

Join the CSA!

Mail this card and your full-season payment of \$425 to the address below, send us your \$100 deposit, or contact us for other payment options.

Groundswell Community Farm
 Katie Brandt and Tom Cary
 6527 Quincy Street
 Zeeland, MI 49464

Full Share, \$425

Half Share, \$425

Share your share. We partner you with a low-income family.

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 the farmers will do their best to provide me with high quality produce, and that, like all farms, Groundswell CSA is subject to factors outside anyone's control, such as the weather. I understand that certified organic practices are used on the farm.

I agree to make payment on my share in a prompt manner and work with the farmers at Groundswell to complete my three hours of membership time. I also agree not to 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 names of family members who may come to the farm:

Email _____

Address _____

City _____ Zip Code _____

Phone (_____) _____

We are splitting a share with the following family: _____

Their Email is _____

Cut

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. Since Groundswell Community Farm uses organic methods, 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 a member of Groundswell CSA is the beauty and healthfulness of the vegetables."
Judi Buchman, Grand Rapids

"Getting fresh vegetables each week is a treat. I always tell my friends that the CSA provides an enormous amount of food at a very reasonable cost."
Carolyn Raymond, Holland

Sharing the Abundance

CSA members receive a share of the harvest, from the start of June to late October. All of our produce is grown without toxic pesticides, in ways that enhance the life of the soil and the plants. This means you get the most nutritious vegetables. We have used all organic methods since the farm began in 2006 and became certified in 2009.

CSA pickup locations



- **Holland** at the Leaf and Bean, 451 Columbia Ave., on Tuesdays 4-6 p.m.
- **Grand Rapids** at Well House Homeless Shelter, 600 Cass Ave. SE, on Wednesdays from 4:30-6 p.m.

What we're Growing

Arugula	Cilantro	Tomatoes
Basil	Cucumbers	Summer Squash
Beets	Green Onions	Watermelon
Broccoli	Kale	Winter Squash
Bok Choy	Lettuce	U-pick Items
Cabbage	Onions	Beans
Carrots	Parsley	Cherry tomatoes
Cauliflower	Peppers	Peas
Chard	Potatoes	

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. For example, 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.

You will soon learn the nuances of seasonal flavor. The menu in early June is heavy on greens, while September offers a bounty of tomatoes.

Enjoying the Farm

CSA members enjoy family- friendly celebrations throughout the year, including a planting potluck, potato dig and harvest potluck. If you have suggestions or would like to help organize these events, please call or email.



Each member volunteers at least three hours per summer, and there are various ways to spend that time. While many choose to work in the field, you may prefer to organize a potluck or offer your professional skills. The washing station works well for families with children too young to withstand the full sun of working in the field.

You may want to spend more time on the farm. Working Shares pay for a portion of their CSA membership by working a minimum of three hours per week. Discounts are set on a case by case basis.

Finding the Farm

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

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.

6527 Quincy Street, Zeeland, MI 49464
(616) 885-7776 - Katie
(616) 916 9823 - Tom
www.groundswellfarm.org

For your health...

For the Earth...

For a summer of fresh vegetables...



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