

Wholesome Harvest 2018 CSA Program



Wholesome Harvest Farm is located in Fort Atkinson, WI. Each season we provide a wide array of vegetables grown using organic practices and principles to our CSA member families. We are inviting you to join us for a CSA season full of delicious, nutrient dense produce. You can expect to enjoy plenty of the classics such as tomatoes, beans, carrots, potatoes, sweet corn, peppers, and more. You can also expect a sampling of some lesser known varieties such as kale, Asian greens, and fennel. Being part of our CSA not only provides you with some of the healthiest foods you can eat, but also connects you to a local farmer, gives you the knowledge of where your food is coming from, and provides a convenient service to your household. We offer a wide variety of shares to choose from to best fit your needs. We hope that our farm can be a blessing to you and your family this season!

CSA Membership Options Dates listed below are subject to change.

Full Share The full share is delivered weekly and offers produce items in an amount designed for 3-4 adults. This share will come packed in 1 1/9 bushel box. You can expect between 8 and 15 different items weekly dependent on time of season and bounty of the harvest. The full share offers all the bounty that the farm has to offer. *Produce for 3-4 individuals on average.*

Season tentatively starts around June 5th. 20 Week Season (ending in late October). \$640.00

Half Share The half share is delivered weekly and offers produce items in an amount designed for 1-2 adults. You will receive this share in 3/4 of a bushel box. The half share will provide the member with the same items as the full share but in about 55% to 60% of the quantity of the full share. *Produce for 1-2 individuals on average.*

Season tentatively starts around June 5th. 20 Week Season (ending in late October). \$385.00

Large Choice Share The large choice share is delivered weekly and offers produce items in an amount designed for 3-6 adults. You will receive this share in 1 and 1/9 bushel box. The large choice share is about 5-10% larger than the Full Share over the course of the entire growing season. The large choice share consists of 20 points weekly that you use in exchange for items that are available from the farm each week. For more info on this large choice share, please check out the Choice Share Info sheet. *Produce for 3-6 individuals on average.*

Season tentatively starts around June 5th. 20 Week Season (ending in late October). \$795.00

Small Choice Share The small choice share is delivered weekly and offers produce items in an amount designed for 1-3 adults. You will receive this share in 3/4 of a bushel box. The small choice share is about 5-10% larger than the Half Share over the course of the entire growing season. The small choice share consists of 12 points weekly that you use in exchange for items that are available from the farm each week. For more info on this large choice share, please check out the Choice Share Info sheet. *Produce for 1-3 individuals on average.*

Season tentatively starts around June 5th. 20 Week Season (ending in late October). \$485.00

Full Farm Choice Share The full farm choice share gives members full choice and access to all the farm has to offer including vegetables, meat products, eggs, and additional items. You are committing a certain dollar amount to be spent on your choice of the full array of items the farm produces during the season. For more info on the farm choice share, please see the Full Farm Choice Share Info Sheet.

Seasons are per quarter of the year. \$275.00; \$415.00; \$550.00

Spring Greenhouse Share Start the fresh and local veggie season early with four deliveries of fresh gourmet vegetables in early May. You can expect 6-10 items each delivery including asparagus, salad mix, spinach, sauté mix, scallions, head lettuce, choy, arugula, salad turnips, radish, and several other items. For the individual or household who enjoys the variety and quality of spring greens and the value of asparagus and other early maturing crops not found when the regular share season begins. *Produce for 2 individuals on average.*

Season tentatively runs May 1st to May 24th. 4 Week Season. \$125.00

Storage Share The storage share consists of 2 late season bulk deliveries of items such as winter squash, potatoes, onions, carrots, beets, and several other storage items that should last into the new year. The deliveries can average 40-70 lbs. of food. You will receive storage and usage tips with your share.

Two deliveries: Typically the 1st and 3rd week of November. \$130.00

Egg Share The egg share consists of either half of a dozen or a dozen eggs that will be delivered weekly. The eggs are organic, free range eggs.

Season runs concurrent with the full, half, and choice share season. Delivered weekly. Dozen: \$75. Half Dozen: \$40.

How the CSA Program Works

Each week throughout the season you will receive a variety of 8-15 produce items that are in season at that time. From kohlrabi and spinach in spring, to the bounty of tomatoes, melons, and corn in summer, and the potatoes and winter squash of late summer and fall. Each week you will arrive at your pick up site of choice to find a box of vegetables designated to your share size. The following week, simply bring last week's box back flattened and pick up a new box of fresh, delivered produce from the farm. In addition to your box we will provide you with recipes and cooking tips on how to use the items in your box through our website. You also will be invited to a variety of opportunities to visit the farm throughout the season such as tour days, pot lucks and other events.

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This chart is to be used as a guideline for the timing of the potential produce that we hope to provide this season. This chart does not include every crop that we grow and does not guarantee that crop will be grown that season.

<u>Crop</u>	<u>Times Received</u>	<u>Seasonal Availability</u>
Beans green, wax, purple	8	July-Aug
Beets	6	July-Oct
Broccoli	6-8	June-Oct
Brussel Sprouts	1-2	October
Cabbage green, red	5	July-Oct
Carrots	7-10	July-Oct
Cucumbers	8-10	July-Sept
Eggplant	3-5	July-Sept
Kohlrabi	4-6	June-Oct
Lettuce	8-10	June-Oct
Melons	3	July-Sept
Onions red, white, yellow	7-10	July-Oct
Peppers	8-10	July-Oct
Potatoes Red, white, yellow	6-8	Aug-Oct
Radish	4-6	Jun, Sep, Oct
Scallions	3-6	June-Aug
Spinach	3-6	Jun, Sep, Oct
Squash, summer	6-10	July-Sept
Squash, winter	6-8	Sept-Oct
Swiss Chard	2-4	June-Oct
Sweet Corn	4-5	July-Sept
Sweet Potatoes	1-3	Sept-Oct
Tomatoes-cherry	5-7	July-Sept
Tomatoes- Others	10-14	July-Sept
Watermelons	3-4	Aug-Sept

CSA Member Responsibilities

- As a member of a CSA, you share in both the risks and bounty that accompany farming and the production of high quality vegetables.
- Understand that your membership is a season long relationship and commitment to the farm. Your membership fees are immediately invested into the farm to produce food for your share and others during the season. If for whatever reason you cannot finish your share for the season, you can make arrangements with another individual or family to take your share for you. We will however not broker any such transaction and/or will not issue a refund.
- In many cases your enrollment in Wholesome Harvest CSA occurs many months in advance of your first delivery day. It is each member's responsibility to know the first delivery date. If you have not received our pre-season email which is sent between May 15th and May 20th, which includes the first delivery date, it is your responsibility to contact the farm.
- For choice share members, it is your responsibility to log in to your member portal within the allotted time frame to choose your items each week. If you do not log in within the allotted time frame, you will no longer have any choice for that week and you will receive the traditional model equivalent CSA box for that week. No exceptions!
- Understand that it is your responsibility to know the dates and time slots allowed for picking up your share at the site you have chosen for that season and arrive each week within those parameters. If you fail to arrive within these parameters, your share will be donated for that week and you will not receive a share in that week.
- If for whatever reason you are unable to pick up your box in any given week, you can make arrangements ahead of time to have a family member or co-worker pick up for you. It is your responsibility to be sure they are versed in the pick-up procedure at your given site.
- Read all correspondence sent via email from the farm. Important information such as specific directions or procedures, current farm news, and special offers are all sent via email. It is each member's responsibility to stay informed with these tools.
- I understand that I am allowed one vacation hold per season (for half shares, full shares, small choice shares, and large choice shares only). It is my responsibility to email the farm and request my vacation hold no less than 14 days prior to the scheduled delivery day I will be on vacation. The farm has the right to refuse based on production and other needs.
- Keep a copy of both your enrollment form and receipt for your use and for insurance rebates. Additional receipts are a burden to administration on the farm and cost several dollars to re-issue.

Payment Options

Single Payment - Enclose one check for full amount if not enrolling on-line or enroll with credit card or ACH payment on-line (<http://wholesomeharvest.casignup.com/members/types>).

Split Payment - Enclose two separate checks written for exactly one-half the cost of your share(s). One check dated for the date your form is sent and one post-dated for any date on or before April 15th 2016. If enrolling on-line, follow instructions while enrolling.

The **split payment** option can only be used when either a half or full share or small or large choice share is purchased. If other any other items from the farm are ordered in conjunction with those shares, the total cost of your order can be split equally.

Insurance Reimbursement Options

There are several health insurance providers that offer rebates/incentives for healthy life choices which you may be eligible to use toward your Wholesome Harvest Share. Not all farm products (eggs and meat) are available so please check with your insurance company regarding those products.

- GHC-SCW - Physicians Plus - Unity Health - Dean (Living Healthy Program point system)

You may want to check with your health insurance provider to see if they offer this type of rebate. We have found that most require a copy of the enrollment form along with their rebate form. Keep a copy of your enrollment form that you send in to the farm. A receipt will also be issued to only the individual(s) who makes a payment towards the CSA share. The receipt will be for the exact amount of the payment. We cannot put additional names on the receipt.