

Join the CSA!

Mail this card and your full payment or \$100 deposit to the address below. Full payment due by June 1st.

Groundswell Community Farm
6527 Quincy Street
Zeeland, MI 49464

- Full Share, \$475
- Sharing Share, \$450 Share 1/2 your share with a low-income family.
- Working Share, \$325
- Food Stamp Share, \$325

Please choose one pick-up location:

- Holland
- Grand Rapids

I am making a commitment to Groundswell Community Farm for the growing season and I understand: 1)The farmers will do their best to provide me with high quality produce, 2)Groundswell CSA is subject to factors outside anyone's control, such as weather, 3) I am committing to complete my three hours of membership time, 4) I will not hold Groundswell Community Farm responsible for injuries that may occur to my family and me while we are on the farm.

Signature _____

Your name and family members:

Email _____

Address _____

City _____ Zip Code _____

Phone (_____) _____

We are splitting a share with the following family: _____

Their Email is _____

What is Community Supported Agriculture ?



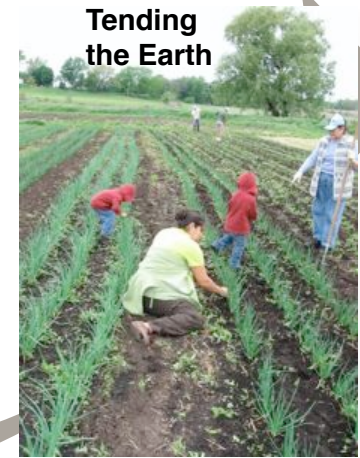
Community Supported Agriculture, or CSA, connects farmers with people who want to eat the freshest, local produce in-season.

It works like a cooperative—you buy a share of the season's produce and get a variety of vegetables every week of the summer.

Joining a CSA lets you reconnect with the roots of the food you eat; you know exactly how your food is tended. Because we rely on member support and participation, you might even help to plant or harvest some of your food.

Groundswell Community Farm uses organic methods. As a member you are protecting the local environment and the Macatawa River, which flows less than 20 feet from the farm.

We welcome you to visit the farm, whether you are helping in the harvesting or just enjoying the scenery.



Quotes from our CSA members:

"I love that our family can participate together as members of Groundswell CSA. I really like how much my children learned about where food comes from, what it is supposed to look like, and how to harvest it."

Jennifer Stork, Holland

"What I really enjoy as member of Groundswell CSA is the beauty and healthfulness of the vegetables."

Judi Buchman, Grand Rapids

Cut

Sharing the Abundance

CSA members receive a share of the harvest, from the start of June to late October. All of our produce is certified organic, grown in ways that enhance the life of the soil and the plants.

CSA pickup locations



• **Holland** at the old Leaf and Bean, 451 Columbia Ave., on Tuesdays 4-6 p.m.

• **Grand Rapids** at Well House, 600 Cass Ave. SE, on Wednesdays from 4:30-6:30 p.m.

What we're Growing

Arugula	Cilantro	Peppers
Basil	Cucumbers	Potatoes
Beans	Garlic	Salad Mixes
Beets	Green Onions	Summer Squash
Broccoli	Herbs	Sweet Potatoes
Bok Choy	Kale	Tomatoes
Cabbage	Lettuce	Watermelon
Carrots	Onions	Winter Squash
Cauliflower	Peas	
Chard	Parsley	<i>...and much more</i>

Eating with the Seasons

By sharing in the abundance of the farm, you are also sharing in the risk. The weather always favors some crops even as others suffer. There may be a bumper crop of something you hate in the same year that your favorite crop fails. Drought, floods or hail may strike the farm. Expect the unexpected.

Flavors change with the seasons - June is heavy on greens, while September offers a bounty of tomatoes.

Enjoying the Farm

Farm Events:

- JUNE - planting potluck,
 - AUG. - potato dig
 - OCT. - harvest potluck.
- Suggestions and help with events welcome.



Volunteer Time:

- 3hrs per year

Working Share Time:

- 3hrs/week for 20 wks. (\$150 discount) - on or off farm.

When working at farm make sure to bring:

Sun hats, lots of water (esp. for children), long sleeves and sunscreen recommended when you come to work or volunteer.

Finding the Farm

6527 Quincy Street, Zeeland, MI 49464

From the west (Holland): Take Quincy Street east. The farm is a half mile past the stop sign at 72nd Street. (Quincy is due North of downtown.)

From the east (Grand Rapids): Take Chicago Drive west. Turn right (North) on 64th St. Turn left on the first street, Quincy Street. The Farm is about 1/8 of a mile down, on your right.

Groundswell Community Farm



For your health...

For the Earth...

*For a summer of fresh
vegetables...*

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Zeeland, MI 49464

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www.groundswellfarm.org