

CSA 2009 Sign up Form

Applications Due: May 1st

Print Name

Address

City, State, Zip

Email

Phone-Home

Phone-Cell

Veggie Lover's Share \$560

Enough for a veggie-lovin' family of 4 or more, or for two families to split. (You are responsible for splitting your own box.)*

Standard Share \$420

Designed for 2-4 people, depending on your vegetable consumption. This share will focus on basic varieties.

Share a Share: *Fill in amount* \$ _____

Provide a lower income family in our community with fresh produce all summer long. Your contribution is tax deductible. Can be purchased with your share or alone.

TOTAL DUE: _____

Payment Options:

FULL PAYMENT: Enclose a check for the total.

EXTENDED PAYMENTS: Enclose 2 checks dated today's date and June 1. Each check should be made out for 1/2 of the total due.

Please make out checks to Community CROPS.

Contact us for other payment options or if you're interested in volunteering for part of your share.

*For split shares, include the other family's name, address, phone number & e-mail on a separate sheet.

Boosting health with local food

Our modern food system consists to a large degree of two crops: soybeans and corn. Each undergoes extensive processing (into hydrogenated oils and high fructose corn syrup) before they are consumed. Diets which are high

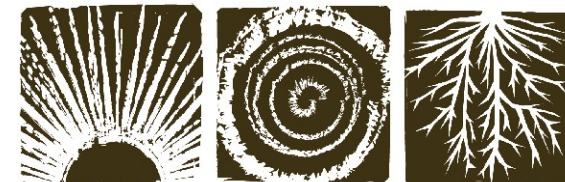
in fat and excess calories such as these are linked to chronic diseases such as obesity, high blood pressure, diabetes, coronary heart disease, cancer, and stroke.

“Among the most pressing public health problems in the U.S. today are obesity...and health disparities...”

Joining a CSA can help increase vegetables in your diet: vegetables that are picked ripe, and delivered soon after harvest. Vegetables from Sunset are grown without the use of chemical pesticides, herbicides or fertilizers, and are not treated, waxed, or otherwise altered from field to fork. Because CROPS need not give priority to packaging and long-distance shipping qualities, we are able to select, grow, and harvest crops to ensure peak qualities of freshness, nutrition, and taste. Studies currently underway suggest that a reduction in transport time and storage results in improved nutrient levels in produce.

“...contributing in a big way to each of these problems is our current food system...of large-scale production of often high-calorie, nutrient-poor food, from farm to processing facility to table.”

*Alice Ammerman,
director of the UNC
Center for Health
Promotion and
Disease Prevention*



SUNSET COMMUNITY FARM

2009 SUMMER CSA



Helping families grow food for themselves and their community



Community CROPS

1551 S. 2nd Street

Lincoln, NE 68502

www.communitycrops.org

Phone: 402-474-9802

Email: crops@communitycrops.org



What is CSA?

Community Supported Agriculture (CSA) consists of a community of individuals who support a farm operation by buying a share of a season's produce. In doing so the farm becomes the community's farm, with growers and consumers sharing mutual support, risks and benefits of production.

The CSA model began in the early 1960s in Japan when mothers concerned about the loss of arable land and the rise of imported foods started a teikei (translated as "food with the farmer's face on it") group to buy milk and produce directly from producers.

About us

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) is a non-profit that began with one community garden in 2003 and has grown to 14 gardens citywide. CROPS now has a weekly farmers' market and a training farm.

Our farm

Sunset Community Farm, located at SW 40th and West F St., is where we grow your food. Four acres are worked by farm program participants and CROPS staff. The training program is designed to help immigrants, refugees and low income individuals and families start their own farm business. Produce grown at Sunset goes to our CSA, local restaurants, the Nebraska Food Coop, grocery stores, and farmers' markets, often the same day it was harvested.

Sunset Community Farm was developed by the landowner and a volunteer farm manager as a place for people to learn to farm using sustainable farming methods. Today, CROPS staff oversee farm maintenance and fundraising, and beginning farmer training.

When do we start?

The 2009 season will be 20 weeks, from May 25–October 15, with a break the week of August 3. Pickup is available on Mondays or Thursdays from 4–6pm. Locations will be selected throughout the city based on where members live or work.

What will your CSA box contain?

Your box will contain a variety of vegetables harvested within 48 hours of when you receive them. All food grown at Sunset is grown without the use of chemical pesticides, herbicides or fertilizers. We seek to provide heirloom varieties and vegetables you don't normally see at a grocery store.

A **Veggie Lover's Share** is designed to feed one veggie-loving family or two families with mixed diets. It will contain 8–12 different vegetables each week, including a range of less common vegetables. A **Standard Share** is meant to feed 2–4 people with mixed diets and will contain 6–8 types of vegetables each week, most of which are more 'basic' vegetables. Examples of some of the vegetables you'll receive throughout the season include:

Spring	Summer	Fall
• Beets	• Basil	• Leeks
• Broccoli	• Beans	• Onions
• Cabbage	• Celery	• Peppers
• Carrots	• Cucumbers	• Sweet potatoes
• Lettuce	• Eggplant	• Tomatoes
• Radishes	• Garlic	• Turnips
• Snow peas	• Potatoes	• Watermelon
• Spring onions	• Summer squash	• Winter squash



sample spring box



sample fall box

You'll also receive...

- A weekly newsletter with wholesome, nutritious suggestions for how to prepare unfamiliar vegetables, along with storage and nutrition information.
- Sufficient quantities of a few crops for putting up for winter.
- Opportunities to come and bring your family to the farm to visit or help with the work.

Share a share

To help make fresh produce available to low-income community members, we offer the 'share a share' program. On the sign-up form, mark 'Share a share' and add the amount to your total. Your donation will help provide lower income families with farm produce for the season. Your contribution is tax deductible.



Sharing risks and rewards

We strive to provide an appealing and ample supply of vegetables in each week's box, but your share in the CSA will allow you to feel the ups and downs of vegetable farming with us. If a crop is plentiful in 2009, you will be rewarded with lots of it. Conversely, if adverse weather conditions strike and we do not harvest as much of a particular crop as we'd hoped, the shares will reflect that as well.