

The Organic Way 2010 CSA

We are pleased to announce that The Organic Way Farm will be offering a Community Supported Agriculture (CSA) program again for the 2010 season.

In short, this is a subscription service for obtaining pesticide free produce on a weekly basis. In 2010 we will have 150 shares available for the season. Memberships are taken on a first come, first serve basis and a deposit must be paid before your share is held. If you are interested in joining this program, please read more details about it in the brochure.

What is Community Supported

Agriculture (CSA)? A CSA is a partnership between the farmer and the consumer.

Individuals or households become members of a CSA by buying in advance, a share of the season's harvest, helping the farmer begin the farming season, literally providing seed money. The consumer (you) will receive a package of fresh in season produce every week of the program. A CSA supports small family farms and membership is a natural extension of our commitment to our communities. One of the most rewarding aspects of the growing process is creating relationships with our customers. We hope you will decide to join us and that you will find your partnership as fulfilling and enjoyable as we do.

Why Should You Join A CSA? Membership in a subscription farm service provides a number of benefits to the consumer and the community. Apart from the obvious, i.e. fresh delicious produce delivered to you at a fair price and

definitive knowledge of where your food is coming from, you reap all the benefits of buying locally.

Why Buy Local? Buying local has become a buzz word, but there are some very real health, cultural and economic reasons to buy local.

- Locally grown, seasonal food is fresh and wholesome, with superior taste and nutrition.
- Eating fresh foods in season is vital to a healthy diet and promotes overall health supporting an active lifestyle.
- Every dollar spent on local produce supports an independent family farmer, who provides jobs, attracts tourists, and re-circulates dollars throughout the local economy, contributing to the area's economic health.
- For every tax dollar collected from a farmer, he or she will utilize only 34 cents in services, while residents in developed areas will use \$1.15 in services.
- Local farms enhance and beautify our landscapes, while protecting watersheds and provide for biodiversity.
- Locally grown food requires less packaging and transportation, which means less waste and pollution.
- Local farms are links to the land and our ancestors. Farms are natural classrooms and provide education, recreation and healthy outdoor experiences.
- Farms are a legacy, supporting local farms today keeps the door open for the farms and farmers of tomorrow.

Who We Are

The Organic Way Farm is located just southeast of Nevada, Missouri near the small town of Montevallo. 52 acres, made up of a beautiful mix of pasture and forest with many native plants and trees. The creek that runs through the middle of the farm has the original well built for the town of Montevallo in the late 1800's.

We started with about 2 acres of traditional produce. The Organic Way has rapidly expanded in an attempt to meet the demand for a safe quality food source. That is food grown without harmful chemicals, with superior taste and nutrition at a price the average person can afford. Now there are five greenhouses and over 20 acres of land used to grow over 150 varieties of unique, heirloom products.

We also raise our own meat, eggs and milk; cows, goats, chickens and pigs are now a part of the farm. All animals are given free range in wide open pastures, with lots of fresh air and sunshine. We make our own cheese and many different canned fruit and vegetable products.

At The Organic Way, Denice Trimner along with her two children, Sandra (13) and Cullen (12) are your personal farmers. Our family works hard to bring the best to your table.

Our unique produce is only available through CSA, selected farmers markets and many fine restaurants in the Kansas City Metropolitan area.



PESTICIDE FREE
PRODUCE

LOCALLY GROWN
HEIRLOOM
VARIETIES

PASTURE RAISED
MEAT AND EGGS

2010 CSA PROGRAM

www.theorganicwayfarm.com

Specifics and Common Questions

Dates: The season runs 22 weeks, from end of May through October.

Cost: \$565 (includes \$35.00 non refundable administration fee, sales tax and fuel surcharge). Deposit of \$235 due at the time you sign up. \$20 is due each week for first 4 weeks. \$25 per week for the next 10 weeks and the final 8 weeks are covered by your deposit.

New This year: ½ share pick up every other week, full year payment required up front only \$300.

Pick Up Locations and Times: Subject to change, you will be notified of exact address prior to CSA start.

Tuesday: Waldo, Reeves Wiedeman Company, 8310 Wornall road.

Friday: Leawood, Room 39, 10561 Mission Road, Mission Farms Shopping Center.

Quantities and expectations: In general, we put together a share for a family who eats a healthy amount of vegetables and cooks at home. Each week, your bag will contain 4-5 different in season fruits, herbs, vegetables and a newsletter. Recipes and storage hints are posted on our web page.

What kind of vegetables will we get?

Each week we try to put together a mix that will make sense in the kitchen. Generally, there are 4-5 different varieties of produce, including fruits, vegetables and herbs. We also try to provide a mix of familiar and lesser known vegetables, so you may get one vegetable like kale along with tomatoes, potatoes, beans, onions and cucumbers.

What if we don't like all the produce we get?

Unfortunately, we can not accommodate individual likes and dislikes. Part of the CSA experience is to encourage an adventurous approach to eating vegetables. Many of our perceptions of vegetables come from buying conventional or old produce. You will find that fresh, unsprayed produce has much more flavor, not to mention higher nutritional value than what can be purchased at the local grocery. Many people find it fun to look for new ways to use the variety of produce they receive. While tomatoes will probably always be a favorite, greens and herbs add depth and flavor to our meals. Not to mention the healthful benefits of eating a variety of foods. Don't worry, you will get an abundance of familiar fruits and veggies! If you have strong feelings about what vegetables you will or won't eat, a CSA is not for you.

What is this thing? It sometimes happens you won't know what a particular vegetable is, much less how to use it. Don't panic. First, review your newsletter, we provide a description of most unusual vegetables. If there is no description, match up the list of what you have and by default the one you can't identify will probably be it. If you are still unsure, call or email us and we will be glad to help.

What happens if I can't pick up my produce on my designated day? Let us know **48 hours in advance** if you cannot pick up your package. We will give you a pass, or you may request a pick up on another day. If this is not possible you may consider having another person pick up for you. **Any packages not picked up (a miss) will be billed and donated.**

Once your deposit starts we cannot refund money, so please -try to plan ahead.

What if it's a terrible growing year?

Part of supporting a local farm is that we are subject to the whims of nature. We do our best to guarantee a steady and generous supply of a variety of fruits and vegetables. Unfortunately, the one lesson we have learned from farming is that we have little control over anything we do. Try as we may, there is always something that does not produce well. If we come up short on one crop, you will receive more of something else. We also have alliances with other local growers, hopefully some one will have what we don't. We try to give you produce grown on our farm, but there are occasions when we obtain produce from other farmers. Of course if we have a bumper crop you can expect larger quantities.

Can I get more involved? There are many ways you can help out, either on the farm or on pick up day. If you want to visit the farm, either to work or just hang out, please call in advance to make sure we are there. Kids are welcome, we are only 12 miles from Stockton lake, and have 30 acres of forest with a small stream. We would also be happy to host a tour for a group.

How do I sign up?

Fill out the CSA Agreement attached to this brochure and mail it along with your deposit check for \$235 to:

The Organic Way
28475 S. E Hwy
Milo, MO 64767

CSA Agreement

CSA will run 22 weeks from the first of June through October. You will pay \$20 per week for the first 4 weeks then \$25 per week (these payments include sales tax and fuel surcharge) until the deposit starts. A deposit of \$235 is required to join. The deposit includes the last 8 weeks of the season, and a \$35 non refundable administration fee. This fee covers, boxes, bags, paper and printer cartridges. Half shares must be paid in full before the start of the CSA this fee is \$300.

If you need to miss a week, we require a 48 hour notice prior to your scheduled pick up. If you do not notify us prior to the pick up you will be billed for the produce. No refunds will be made after the deposit begins. If you need to miss a date after that time, with notice you can have someone else pick up for you, pick up on an alternate day, or double up at another time.

You will be notified at the end of April regarding the final pick up times and locations. Please indicate which day you plan on attending:

___ Tuesday

___ Friday

___ Full Share ___ Half Share

Name: _____

Address: _____

Phone number: _____

E-mail address: _____