

## SPLIT A SHARE

Strawberry Lane Farm offers full shares for the 2010 season. Members can split a share with a friend, neighbor or relative to suit themselves. If you are sharing with someone, please give us all names and emails of the members. If you can't find someone to split with you, contact us and we may be able to find someone for you.

## HOW DOES OUR GARDEN GROW?

Our whole farm is certified organic. Our Farming practices are strictly organic. Our Certifier is One Cert of Lincoln, Nebraska.

Crops are planted in succession in order to provide a continuous weekly supply of mixed vegetables. As crops rotate throughout the season, weekly shares vary by size and types of produce. In August, the shares most likely will contain the most variety. When watermelon and squash are ready, the share will weigh the most.

Any produce that cannot be equally divided among our members will be sold at farmer's markets or donated to charity. The CSA members come first and not everything we grow will be available at the markets.

## PICK UP LOCATIONS

### Missouri on Wednesdays

- ◇ I-35 & Chouteau, KC North
- ◇ 41st & McGee, KC MO
- ◇ Roanoke Park area Market 4:30 to 7:30 p.m.
- ◇ Missouri Home or Office Delivery

### Kansas on Thursdays

- ◇ 75<sup>th</sup> & State Line. Prairie Village
- ◇ West Santa Fe & K7 Hwy, Olathe
- ◇ I-435 & Mission, Mission Farms Market  
Leawood, Kansas. 4:00 to 8:00 p.m.
- ◇ Kansas Home or Office delivery

YES! I want to be a shareholder in the Strawberry Lane Farm CSA program. I agree to share the bounty and the risks of farming with the farmers and the other CSA members. If I can't finish out the season for whatever reason, I understand I am welcome to reassign my share to another household, and I understand Strawberry Lane Farm does not issue refunds.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### Strawberry Lane Farm CSA 2010

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
eMail \_\_\_\_\_

### Splitting with:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
eMail \_\_\_\_\_

### Please Choose Share Options Below

- ◇ Vegetable Share.....\$600.00...\$ \_\_\_\_\_
- ◇ Egg Share..... 70.00...\$ \_\_\_\_\_
- ◇ Home or Office Delivery ..... 100.00...\$ \_\_\_\_\_
- ◇ Add 3% for card payment .....\$ \_\_\_\_\_
- Total.....\$ \_\_\_\_\_

Make checks payable to Strawberry Lane Farm

Visa  MC  Discover Expiration Date \_\_\_\_\_

Card # \_\_\_\_\_

Mail to: Strawberry Lane Farm

510 NE Jade Lane  
Trenton, MO 64683

I will pick up at: \_\_\_\_\_

Choose location at left or contact us if you want to host a pick up location at your home or business

Address for home or office delivery:

\_\_\_\_\_  
\_\_\_\_\_

## HOW DOES THIS WORK?

Members purchase their shares before the season begins. This allows the farmer to plan how much and what to plant and to have the production expenses guaranteed. In return for their investment, the members receive a weekly supply of fresh-picked, healthy organic produce delivered at a set place and time from June through October. You will receive a weekly email newsletter, listing what is in the share, recipes to use the produce and stories about life on the farm.

This is local food harvested at its peak for quality and freshness, resulting in the best-tasting, healthiest food available on the planet, grown with no harm to the environment.

We do our very best to bring you a beautiful and bountiful share each week, but since our boss, Mother Nature provides no guarantees, we can't either. Not to worry though. We have always provided a share as promised. There were some that seemed sparse to us because of cool springs and too much rain, but we have never had to shut down.

Our goal is to provide 7 to 9 items each week and enough of each for a recipe. Sometimes there are more items, sometimes less. If you will be gone and can't get the box, you can arrange for someone else to have it or we can donate it to the local women's shelter in your name.

We invite you to visit the farm and although it isn't required, you can even help out if you wish. There is always room for an extra pair of hands on a farm! Depending on the time of year, you could help plant, transplant, weed, pick, wash vegetables, weigh and bag, lie on a blanket and look at the stars, etc. Please call or email first. We encourage you to come get to know us and see where your food comes from.

## THE LAND

Strawberry Lane Farm is 78 acres that has been totally chemical-free since 1993. There are areas on the farm that have *never* been treated with chemicals. The soil here is mostly rich, black Muddy Creek bottom. Some areas of sandy loam provide friendly environments for vegetables.

Deep ditches dissect the farm and along their woody banks grow walnuts, morels, May apples, hazelnuts (which the squirrels always get), violets and other wonderful wild things.

We collect leaves in town and use along with old hay, straw and grass clippings for mulch. Green manure crops, such as alfalfa, buckwheat, rye and just plain weeds, plus crop residue are plowed into the soil to sustain nutrients and tilth. Chickens, geese, ducks, sheep and wild birds help with inset and weed control.

Sometimes we purchase organic fertilizers and minerals for our seedlings and for the plants in the field.

## WHY ORGANIC?

Organically grown food is raised without synthetic fertilizers, pesticides, gene altered seeds, artificial ripening processes, growth stimulators or regulators, antibiotics or other drugs. Organically grown vegetables are processed, packaged, transported, and stored without the use of chemicals and food irradiation. Organic growers maintain a program of sustainable agriculture, including putting organic matter back into the soil and rotating crops.



Take a big step toward health.  
Eat organically grown food!

Below are some of the things we plan to grow and when we expect them to be in your share.

Basil July – Sept	Okra summer
Beets June, Oct	Onions spring-fall
Blackberries July	Oregano summer
Brussels sprouts fall	Parsley summer
Cabbage fall	Peas spring
Cantaloupe summer	Peppers, hot summer
Carrots fall	Peppers, sweet summer
Corn summer	Potatoes summer, fall
Cucumbers summer	Pumpkins fall
Dill summer	Radishes spring, fall
Edamame summer	Spinach spring, fall
Eggplant summer	Squash summer, fall
Green beans summer	Strawberries spring
Greens spring, fall	Sweet potatoes fall
Lettuces spring, fall	Tomatoes summer, fall

## MEET YOUR FARMERS

Lewis and Marie Kamphefner are the present stewards of Strawberry Lane Farm. Marie grew up on this farm that her grandfather, Henry Welch, purchased in 1898. The other half of the farm was purchased by her grandmother, Jeanette Welch in the early 1900's. Lewis grew up in nearby Newtown, Missouri and they were married in 1967 after Lewis returned from a tour in Viet Nam. He was a flight engineer on a Chinook helicopter with the Army and Marie worked at the phone company. They lived in Kansas City for over 25 years, then bought and moved to the farm in 1993. Organic practices were put in place immediately and they started growing vegetables and grain. Sheep have been kept for their amazing ability to improve the soil and destroy poison ivy. The soil has improved tremendously over the years and it's easy to grow crops here; except when it rains too much! Lewis and Marie have three grown children and two grandchildren who all live in KC North.

# Strawberry Lane Farm



**Certified Organic**  
**Community Supported**  
**Agriculture**

Sign up for your  
2010 share now!  
Or pass this on to a friend

**Strawberry Lane Farm**  
Lewis & Marie Kamphefner  
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Trenton, MO 64683  
[kampy@grm.net](mailto:kampy@grm.net)  
[www.strawberrylanefarm.com](http://www.strawberrylanefarm.com)

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