

## Mighty Food Farm 2021/2022 CSA Information and Sign Up

Visit: <https://csa.farmigo.com/join/mightyfoodfarm/2021csaseason>

### SHARE SEASONS: Full, Main, and Winter

#### Full Season Share:

The Full Season CSA share runs from June 18th, 2021 through March 1st, 2022. 30 pick-ups. The full season CSA share is a combination of the Main and Winter CSA shares. After Thanksgiving the pickups are every other week. The item amounts will be double. The farm would love to feed you all year long! The full season is 9 months.

#### Main Season Share:

The Main Season CSA share runs for 23 weeks.

For 2021 the Main season begin June 18th and goes through November 23rd. From early spring greens and crisp radishes, to summer tomatoes, eggplants and peppers, zucchini, salad mixes, and cucumbers; to fall winter squashes, brussel sprouts, and potatoes, the main season offers a diverse palate of vegetables! The main season is 6 months.

#### Picture

#### Winter Share:

The Winter CSA share and it runs from December 3rd, 2021 through March 1st, 2022. The Winter CSA goes for 14 weeks, pickups every other week, 7 pickups total. We offer lots of great vegetables in the winter! We are known for our winter spinach and kale from our unheated greenhouses. There is something extra special about those winter greens! We also have a great offering of lacto-fermented products, such as our kimchi and sauerkraut. We also have 4 walk-in coolers with lots of storage crops, including, carrots, leeks, potatoes, parsnips, leeks, kohlrabi, cabbages, beets, turnips, radishes, and more. We have been offering a winter CSA share since our first season and have fine tuned our growing to give you what you want all winter long! The Winter share is 3 months.

### SHARE SIZES:

Small – 6 items during the main season; 10 items during the winter season.

Medium – 10 items during the main season; 20 items during the winter season.

Large – 15 items during the main season; 30 items during the winter season.

- A note on share size: A single person should be eating a small share per week if you eat your recommended daily serving of vegetables!

#### Picture

#### WHAT IS AN ITEM?

Item amounts are by the bunch, by the pound, by the piece, or by the head.

EXAMPLE of items: 1 head lettuce, 1-pound tomatoes, 1 bunch carrots, 1-pound onions, 1 head garlic, 1 bunch beets, 1 pound potatoes, 1 bunch leeks, 1 bunch radishes, or one head cabbage (items are by the head/bunch/pound/each)

SMALL SHARE EXAMPLE (6 items): 1 head lettuce, 1 bunch radishes, 1 lb. cucumbers, 1 lb. carrots, 1 lb. tomatoes, 1 lb. summer squash.

MEDIUM SHARE EXAMPLE (10 items): 1/2 lb. baby lettuce, 2 lb. tomatoes, 1 lb. sweet onions, 2 lb. gold potatoes, 1 lb. zucchini, 1 pint cherry tomatoes.

LARGE SHARE EXAMPLE (15 items): 1 head lettuce, 1/2 lb. spinach, 2 lb. cucumber, 1 bunch scallions, 2 lb. tomatoes, 1 eggplant, 2 lb. gold potatoes, 1 bunch turnips, 1 lb. sweet onion, 1 lb. bell peppers, 1 head garlic.

### PRICING

(size, season – \$ price)

Small, Main – \$516; Small, Winter – \$277; Small, Full – \$785

Medium, Main – \$787; Medium, Winter – \$516; Medium, Full – \$1,230

Large, Main – \$1,081; Large, Winter – \$651; Large, Full – \$1,680

WHAT SIZE SHARE SHOULD I GET? A small share is suited for a single person; A medium share suits a single person who eats a lot of veggies, a couple, or family of 3 to 4; A large share is suited for a couple that

cooks nightly and brings leftovers to works for lunch, a family, or a single person who eats a lot of vegetables and likes to preserve a bit. If you follow the recommended daily vegetable intake, 1 person should eat 6 to 8 items PER WEEK. Thus, a small share is great for 1 person.

#### HOW THE CSA WORKS:

We grow food and you eat! The perfect relationship! You sign up for a CSA and are guaranteed a share of our harvest specific to your share size and season length. We plan our yields and planting schedules to ensure an abundance of vegetables for you to choose from. Weekly newsletters go out on Monday morning with the vegetables for the week, a note from the farmer, recipes, and ordering guidelines and information. You can read more about how the ordering system works [CLICK HERE](#). The online CSA “store” is your place where you place your CSA share order. The link to order is the same each week, but will be provided in the weekly newsletter. There are ordering deadlines, which are 24 to 48 hours before your pick up day. If you forget to order, you will get a carefully curated “default” box with a great variety of veggies. With the online CSA system you have an account which you manage your payments, schedule vacations (you can schedule a make-up week, so you never “lose” a CSA share!), and update contact information.

#### CSA SHARE PICK UPS:

Pick ups are quick and easy. For on-farm pick ups your CSA share will be pre-packed in our crates (since you already placed your CSA order!) and you simply come, find your labeled crate (which are alphabetized), and empty your share into your own re-usable bag. You can't take our crates with you so please remember your bag. Off-farm pick ups are similar. Off-farm shares are packed in wax boxes (please be careful with them). You can empty the box into your own bag or take the box with you and bring it back the following week. For a list of pick up days and locations [CLICK HERE](#).