

**FH**  
Fruitful Hills  
C ~ S ~ A  
760 N.E. 48th Ave.  
Trenton, MO 64683

## **Fruitful Hills CSA**

A CSA (Community Supported Agriculture) consists of a community of individuals who pledge support to a farm operation, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. (USDA)

**Fruitful Hills** is a cluster of small, horse-powered family farms located in north central Missouri. Our close-knit Christian community is committed to living and sharing the Abundant Life. This is the second year that you are invited to take part in Fruitful Hills CSA.

**Season:** *May 20 - October 14, 2010*

### **Pickup day:**

Thursday evenings

5:30 p.m. - 6:30 p.m.

525 Gillis in Columbus Park  
(River Market), downtown KCMO.

### **22 weeks of groceries**

\$480 for a full share of produce

or

\$270 for a trial share of produce

plus

A dozen eggs per week: \$70

Four chickens per season: \$36

**Balance is due:** April 15, 2010

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### **Membership benefits**

Fresher, healthier, tastier food that's delivered fresh from the farm.

The knowledge of where your food comes from and how it is produced.

Taking better care of the environment by supporting organic farms and buying locally.

A more direct connection to the land through farm recipes, newsletters, and annual Farm Day to tour the farm and enjoy some old-fashioned fellowship.

**Volunteer benefits for the Core Group:** Please consider taking on extra responsibilities for a reduced or free subscription. This group of volunteers is called the **Core Group**.

## How it works:

1. Fill out the application and mail it in **before April 15, 2010**.

You may send in a **\$50 deposit** to reserve your place in the CSA.

The deposit will be deducted from your subscription. ***The balance is due on April 15, 2010.*** If our subscriber quota is met, we will return your check and place you on our waiting list. *If you miss the April 15th deadline, please contact us to see if there are still openings.*

2. Pick up your share of weekly produce from **5:30 p.m. - 6:30 p.m.** every **Thursday** at the farm or from **525 Gillis, Kansas City, MO, 64106** (in Columbus Park, 1/2 mile east of the River Market).
3. The CSA coordinator will contact you to welcome you to the group and help you to find a CSA Pick-up Partner.

**Farm Manager:** Michael Frantz, 760 N.E. 48th Ave., Trenton, MO 64683  
**CSA Coordinator:** Kate Barsotti, 516A Gillis, KCMO 64106, 816.863.8327, kate@fruitfulhills.com, www.fruitfulhills.com

## Sample Produce for 2010 (May 20 - Oct. 14)

Weather, pests, and disease affect the harvest, but the farmers will provide variety and value to the best of their ability. The most perishable items are picked on delivery day. **Spring:** beets with greens, broccoli, cauliflower, hothouse cucumbers, lettuce, green onions, sugar snap peas, new potatoes, radishes, spinach, hothouse tomatoes. **Summer:** beans, cabbage, carrots, corn, cucumbers, eggplant, garlic, lettuce, melons, onions, peppers, potatoes, squash, tomatoes, heirloom tomatoes. **Fall:** beans, broccoli, cabbage, carrots, cauliflower, lettuce, onions, sweet potatoes, pumpkins, spinach, winter squash, tomatoes, and turnips.

## Common Questions

**Is CSA food cheaper?** Not always. Naturally-grown food is usually more expensive, though we go by conventional farmer's market prices. We strive for freshness, integrity, and quality. **What if I miss my pick up?** Call your CSA Pick-up Partner. **What if I don't like it?** A CSA is more fun, and less predictable, than going to the store. Try it with a hunger for new experiences as well as for wonderful food.

## Application for Fruitful Hills CSA

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### Produce and Eggs

- Full share** - produce only: **\$480** for 22 weeks
- Trial share** - produce only: **\$270** for 22 weeks (a trial share reduces the price and amount, but it also reduces the variety.)
- A dozen eggs** each week from pastured hens: **\$70** for 22 weeks

*For Produce and Eggs: MAKE CHECK PAYABLE TO Fruitful Hills CSA*

- Chicken** - \$36  
Two 4-6 lb. fryers and two 6-8 broilers, spaced out over the season. Chickens are pastured, without hormones or antibiotics.

*For Chicken: MAKE CHECK PAYABLE TO Alexander Royer*

**Mail application and check(s)  
to the Farm Manager by April 15, 2010:**

Michael Frantz  
760 N.E. 48th Avenue  
Trenton, MO 64683