

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. We are flexible and able to adjust, so there is little chance of shortfall for you.

How does it work?

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

You will receive fresh, locally-grown, organic produce once a week for 21 weeks from June 2 through October 23. You will receive a wide variety of vegetables, herbs, and flowers. Amounts vary but we optimistically predict you will have more than you need. We will share ways for you to freeze, can, or dry surplus vegetables.



Here's what some of our members had to say about our program:

"I loved being surprised each week with the new things—and the consistency of greens"

"I truly appreciated some of your recipes when I was unfamiliar with a vegetable. I loved the leeks!"

"It was wonderful to have such fresh, clean produce, and it was so very tasty"

Farmers' Market Shares: This year, we are offering the option for members to choose their vegetables at two farmers' markets we attend (Augusta Mill Park on Tuesdays 2-6, and Winthrop on Saturdays 9-1). The markets start the first week in May and continue through October. The shares are also redeemable at our farmstand on Sundays from 1-5 p.m. April through October.

The cost is \$100 for \$110 worth of produce or \$200 for \$220 worth. The shares are renewable.

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.

This is our fifth CSA season. We are staying small, aiming at 50 shares this year, so we can provide the best food and service possible.

Distribution Days:

Delivery : Mondays, 1-4 p.m.
Farm Pickup : Mondays and Thursdays, 2-8 p.m.



Certified by MOFGA (Maine Organic Farmers and Gardeners Association)



Order your share early - only 50 shares are available for 2008

Name _____

Address _____

City _____ Zip _____

Phone _____

e-mail: _____

Yes! Sign me up

as a member of Long Meadow Farm CSA
Enclosed is a deposit of \$100
Balance is due by June 1, 2008

Large share: **\$500** (avg. \$23.81/wk) _____

Small share: **\$350** (avg. \$16.67/wk) _____

Farmer's Market option
(\$100 or \$200) _____

Delivery option: add **\$60** _____

Total enclosed: _____

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

Check out our website at
www.longmeadowfarmmaine.com

Estimated harvest times



- 21 weeks of fresh produce
- Support local agriculture!
- Know how and where your food is grown

Long Meadow Farm CSA
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 West Gardiner, ME 04345
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Long Meadow Farm

West Gardiner, Maine

Community Supported Agriculture



2008 Growing Season

Organic, natural, and locally grown food

Please take this opportunity to enter into a partnership with us at Long Meadow Farm. We strive to grow food in the most low-impact way possible, using human energy and organic practices, producing healthy vegetables, herbs, and flowers.

As members, you will receive generous shares of our harvest. You will receive on a weekly basis vegetables, fresh culinary and medicinal herbs, and flowers. Other items (jams, dilly beans, eggs) are for sale at a 10% discount to CSA members. Our weekly newsletter will keep you informed about what's happening at the farm.

Our season begins
 June 2 and ends
 October 23.

| | JUN | JUL | AUG | SEP | OCT |
|-----------------|------------|------------|------------|------------|------------|
| Lettuce | ██████████ | ██████████ | ██████████ | ██████████ | |
| Spinach | ██████████ | ██████████ | | ██████████ | ██████████ |
| Salad Mix | ██████████ | ██████████ | | ██████████ | ██████████ |
| Kale | | | | ██████████ | ██████████ |
| Cabbage | | | ██████████ | | |
| Strawberries* | | | ██████████ | ██████████ | |
| Broccoli | | ██████████ | | | ██████████ |
| Peas | | ██████████ | | | |
| Beans | | ██████████ | ██████████ | | |
| Onions, Leeks | ██████████ | ██████████ | ██████████ | ██████████ | ██████████ |
| Garlic | | | ██████████ | ██████████ | ██████████ |
| Basil | | ██████████ | ██████████ | ██████████ | |
| Carrots | | ██████████ | ██████████ | ██████████ | ██████████ |
| Beets | | ██████████ | ██████████ | ██████████ | ██████████ |
| Radishes | ██████████ | ██████████ | | | |
| Eggplant | | | ██████████ | ██████████ | |
| Parsnips | | | | ██████████ | ██████████ |
| Potatoes | | | ██████████ | ██████████ | ██████████ |
| Cucumbers | | ██████████ | ██████████ | ██████████ | |
| Summer Squash | | | ██████████ | ██████████ | |
| Winter Squash | | | | ██████████ | ██████████ |
| Tomatoes | | | ██████████ | ██████████ | ██████████ |
| Peppers | | | ██████████ | ██████████ | |
| Herbs & flowers | ██████████ | ██████████ | ██████████ | ██████████ | ██████████ |

*As available during season

