

What is Community Supported Agriculture (CSA)?

CSA consists of a community of individuals who support a farm operation. We the farmers and you, the members, provide mutual support and share the risks and benefits of food production.

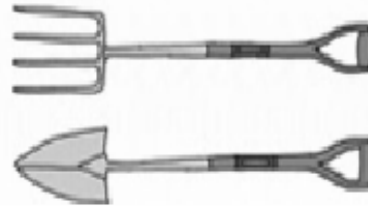
Typically, you as a share-holder pledge in advance to help cover the anticipated costs of the farm operation. In return, you receive shares in the farm's bounty throughout the growing season.

You also share in the risks of farming, including unfavorable weather or pests. After the challenging season of 2009, we are redoubling our efforts to make this the best year ever.

How does it work?

CSA members sign up and purchase their shares before the growing season begins.

You will receive a wide variety of fresh, locally-grown, organic produce once a week for 20 weeks from June 7 through October 21. We will share ways for you to use the diverse vegetables that we grow. See the chart for approximate times that various vegetables will first appear in the baskets. Some, like lettuce, will be regular parts of a share all season; others (fennel, for example) appear only once.



Order your share early - only 75 shares are available for 2010

Name _____

Address _____

City _____ Zip _____

Phone _____

e-mail: _____

Yes! Sign me up

as a member of Long Meadow Farm CSA

Large share (avg. \$25/wk): **\$500** \$ _____

Small share (avg. \$17.50/wk): **\$350** \$ _____

Delivery option:

*\$60 for delivery to individual location;
\$30 if you share a drop-off location with
at least one other member* \$ _____

Please enclose a minimum deposit of
\$100. **Total enclosed:** \$ _____

Balance due by June 7, 2010: \$ _____

Certified by MOFGA (Maine Organic Farmers and Gardeners Association)

We encourage our CSA members to visit the farm. Members can pick flowers and herbs - and vegetables - as marked by signage in the rows. Feel free to visit the animals and the frog pond. Explore, visit, and pick herbs when you come to pick up your shares, too!

Delivery Option

This year we are again offering a delivery option. The delivery area will extend from West Gardiner to Augusta on both sides of the Kennebec. For two or more shares at one delivery location, there is a 50% discount on delivery charge. Thursday is the new delivery day this year.

Distribution Days:

Delivery: Thursdays, 1-4 p.m.

Farm Pickup: Mondays or
Thursdays, 2-8 p.m.

This is our seventh CSA season. We are staying small, aiming at 75 shares this year, so we can provide the best food and service possible.

Please call us, Michele and Denis, at
(207)582-4817 for more information.

Check out our website at:

www.longmeadowfarmmaine.com

