

# ECO Farm CSA Program - Summer 2020

*With hearts full of hope, minds full of vision, and gratitude for being a part of something bigger than ourselves, the staff at ECO are excited to announce our 2020 CSA Season!*

Joining a Community Supported Agriculture (CSA) program is a great way to get fresh, local produce. By joining ECO Farm's CSA program, you also support ECO's mission for integrating mindfulness and sustainability into our personal lives and community culture. Please read and agree to the following Agreement before becoming a member.

## **What is a CSA?**

A Community-Supported Agriculture program (CSA) is a method of local food distribution that allows farmers to connect directly with customers. Individuals or families buy "a share" of the farmer's harvest. In exchange, members receive weekly food boxes with fresh vegetables and herbs. By buying a share, you and your family receive fresh, local produce at an affordable price and the farmer receives a guaranteed income for the farm.

## **How does it work?**

Before the beginning of each growing season, members purchase a share of our harvest for the season. Throughout the season, members receive weekly food boxes filled with delicious seasonal vegetables straight from the farm. Food boxes will be available for pick up at the designated locations each week.

## **What is included in a weekly food box?**

As the season progresses, each week will be a bit different. We try to include a mix of varieties in each box/bag. A FULL Share can provide healthy fresh produce to feed an average of 4 people per week, and a HALF Share can feed an average of 2 people per week.

## **Some things to note**

Eating in season and as part of a CSA has enormous rewards but here are some things to consider about your weekly food box before you purchase a share:

- As the season progresses, the contents of your box will differ each week.
- Your weekly box will likely be smaller at the beginning and be at its fullest in mid-to-late summer.
- The produce in your weekly food box will be based on the farmer's plan and what is in season.
- As a CSA member, you are purchasing a share of our harvest and sharing in some of the risks inherent in supporting a diversified mixed-crop farm. If weather, pests, or disease interfere with our crop, some vegetables may be available in smaller quantities or not at all. Of course, we hedge against such risks as much as possible, but you should know that weather, pests and disease can change a farmer's plan, and this could be reflected in your veggie boxes.

If you have questions or need more information, you can email us at [ecofarm@earthcitizens.org](mailto:ecofarm@earthcitizens.org) or call 928-641-6817. Visit [earthcitizens.org/csa](http://earthcitizens.org/csa) for up-to-date information about ECO Farm's CSA program.

We look forward to partnering with you in the 2020 seasonal harvest. **To secure your share, please complete this form, make a copy to retain for your records, and send the original form with payment to: ECO, 989 S Main St. Ste A-485, Cottonwood, AZ 86326**

# ECO Farm Summer 2020 CSA Agreement Form

Name:			
Address:			
City:		Zip:	
Phone:		Email:	

By submitting this agreement, I would like to be a member of **ECO Farm's Summer 2020 Community Supported Agriculture program (May 15 – September 6)**. I understand and agree that this is a non-refundable non-transferable season-long contract. I understand this share entitles me to harvest of the growing season, and that as a share-holder, I will share the risks as well.

I agree to pick up my weekly share at the designated pick-up location at the scheduled day and time, and understand that if I don't pick up, I will forfeit the missed weekly delivery.

Share	Monthly Payment	Full Payment	Sub Total
16-week <b>HALF</b> Share	<b>\$88</b> (x4)	<b>\$304</b> (save \$48)	
16-week <b>HALF</b> Share w/ Eggs	<b>\$101</b> (x4)	<b>\$352</b> (save \$52)	
16-week <b>FULL</b> Share	<b>\$164</b> (x4)	<b>\$576</b> (save \$80)	
16-week <b>FULL</b> Share w/ Eggs	<b>\$187</b> (x4)	<b>\$664</b> (save \$84)	
<b>Total Amount Due</b>			

Enrollment ends May 8, 2020. (Payments are non-refundable.)

<b>Payment Options</b>	<input type="checkbox"/> Cash (Full Payment Only)	<input type="checkbox"/> Check (Payable to ECO)	<input type="checkbox"/> Credit Card
Credit Card #:		Exp. Date:	V-Code:

**Member is responsible for observing ECO Farm's following pick-up rules:**

1. Return box from last week to collect products.
2. Pick up share within the allotted time frame. Farm's products can deteriorate if not picked up on time and stored properly.
3. Follow rules for pick up site, such as parking limitations.

**Pick Up Options (More Locations Coming Soon):**

- **ECO Farm, 3080 Hwy 89A, Cottonwood, AZ 86326**
  - I will pick up my produce at ECO Farm on Friday between 1pm–5pm
  - I will pick up my produce at ECO Farm on Saturday between 10am–1pm

By signing this Agreement, I hereby release, indemnify and agree to hold harmless ECO Farm, its owners, agents and employees from any and all claims, damage and/or liability he or she might suffer from being on the farm property, being at any of the CSA pick-up locations or from the purchase of a CSA membership, including but not limited to, the use or consumption of any food provided by ECO Farm.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# CSA Pick Up Instructions

Following CDC guidelines regarding COVID-19, we are beginning with pick up at the farm only. We will add pickup locations in Sedona and surrounding communities as conditions allow.

- **Drive Thru Pick Up**

Follow the signs on the farm to pull through for pick up at the big purple barn.

**ECO Farm (3080 Hwy 89A, Cottonwood, AZ 86326) Weekly Pick Up Schedule:**

- **Friday 1:00 PM - 5:00 PM**
- **Saturday 10:00 AM - 1:00 PM**

- **ECO Farm Stand Will Be Open**

We will be doing a drive through pick up, but the farm stand will also be open those hours for clients who want to purchase value added products not in the CSA share. Parking will be available. Social distancing will be practiced and we will limit the number of people who can be inside at one time.

- **BRING YOUR OWN BAG**

To save on processing times and the potential problems with reusable bags. We will have your share in a plastic tote and you will transfer the produce to your bag and leave the tote, which we will then disinfect.

- **Show us your CSA Membership Receipt**

After completing your registration, you will receive a confirmation email. Either print and bring a copy or have the email open on your phone when you come for your first pick up. If you are on a monthly payment plan, you will need to do that for each pick up.

If you have questions or need more information, you can email us at [ecofarm@earthcitizens.org](mailto:ecofarm@earthcitizens.org) or call 928-641-6817. Visit [earthcitizens.org/csa](http://earthcitizens.org/csa) for up-to-date information about ECO Farm's CSA program.

ECO thanks you for your support and cooperation! Enjoy your local, farm fresh produce to stay healthy!



# About Our Program

In your weekly share will be 6-10 crops. The crops will vary as the weeks and months pass. For example in the late Spring you will see salad greens, cooking greens, culinary herbs, radish and pecans. As the season progresses, stone fruits, beets, carrots, tomatoes, cucumbers, and melons will be added. Later, okra, peas, summer squash and peppers will be in your basket and lastly cabbages, winter squashes and even mulberries will find their way into your belly. Specialty crops and test crops that are successful will be added when available. Salad greens will always be a part of your share. The weekly share for eggs are 6 for HALF shares and 12 for FULL shares. Our hens are very young and may lay really small eggs at first, but will quickly mature to a large brown egg. We feed our hens an organic, non-GMO feed and they are rotationally pastured, so expect deeply colored yolks and full flavor.

## Most Frequently Asked Questions About Signing Up For A CSA

**What is Community Supported Agriculture?** CSAs provide a direct connection between the farmer, who grows food (produce, animals, animal by-products) and people who eat food. It removes all of the commercial processes between the farmer and the consumer such as transporters, brokers, buyers, and processors. It delivers fresh, non or minimally processed foods directly to you. CSAs hold the promise of clean, fresh food without the trade off of soil and environmental destruction.

**What are the Benefits of Belonging to a CSA?** By belonging to a CSA, you are taking direct action to improve the health of you, your family, and the Earth. Most CSAs and for sure ECO Farm, utilize organic, regenerative methods that increase the nutritional value of the food you eat while leaving the Earth in better condition than it was found. CSAs give families the opportunity to experience food flavors, quality, and novelty that is not available in the grocery store. ECO Farm gives families the opportunity to learn about where food comes from by providing volunteer, farm-to-table, and educational events.

**What are the Risks of Belonging to a CSA?** CSA membership says that you recognize the value of fresh, nutritious food and that you are willing to share in the successes AND the failures of the farm. All farming (truly all of life) comes with some risk of failure. Drought, flood, wind, and pest pressures are ever present on the farm and even when we use regenerative practices and give our all to the farm, there will be crop failures. When big mono cropping farms insured by the government with your tax dollars fail, they collect a check. We don't use that method, because it's not sustainable and has resulted in horrible damage to the Earth. Instead we plant diverse crops, care well for the Earth, use regenerative methods, and use careful scientific analysis to evaluate ourselves. By this method, we know that we will be able to provide for ourselves and our community, even as the environment changes. By accepting the risks of crop failures with us, you help us move towards a more sustainable and secure food system, where everyone benefits.

**Is Belonging to a CSA for me?** To get the most out of a CSA share, an interest in nutrition, variety, exploration, and novelty is key. CSAs will challenge your flexibility, cooking skills, and creativity and the rewards can be seen in your enjoyment of new foods, new recipes, and the element of surprise. If you have a fairly set diet and need predictability in your weekly menus and you aren't interested in changing that, then a CSA may not be for you. Also, CSAs rarely meet the food needs of the typical American diet and shopping at Farmer's Markets may be needed to round out your meal plans. For example, we provide only produce, with eggs, beginning in June of 2020, so if meat is part of your diet, you will need to do some shopping.

## Help Us Compost and Reduce the Impact of Wasted Food

We will take your food scraps back for our composting program! Bring your raw food scraps, juicing pulp, and eggshells back and we will return them to the soil through our onsite composting program. **WE CANNOT ACCEPT ANY MEAT, BONES, FISH, OR SHELLFISH SCRAPS.** We recommend a metal or plastic container that has a top. When you arrive, we will dump your can and return it to you.