

## 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 nearly everything 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 and yogurt come from other local organic farms.
- The fruit we occasionally send in the CSA boxes is certified organic from our farm and other local orchards. The Fruit Share is low spray (IPM) from local orchards.

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

The Early Start CSA is a four-week share for the month of April. If you are eager for early spring vegetables, this season is for you.

The Spring/Summer season begins May 2<sup>nd</sup> and continues through August. This season lasts a total of 18 weeks.

The Fall season starts in September and runs through late December. The Fall shares last for a total of 16 weeks.

The Fruit Share starts when the strawberries start (May-June) and continues for 20 weeks.

## 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 10 items each week. (See “Harvest Expectations” for types). In the

Mini share you will receive 5 to 6 items per week. 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.

## **\*\*New This Season\*\***

### Mini Share

We have had several requests for a smaller box. We are offering a mini share for the 2017 season. The mini share will contain 5-6 items each week. The portions will be sized slightly smaller than our standard share. Most, but not all, of the items that are in the standard share will also be included in the mini share—just less frequently. Since this is our first year offering the mini share, we will do our best to provide a nice diverse blend in each box.

### Fruit Share

We have also had several requests for more fruit. We send certified organic fruit in the boxes about 8-12 times per year. If you would like more fruit, our fruit share contains 1-2 fruit items each week. The fruit share contains fruit that is not certified organic. Rather it is reduced spray using the environmentally-sensitive IPM standard. Because fruit is generally a summer item, the fruit share has a different schedule than the vegetable share. It starts with early strawberries and continues for 20 weeks.

## What if I go on vacation?

If you plan to be away certain weeks in the CSA season, and you can let us know when you sign up; 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 you may cancel your box and receive a credit. That credit can be used on another delivery date. See website for details.

## Other additional Shares: YOGURT

We are now offering yogurt from two different local farms: Seven Stars Farm, and Springwood Organic Dairy. Both yogurts are made from certified organic milk without flavorings or thickeners. They are both very good, creamy textured yogurts. The Seven Stars brand is very good, mild flavored yogurt, while the yogurt from Springwood is a European style with a tart flavor.

## EGGS

We also offer eggs from pastured hens. The hens have daily access to roam the fresh organic 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 every week.

**Dropsites:** (By County) All Tuesday deliveries except Manayunk on Saturday.

### **Bucks:**

Warminster: 3:30-6:30pm  
1100 Veterans Way, Warminster, PA 18974

### **Chester:**

Berwyn/Paoli: 4:00-7:00pm  
206 Warren Avenue, Berwyn, PA 19312

Downingtown: 4:00-7:00pm  
9 McIlvain Dr, Downingtown, PA 19335

Guthriesville: 4:00-7:00pm  
39 Cambridge Ct, Downingtown, PA 19335

Wayne: 4:00-7:00pm  
430 West Valley Road, Wayne, PA 19087

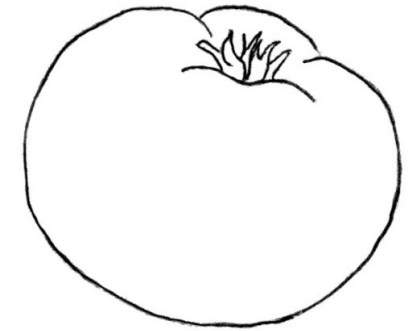
West Chester: 3:00-7:00pm  
212 S High St, West Chester, PA 19382

### **Delaware:**

Bryn Mawr: 5:00-8:00pm  
25 Morton Road, Bryn Mawr, PA 19010

Havertown: 4:00-8:00pm  
149 E Turnbull Ave, Havertown, PA 19083

# Crawford Organics



## 2017 Community Supported Agriculture

### Harvest Expectations

#### April-June

Arugula, Beets, Boc Choi, Broccoli, Cabbage, Carrots, Chard, Cilantro, Garlic Scapes, Assorted Herbs, Kale, Lettuce, Onions, Parsley, Peas, Peppers, Popcorn, Potatoes, Radishes, Scallions, Shallots, Spinach, Strawberries, 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, Pears, Peppers, Potatoes, Radishes, Scallions, Shallots, Tomatoes, Cherry Tomatoes, Watermelon, Winter Squash, Zucchini

#### October-December

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

\*Note, this list is only an idea of when our crops are harvested. Some of these items you 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 (717) 445-6880  
387 Iron Bridge Rd csa@crawfordorganics.com  
East Earl, PA 17519 www.crawfordorganics.com

### Prices:

	Weekly	Bi-Weekly *
<u>Early Start CSA (April)</u>		
	4 wks	2 boxes
Standard Veg Share	\$108	\$54
MINI Veg Share	\$88	\$44
Add-On Eggs	\$22	\$11
Add-On Yogurt**	\$21	\$10.50

#### Spring/Summer (May through August)

	18 wks	9 boxes
Standard Veg Share	\$594	\$297
MINI Veg Share	\$396	\$198
Add-On Eggs	\$99	\$49.50
Add-On Yogurt**	\$94.50	\$47.25

#### Fall (September through December)

	16 wks	8 boxes
Standard Veg Share	\$520	\$260
MINI Veg Share	\$352	\$176
Add-On Eggs	\$88	\$44
Add-On Yogurt**	\$84	\$42

#### Fruit Share (June-October)

	20 wks	10 boxes
Low Spray Fruit Share	\$180	\$90

In Home Delivery: \$5.00/box

### Discounts

Spring/Summer season paid by 3/25/17 2%  
Fall Season paid by 7/31/17 2%  
More discounts on website.

### Reserve Your Share

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

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

\*\* Select your yogurt brand online.

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### Lancaster:

Crawford Organics: 2:30-7:30pm  
387 Iron Bridge Rd, East Earl, PA 17519  
Ephrata: 2:30-7:00pm  
727 Rettew Mill Rd, Lititz, PA 17543

### Montgomery:

Arcadia University: 4:00-7:00pm  
450 S Easton Rd, Glenside, PA 19038  
Conshohocken: 12:00-6:00pm  
812 Fayette St, Conshohocken, PA 19428  
Narberth: 4:00-7:00pm  
115 Merion Ave, Narberth, PA 19072  
Plymouth Meeting: 4:00-7:00pm  
3024 Runnymede Dr, Plymouth Mtg, PA 19462

### Philadelphia:

Center City: †  
East Philly: 12:00-4:30pm  
737 Bainbridge St, Philadelphia, PA 19147  
Fairmount: 4:00-9:00pm  
2601 Pennsylvania Ave, Phila, PA 19130  
Manayunk: **Saturdays** 10:00am-2:00pm  
4300 Silverwood St., Phila, PA 19127  
Mt Airy: 4:30-8:00pm  
7112 Germantown Ave, Phila, PA 19119  
Northern Liberties: †  
Rittenhouse Square: †  
South Philly: †  
West Philly: 3:00-7:00pm  
915 47th St, Philadelphia, PA 19143

† These dropsites have been replaced by our In Home service and our East Philly dropsite.

### **In Home delivery:** (Additional Cost)

We now offer delivery to your home or work within these zip codes: 19102, 19103, 19104, 19106, 19107, 19121, 19122, 19123, 19125, 19130, 19132, 19133, 19134, 19143, 19145, 19146, 19147 and 19148. The boxes will be delivered on Tuesdays 6:30-8:30pm.