

Sign-Up Form - CSA Summer 2010

~ dates June 8 - Oct 19 (20 wks)

FULL share - 20 wks.

(3 - 4+ people)

- IN FULL**
\$30 a week X 20 weeks
= \$600.00
- HALF NOW**
\$30 a week X 10 weeks
= \$300.00
(\$300 due by Aug 10th)

HALF share - 20 wks.

(1 - 2 people)

- IN FULL**
\$15 a week X 20 weeks
= \$300.00
- HALF NOW**
\$15 a week X 10 weeks
= \$150.00
(\$150 due by Aug 10th)

Name _____

Address _____

City/Zip _____

Email address _____

Phone number _____

New! Fees are to be paid by the start of the 20 week season. You can pay in full or pay half now and half later on Aug 11th. Please allow us to set up an automatic charge for you.

Name on card _____

Number _____ Expiration _____

Code on back _____ Signature _____

The weekly CSA share may fluctuate according to our farm members crops' seasonal variations of quality and quantity. If necessary, Lynchburg Grows will turn down poor quality produce and make it up in the following week's CSA share. We will do our best to provide a variety of salad greens, herbs, cooking vegetables, starches and fruits. We will buy produce from local low spray/organic farms as much as possible. Only when necessary will we buy produce from a local wholesale distributor.

Pick up on Tuesdays between 2:30 – 6 pm.

Shares that are not picked up by the end of the week, unless we are notified of other arrangements made, will be donated to the local food pantry, the Daily Bread. You will receive an annual tax donation postcard from us for your Daily Bread donation.

Payment amount and method _____ Start Date _____

We are very interested in your ideas and concerns. Please give us feedback!

Contact us by Email: CSA@lynchburggrows.org

LYNCHBURG GROWS!

- *Mailing Address:* PO Box 12039 Lynchburg, VA 24506
- *Address:* 1339 Englewood St off Fort Ave., one block south of Lynchburg City Stadium. Drive to the end of the road; the office is located in the concrete building to the right.
- *Office phone:* (434) 846-5665 • *Website:* www.LynchburgGrows.org





LYNCHBURG GROWS

"Give a gift that GROWS!"



Join the "CSA" - Community Supported Agriculture

Lynchburg Grows started a year-round CSA program over two years ago and we want you to subscribe! We offer whole and half shares from June 8 to Oct 19th. A whole share is good for 3-4+ people (\$30 wk) and the half share for 1-2 people (\$15 wk). There are two payment options - pay in full for the 20 weeks or pay half now, the other half by August 11th. See reserve side for the sign-up form!

For more information or to learn more about our CSA, contact us at csa@lynchburggrows.org or find us on the web at www.LynchburgGrows.org/CSA.html.

(* The CSA sign-up form is printed on the reverse of this sheet.)

First, what is a CSA? CSA means Community Supported Agriculture and it is very popular in the US. The idea started in Japan over 30 years ago. The concept is that the citizens who want fresh food will pay in block amounts in order to support the local farm or farms. By ensuring you are going to purchase each week with a twenty week minimum, the farms can plan ahead by planning plantings, crops, etc...

Second, when do I get the bag? The bags can be picked up on Tuesdays at Lynchburg Grows office between 2:30 and 6PM. Bags can be picked-up during our office hours 9 - 5 until Friday unless other arrangements are made.

Third, where is the food coming from? Ideally, all of the food would come from Lynchburg Grows, but in our early years, we must supplement our bags with organic produce from a distributor and from locally grown organic/low spray produce. Our goal is to be the sole provider of the vegetables in the near future.

Fourth, what's in the bag? It hard to say since each week is different. Above is a sample "What's in the Bag?" flyer for August 25, 2008 that includes the food list and a recipe on the back and it is found in each CSA paper bag.

LYNCHBURG GrOWS!
"Give a gift that GROWS!"

What's in the Bag?

week of August 25, 2008

Pears

Heirloom Green
Tomatoes


Yellow Squash

Cucumbers

Lettuce Mix

Beets

Red Carmen Peppers



"Changing lives one garden at a time..."

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