Watermelon, Winter Squash, Zucchini

#### **October-December**

Arugula, Beets, Boc Choi, Broccoli, Cabbage, Carrots, Cauliflower, Chard, Cilantro, Garlic, Assorted Herbs, Kale, Leeks, Lettuce, Onions, Parsley, Peppers, Popcorn, Potatoes, Radishes, Scallions, Shallots, Spinach, Sweet Potatoes, Turnips, Winter Squash

#### **Fruit Shares**

Apples, Blackberries, Blueberries, Cherries, Kiwi Berries, Nectarines, Peaches, Pears, Plums, Raspberries, Strawberries

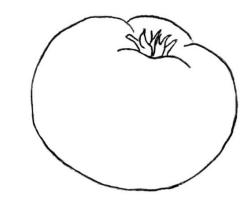
\*Note: this list is only an estimation of when our crops are harvested. Some of these items vou will find in your box frequently and others only once or twice. Because we are working with living plants and the unpredictability of weather, there is no guarantee of the exact type or quantity of produce you will receive each week.

**Crawford Organics** 617 W Main St Ephrata, PA 17522

041025

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# Crawford Organics



## 2025 Community Supported Agriculture