



What Vegetables Can You Expect From Your Spoutwood Farm CSA?

Spring Beets, Bok Choy, Broccoli, Broccoli/Onions, Cabbage, Carrots, Fennel, Garlic Scapes, Kale/Chai, Salad Greens, Herbs, Kohlrabi, Lettuce, Radishes, Peas, Spinach

Summer Beans, Beans, Corn, Cucumbers, Eggplant, Garlic, Salad Greens, Herbs, Kale, Lettuce, Onions, Sweet and Hot Peppers, Potatoes, Summer Squash, Tomatoes, Watermelons



Fall Beets, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Collard Greens, Herbs, Kale, Lettuce, Lettuce, Peas/pea, Peppers, Radishes, Spinach, Sweet Potatoes, Turnips, Winter Squash

Your shares come with plenty of recipe suggestions, too!

Photography provided by Field and Table Studios
www.FieldandTableStudios.com



Other Spoutwood Programs and Events

Field Sessions and Farm Tours: Individuals and groups are invited to join us out in the fields and in our woods to see farm work all



seasonal farm activities, nature, science and stewardship for healthy and harmonious living.

Breadings of Wonder: Every third Friday of the month we host an open-observatory night. Scheduled group viewings are also available. Explore the sky with our amazing telescope and learn about astronomy's influence on farming.

CSDE's Culinary Health Mission from Spoutwood is our culinary and nutritional day camp for youth ages 9-14. Visit our website and sign up for our newsletter for more information on this and other exciting Spoutwood programs!



Join us for our annual *May Day Fizzy Festival!*

For more information visit spoutwood.org

24-Week CSA

(Community Supported Agriculture)

Memberships



Fresh, Local,
Natural Vegetables



Share in our weekly harvest!

Spoutwood Farm CSA
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