



# EAT FRESH, EAT LOCAL

Fresh, local, organic vegetables, eggs, yogurt & fruit!

Join a CSA that will bring fresh, organic vegetables from Crawford Organics Farm in Ephrata, PA to the local community on a weekly basis! Sign up today!

**What is a CSA?** CSA stands for “Community Supported Agriculture” and refers to a system where people buy farm shares directly from the farmer and receive a weekly share of the harvest during the growing season.

**How does it work?** CSA members pay a lump sum fee at the beginning of the season and, in turn, receive fresh produce weekly at the designated CSA pick up location.

**What kind of produce?** Crawford Organics CSA shares include a wide variety of organically grown produce including lettuce, spinach, kale, broccoli, cabbage, carrots, cilantro, onions, peas, peppers, popcorn, potatoes, radishes, sweet potatoes, zucchini, sweet corn, etc. A full list of harvest expectations can be found on their website.

Eggs & Yogurt are available as add-on shares.

Low-Spray Fruit is available as an add-on share.

Grass-Fed Meat is available as an add-on share.

**What does it cost?** A spring/summer share (May-August) share costs \$684 (18 weeks) and a bi-weekly share is \$342 (9 deliveries). A mini size share costs \$486 for weekly delivery and \$243 for bi-weekly delivery.

\*Additional discounts may apply. Additional seasons available.

-See website for details

**How can I join?** Visit [www.crawfordorganics.com/signup](http://www.crawfordorganics.com/signup) or send an email to [csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

GET A  
SUBSCRIPTION OF  
FRESH FRUITS  
AND VEGETABLES  
DAIRY AND MEATS  
CONVENIENTLY  
DROPPED OFF IN  
YOUR  
NEIGHBORHOOD  
EVERY WEEK

**MULTIPLE PICK  
UP LOCATIONS  
NEAR YOU**

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)

Crawford Organics CSA  
(717) 445-6880  
[www.crawfordorganics.com](http://www.crawfordorganics.com)  
[csa@crawfordorganics.com](mailto:csa@crawfordorganics.com)