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CSA SIGN UP FORM Fall-Winter 2016-2017

Name(s): _____

Address: _____

City/Zip: _____

Phone: _____ Email address for Weekly newsletter _____

I am interested in purchasing a:

Weekly Share (16 week season = \$250)

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

I am paying:

In Full

By Payment Plan

I am interested in volunteering on the farm: Yes! No

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 not able 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



COMMUNITY SUPPORTED AGRICULTURE (CSA) INFORMATION

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

Our mission is to:

- Grow delicious, healthy, organic vegetables and fruit;
- Use sustainable methods and permaculture techniques to do so;
- Treat our customers and supporters with respect and care; and
- Engage with our various local food and farming communities.

How It Works

Buying a share in a CSA 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 by payment plan), and every week during the season you receive a selection of seasonal, delicious, fresh, local, and organic produce. You pick up your share at one of the farmer's markets that we attend: Heirloom Farmers' Market at Rillito Park and Green Valley 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 1 and mail it with your payment to the address given or bring it to us at the farmers' markets.
- Payment: You must sign up for the whole season to join our CSA – we do not offer partial season shares. We do, however, offer two payment options, *in-full* and *payment plan*.
 - ***Payment in full***
 - This is our preferred method of payment, in which you pay the full share cost (\$250) by the first share delivery October 30 at Rillito and November 2 at Green Valley
 - ***Payment plan***
 - Payment is made in two equal installments of \$125, one by the start of the deliveries (see above) and one by December 20.

CSA Season

- Dates: Starting October 30 (Rillito) and November 2 (Green Valley) through February 26 (Rillito) and March 1 (Green Valley).
- We will take two weeks off from CSA deliveries at the end of this year (December 25 and January 1 at Rillito, December 28 and January 4 at Green Valley,)
- ***We are selling at the farmers' markets now, so you are welcome to stop by and shop before the CSA share deliveries start.***

CSA Pickup Days, Times, and Locations

Rillito Park Farmers' Market

Day: Sunday mornings, 8a through Noon and 9a through 1p in the winter

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/>

Green Valley Farmers' Market

Day: Wednesday morning, 8a through 12:30p and 10a through 2p in winter

Location: Green Valley Village, Esperanza Exit

<http://greenvalleyfarmersmarket.com/>

Where, How and What We Grow

We have 8 acres in the San Pedro Valley, approximately 6 miles east of Benson. Right now we have one field of about 1 acre in area, plus two small orchards (Jujubes, pomegranates, figs). We use organic 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 solar energy and hope to add a wind turbine early next year.

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.

How Our CSA Is Different

We concentrate on variety within these fall and winter season staples: greens (salad and cooking), carrots, radishes, sweet potatoes, winter squash, bok choy, cabbage, beets, kohlrabi, broccoli, and herbs (cilantro, basil), among other crops. We try to vary the mix every week but there will be weekly repeats. There will also be some surprises and additions. The amount you get 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 choice on the choice items such as carrots, sweet potatoes, winter squash, etc. 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 \$15 share should be able to meet most of the vegetable needs of one person, a couple or a small family.

CROP LIST FOR Fall Winter 2016-17 SEASON

Arugula Asian Greens – Komatsuna, Mizuna, Tat soy, Tokyo Bekana, Yukina Savoy, Red pac choi, among several others Beets – Red, golden and specialty Bok Choi Broccoli Carrots Cabbage – Red and green Chard – Rainbow Collard Greens Parsnips Rutabaga Winter squash, butternut Kohlrabi	Green Onions Greens mixes for salads and stir fry Maché Herbs – Cilantro & Parsley, among others Kale – Siberian, Curly and Lacinato Lettuce heads and mixes Radishes – French Breakfast, white, red, others Turnips – Salad and Cooking Sorrel Spinach Sweet potatoes
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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 (total of \$15) for your share.

November	December	January	February
(4-6 items per week) Salad mix Radishes Beets Sweet potatoes Spinach Winter squash Carrots	(4-6 items per week) Salad mix Head lettuce Radishes Winter squash parsnips Beets Kale	(4-6 items per week) Broccoli Salad mix Beets Head lettuce Carrots Cabbage Chard	(4-6 items per week) Broccoli Lettuce Kale Spinach Herbs Cooking greens