



LOCAL ROOTS FARM

2010 Community Supported Agriculture

Local Roots is a diversified six-acre farm located about 20 miles outside Seattle in the Snoqualmie River valley. We grow more than 50 varieties of vegetables and herbs, which we sell at Seattle-area farmers markets and through our Community Supported Agriculture subscription program. CSA subscribers receive a box of freshly harvested vegetables once a week during the growing season. All produce is grown on our farm in Carnation.

Dates: The CSA season begins in early June and lasts until mid-October. Pickup is on Tuesdays or Wednesdays in the late afternoon/evening. Exact pickup day and time depends on location. Our season is about 20 weeks long. However, weather in the spring and/or fall may shorten or lengthen the season by a week or two.

Price: We offer two share sizes: **\$400 for the standard box or \$500 for a large box.** The standard box is suitable for a household of two people who cook at home three to four nights a week. The large box option will typically have one or two additional items and/or larger quantities of staple items like salad greens, potatoes, squash, broccoli and green beans. The first few weeks will be pretty light, with lots of salad and cooking greens, and will gradually get heavier and more varied as the summer progresses.

Payment Details: Payment can be made in two equal installments. The first is due March 1, and the second June 1.

2010 Confirmed Pickup Sites:

- Capitol Hill
- Downtown Seattle (limited site, please contact us for more details)
- Maple Leaf
- Local Roots Farm
- Phinney Ridge

We will add sites in the following neighborhoods if at least 6 people select them as their first choice:

- Central District/Madrona
- Queen Anne

Sample CSA boxes

June

<u>Regular</u>	<u>Large</u>
1/2 # salad greens	1/2 # salad greens
radishes	radishes
Rainbow chard	Rainbow chard
turnips	turnips (2)
1/4 # pea vines	1/4 # pea vines
broccoli	broccoli
1/2# snap peas	1/2# snap peas
	lettuce

August

<u>Regular</u>	<u>Large</u>
lettuce	lettuce
sweet corn (2)	sweet corn (4)
1 # tomatoes	1 # tomatoes
sweet onions	sweet onions
cucumber (2)	cucumbers (3)
1/4# basil	1/4# basil
beets	beets
	1/2# salad greens

October

<u>Regular</u>	<u>Large</u>
1 # potatoes	1 # potatoes
kale	kale
1 winter squash	1 winter squash
lettuce	lettuce (2)
onions	onions
carrots	carrots
zucchini	zucchini
cucumber	cucumber (2)
parsley	parsley
	jalapeno peppers

Questions/Contact: Siri Erickson-Brown – email: siri@localrootsfarm.com phone: (206) 218-9787

Please fill out and mail along with a check to:
 Local Roots
 740 Belmont Pl. E. #2 - Seattle, WA 98102.
 Specific information for your pickup site will be provided after sign-ups are complete.

Name: _____
 Email: _____
 Phone: _____
 Pickup location 1st choice: _____
 2nd choice: _____
 ___ Regular Box (\$400) ___ 1st Installment (\$200)
 ___ Large Box (\$500) ___ 1st Installment (\$250)