



Community Supported Agriculture F.A.Q.'s

What is a CSA?

CSA, or Community Supported Agriculture, is a way to connect families and individuals with farms in their local communities. It is a way to directly support a farmer in your area and receive healthy produce at better costs, because there is no middle man (supermarket, food purveyor, store). Considering that most of our produce travels over 1,000 miles to get to us, becoming part of a CSA is a refreshing way to know where your food comes from, who grows it, and what their methods are.

CSA members support local farms by purchasing a share of the year's harvest. Members pay for their share in advance, providing capital for the farmer's operating expenses, such as seeds, compost, utilities, and supplies. When the harvest begins, members then receive their weekly share of what we are growing. A CSA is a way to connect you to your food!

How does it work?

We harvest food Friday morning and section it off for members. Members then come pick up their share at the barn on either Friday afternoons from 4pm-7pm, or Saturday mornings from 10am-12pm. If you cannot make either time slot for some reason, we can sometimes make other arrangements.

What will I receive in each week's share?

Each week the baskets will be slightly different. In the Spring, it might include lettuces, radishes, herbs, beets, and carrots. In the summer it could include tomatoes, eggplant, peppers, collard greens and summer squash. And in Fall, it could be butternut squash, onions, broccoli, pumpkins, and kale. Generally each week's share will include 6-10 different items. If you have special food concerns or dietary limitations, we are happy to do our best to accommodate your needs.



What are your farming practices?

We are a small-scale farm using no-till Permaculture methods. Most of our farming is done by hand using hand tools and small-scale machinery. We use no chemical sprays or synthetic fertilizers and we emphasize added highly nutritional organic matter to our soil. We take every measure to ensure the health and quality of our produce. You can be sure that your food is completely organic and natural.

How much does it cost?

A full share is \$650 for the season. A full share generally will feed a family or group of 4 for the week, or a vegetarian couple whose diet is high in vegetables. A half share costs \$350, and will feed 1 or 2 people a week, or a family that does not eat many vegetables.

What are the benefits for me?

You will:

- Receive the freshest possible produce
- Receive nutritious, tasty food for you and your family
- Pay much less than at a grocery store
- Ensure that your food is chemical-free
- Get to know your farmer!

Where do I sign up?

Visit our website (hollengoldfarm.com), and download the CSA membership form, or swing by our place to pick one up. Then, email, mail or bring back the filled out form. You will get an email confirmation to hold your place as a member.