

2016 vegetable CSA Sign-up

Name _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Options: (Circle your choice)

2016 Summer Share

You'll partake in 4 summer months filled with a variety of delicious and nutritious vegetables. Runs every week, early June - September. \$500.00 *

Early Bird Extra FREE Month of MAY (Sign up by **April 15, and receive an extra month of greens including our delicious overwintered Spinach)**

Fall/Winter/Spring From Our Storage/Greenhouse

- ◇ Fall/winter: October-January Vegetables for the first half of winter \$375.00
- ◇ Winter/Spring: February-May Vegetables for the second half of Winter \$375.00

2016 YEAR ROUND, 12 Month Share: \$1,000.00
(Commit to year round support and SAVE \$250.00!)

TOTAL _____

Vegetable pick up (circle your choice): **Monday**
Friday

Payment that works for you (circle your choice):

Monthly Quarterly Biyearly Annually

Contact us via email with your specific interest or clip out this panel and send to our address. Make out checks to Meadowlark Hearth or visit the farm check us out.

Veggie CSA Payment Options Explained

ANNUAL: In-full for one year: \$1000

QUARTERLY: \$250 every 3 months

MONTHLY: Only for summer \$125/month

YEAR ROUND MONTHLY \$86/month,

Payment due at the first Pick-up of the month.

Work-trade or bartering? Contact us for info!

OR email us to schedule a farm visit before



committing to a choice of CSA.

Other Products We Offer

VEGETABLE SEED year round (and vegetable bedding plants in April and May): An abundant diversity of seed for the gardener in the house! Grown right here in W. Nebraska. Visit online to place an order!

www.meadowlarkhearth.org

BEEF, GRASS-FED, GRASS FINISHED from our certified organic farm: currently in our freezers, or you can order wholes and halves and quarters when we butcher.

PORK fed organic grain, vegetable scraps, and milk (NOT fed GMO grains)

FRESH MILK for on farm purchase only, email or call for complete information, customers provide their own jars. Milk pick up can be scheduled.

EGGS (availability may vary seasonally) from organically fed hens (not fed any soy).

FRUIT from Colorado. 20lb. boxes of Organic autumn PEACHES or APPLES from Ella Family Farm on Colorado's western slope (available by pre-order every

two weeks September-October)

2016-2017 CSA

Local Organic



Vegetables, Seed, Meat and Dairy



Meadowlark Hearth
120024 Everett Drive,
Scottsbluff, NE 69361

bcorymb@gmail.com
www.meadowlarkhearth.org

308-632-3399 (cell) 308-631-5877

About Meadowlark Hearth

Meadowlark Hearth is a 520 acre farm just outside of Scottsbluff. Everything from Meadowlark Hearth is Certified Organic (grown without the use of chemical pesticides, herbicides or fertilizers.) We cultivate over 45 varieties of vegetables and save 30 plus vegetable seed varieties each year. Selecting our own seed stock - choosing varieties for flavor, nutrition, beauty and other qualities - is one of the many ways we've advanced our vegetable farming. We are deeply committed to healthy and delicious food! Other highlights of the farm are a micro dairy, laying hens, a working dog and a drove of friendly cats. The farm takes a tremendous amount of energy and input to maintain. Please become a part of our community and preserve sustainable farming!

What is a CSA Share?

CSA stands for Community Supported Agriculture, which started in the 1980s as a way for people to reconnect with where their food comes from. Members pay for a share in a farm's projected crop and in return received fresh produce, essentially reaping the benefits of fresh local food along with sharing the risks of production with the farm. This is a great way to create local connections and foster a deeper sense of community in the area. Our shares include over 45 different varieties of in-season vegetables, all picked at their ripest stage and ready for eating. This will provide you with all the vegetables you're used to and maybe some new and exciting ones you might have seen on a cooking show. During the winter we also feature a selection of storage vegetables. In addition to picking up vegetables, meat or milk, we welcome members to come by any time. It can be just like having your own farm where you can teach children how food grows!

Ten Minutes from Scottsbluff!

Heading East on Hwy 26 from Scottsbluff (driving towards Minatare) we are located 3 miles east of the sugar factory on the left hand side of the highway. Turn north onto County Rd 26 and we're the first farm

on the Left.

Summer Weekly Share

(Let us know by April 15 and get one extra month FREE! month of May: lot of spinach and lettuce)

June: Lettuce, Spinach, Basil/Dill/Cilantro, Snap Peas, Radish, Cabbage, Zucchini, Swiss Chard, Kohlrabi, Green Onions, Early Greens.

July: Everything above in addition to Cucumbers, Carrots, Green Beans, Beets, Salad Tomatoes.

August: Everything above in addition to Sweet Peppers, Tomatoes, Melons, Onions, Garlic, Fennel.

September: Everything above in addition to Winter Squash, Storage Cabbage, Turnips, Leeks, Kale, Rutabaga, Chinese Cabbage and Potatoes.

The *Weekly Summer Share* spans 16 weeks June through September for fresh locally grown vegetables. Recipes and suggested cooking descriptions come with your weekly emails letting you know what is available before coming to the farm for your pick up.

Winter/Autumn/Spring Biweekly Share Veggie List

Carrots, Beets, Cabbage, Celeriac, Garlic, Onions, Storage Radish, Turnips, Parsnips, Potatoes, Leeks, Shallots, Winter Squash. **In Spring:** Greenhouse Lettuce, Spinach, Pac Choi, Carrots, Endive.

How does membership work?

Our members make a commitment of farm support, decide their payment schedule, and whether to pick up on Fridays or Mondays. Pick up times are between, 4:30-6:30pm, however we can also be flexible for you if necessary. You will receive an email on the day of the pick-up. Just bring a tote and choose the vegetables on display a

la carte style. Portions are listed if necessary.



Questions? Please contact us!
(Email is easiest)
bcorymb@gmail.com

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