

Give the gift of fresh veggies this Christmas!

Bryn Mawr Presbyterian Church, partnering with Main Line Reform Temple, is pleased to announce our Community Supported Agriculture (CSA) with Lancaster Farm Fresh for the 2010 growing season.

What is Lancaster Farm Fresh?

Lancaster Farm Fresh Cooperative (LFFC) is a non-profit organic small, family farmer cooperative of 50 farmers in Lancaster County, Pennsylvania. LFFC provides fresh, locally grown organic fruits, vegetables and other farm fresh products through a subscription program known as Community Supported Agriculture (CSA) program. When you purchase LFFC products you can be confident that you will receive the freshest farm products, raised humanely, with consideration for the land, animals and people. There is more information about LFFC and the CSA at <http://www.lancasterfarmfresh.com/csa/asp>

What is a CSA?

CSA stands for Community Supported Agriculture. It is a vegetable subscription program where individuals and families purchase a share of the harvest, paying the farmers in the winter and early spring when they are in need of the money, and receiving the farmer's produce during the actual growing season.

How much food will I get?

Lancaster Farm Fresh will deliver 28 weeks of produce to CSA members in the 2010 growing season from May through October. Full shareholders will receive an assortment of 7 to 12 vegetables every week. Half shareholders will receive an assortment of 4 to 9 vegetables every week. The amount of produce delivered each week varies with the season. In May and June the shares are light, filled with lots of greens, mushrooms, radishes and spring onions. In July, August, September and October the shares are much heavier, bursting with tomatoes, peppers, potatoes and squash.

Here is a sample share from a July week:

- 3 medium green zucchini grown by Meadow Valley Organics
- 2 pints grape tomatoes grown by Farmdale Organics
- 2 Romaine hearts grown by Riverview Organics
- 1 bag of potatoes (2.5#) grown by Hillside Organics
- 4 red slicing tomatoes grown by Green Valley Organics
- 1 bunch basil grown by Little Brook Farm
- 3 cucumbers grown by Goshen View Organics

- 3 green bell peppers grown by Meadow Valley Organics
- 3 yellow straight-neck squash grown by Goshen View Organics
- 1 head green or red leaf lettuce grown by Scarecrow Hill Organics

Where do I pick up my share?

Main Line Reform Temple will be your pick up site. The day and time of pick up will be determined in April prior to the growing season.

Will any fruit be included?

Yes, LFFC farmers produce an abundance of fruit. Strawberries, watermelon, cantaloupe and honeydew are often sent to CSA members in their vegetable share. They also offer a FRUIT SHARE, which consists of 1 to 2 varieties of fruit each week.

How much does it cost?

Full Vegetable Share - 28 weeks, 7-12 items/week \$725

Half Vegetable Share – 28 weeks, 4-9 items/week \$420

Fruit Share* - 20 weeks – 1-2 items/week \$120

Flower Share - \$200 Full share

Fruit share includes tree fruit and melons, and will begin on the 8th week of the CSA season and can only be purchased with a vegetable share.

How do I Apply?

You can pick up an application at BMPC or go on-line to fill out an application at http://www.lancasterfarmfresh.com/csa_account_app.asp
For your pick up site, please select other and write in Main Line Reform Temple.

How do I Pay?

You may pay by check, mailed to the church or you can drop off your application at BMPC with your check made payable to Lancaster Farm Fresh.

Payment Plan Option - \$200 down, balance due in 4 installments or less by 4/1/10 (half share \$150 down)

More Questions?

Please contact Courtenay Willcox, 610.506/1708 or mcwillcox@gmail.com for further information and/or questions.