

Just what is a CSA? Community Supported Agriculture (CSA) programs form closer relationships between farmers and consumers. Subscribers share both the risk and bounty with the farmer. Farmers tend the earth on behalf of others and consumers share the cost of supporting the farm and share the risk of variable harvest (and consume the abundance in fruitful years). The farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season.

Greenhorn Veggie Share
(Couple or small family)
\$500

Greenhorn Veggie Half Share
\$315

- ◆ First come, first serve - paid deposit or full payment will hold your space.

Fruit Share (Family/fruit lover size)
Varies 4 to 20 lbs per week \$500
Half Fruit Share (Single or couple)
\$315

*We are planning for **at least** 20 weeks of produce and your investment will yield an abundance of food over that entire time-frame. We are confident you'll find it well worthwhile.*

Reasons to Eat Local Food

Eating local means more for the local economy. A dollar spent locally generates twice as much income for the local economy. When businesses are not owned locally, money leaves the community at every transaction.

Locally grown produce is fresher. Most produce has been in transit or cold-stored for days or weeks. Freshness affects both the taste of your food and the nutritional value.

Locally grown fruits and vegetables have longer to ripen & taste better.

Locally grown fruit does not have to be shipped thousands of miles and is allowed to ripen until the last possible minute on the vine.

Buying local food keeps us in touch with the seasons. By eating with the seasons, we can eat foods when they are at their peak flavor and nutrition, are the most abundant - and the least expensive.

Buying locally grown food is fodder for a wonderful story. Knowing part of the story about your food is part of enjoying a meal.

Eating local means greater food security. Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.

Local food translates to more variety. Farmers can try small crops of unusual or heirloom varieties that would probably never make it to a large market.

CSA Subscription Enrollment Form

Name _____ Phone _____

Address _____ Email _____

Dropoff : Fowler - Sat. RFD@Denver Urban Market; 200 Santa Fe Dr., Sat. 9-2
 Co. Spgs @ Ranch Foods Direct; 2901 N. El Paso
Weds. 2-6 p.m. through Saturday

Veggie Share \$500
 Half Veggie \$315
 Fruit Share \$500
 Half Fruit Share \$315

Payment included (payable to Greenhorn Acres OR Marcy Nameth)
MAIL to 5856 County Road HH.5, Fowler, CO 81039; OR Email: info@greenhornacres.com call 719-263-4494

DID YOU KNOW?

The term 'food miles' refers to the distance food travels from the farm to your plate. Studies have shown that this distance has increased over the last 50 years. Fresh produce is estimated to travel over 1,500 miles from farm to consumer. Around 80 percent of energy used in the U.S. food system goes to processing, packaging, transporting, storing, and preparing food.

OUR COMMITMENT

We are committed to growing healthy food (without using chemical fertilizers, insecticides, herbicides or fungicides) that is good for us, good for you, good for the critters we raise and good for this little piece of the Earth that God has given us to tend. Beyond what we DON'T do, is what we DO. We strive for optimal health and nutrition in our food, by using cover crops/green manure to improve soil quality and micro-minerals for greater nutrition in all our products.

Weekly distributions begin in May.

As the season progresses, the variety and quantity will increase each week. A normal production year will produce more than enough produce for each share.

May – October distributions include:

- ◆ Asparagus
- ◆ Beans
- ◆ Beets
- ◆ Broccoli
- ◆ Cabbage
- ◆ Carrots
- ◆ Sweet corn
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Lettuce and salad greens
- ◆ Melons
- ◆ Okra
- ◆ Oriental greens
- ◆ Peppers
- ◆ Tomatoes
- ◆ Radishes
- ◆ Turnips
- ◆ Summer squash
- ◆ Swiss chard
- ◆ Winter squash
- ◆ Herbs –Basil, Chives, Cilantro, Dill, Parsley, Sage, Thyme
- ◆ Fresh flowers
- ◆ And more!

We may purchase produce from local growers who specialize in produce that requires more space, like sweet corn & potatoes.

Got a Farmer?

We'll grow your food!

Greenhorn Acres

introduces

our subscription CSA program
for 2012

"Putting the farmer's face on food"

A seasonal farm subscription that gives you a weekly share of fresh produce.

Contact us:
Marcy Nameth
719-263-4494

info@greenhornacres.com

www.GreenhornAcres.com