



What Vegetables Can You Expect From Your Spoutwood Farm CSA?

Spring: Beets, Bok Choi, Broccoli, Bunching Onions, Cabbage, Carrots, Fennel, Garlic Scapes, Nettles, Salad Greens, Herbs, Kohlrabi, Lettuce, Radishes, Peas, Spinach

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



Fall: Beans, Beets, Bok Choi, Broccoli, Cabbage, Carrots, Cauliflower, Collard Greens, Herbs, Kale, Leeks, Lettuce, Parsnips, 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.FieldandTablePhoto.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 how our all-



natural farm combines agriculture, nature, science and stewardship for healthy and harmonious living.

Evenings 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.

CHEFS: Culinary Health Educators 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 Fairy 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
4255 Pierceville Rd
Glen Rock, PA 17327
717-235-9272
717-235-6610

farm.manager@spoutwood.org
www.spoutwood.org

Spoutwood Farm:

Located in Glen Rock, PA, Spoutwood is a 26-acre farm that lies 35 miles north of Baltimore and 15 miles south of York. Our 1.5 acre garden has been farmed without synthetic fertilizers or pesticides since the CSA began in 1996.



Community Supported Agriculture (CSA):

In the CSA model, shareholders commit to support a farm by paying in advance for a regular supply of vegetables. This allows the farmer to begin the season with the assurance that their products are already paid for. The commitment of shareholders to accept either surpluses or setbacks helps offset the unpredictability of the marketplace and weather.

Reconnect with the joy of healthy, fresh, local food

We are Certified Naturally Grown meaning everything we grow at Spoutwood is produced without the use of synthetic chemicals. We are committed to the health of the land and of our community. By joining our CSA, you can rest assured that your weekly harvest is safe, healthy, and delicious!



How It Works:

Each shareholder receives a **weekly delivery** of fresh, natural produce every **Thursday afternoon** for 24 weeks.

A Large Share is intended to meet most of the local produce needs for 3-4 people and costs \$695 - less than \$30 a week.

A Medium Share is intended for 1-2 people and costs \$475 - less than \$20 a week.

Working Shareholders have all the fun!

We encourage those with a flexible schedule and an energetic attitude to consider our working share option.



Working shareholders are involved in all aspects of the farm, from planting to harvesting. Physical labor in all types of weather is required.

A Large Working Share is available for just over 4 hours of work a week - 100 hours for the season.

A Medium Working Share is available for just under 3 hours of weekly work - 70 hours over the course of the season.

Share in the joy of farming!

Limited paid apprenticeships are also available

This application is also available online at www.spoutwood.org

Names _____

Address _____

City _____ State ____ Zip _____

Phone(s) _____

Email _____

How did you hear about our CSA?

Are you interested in
___eggs or ___cheese from our
local partners for an additional fee?

Select Your Share Size:

- ___ Medium Share (1-2 people) \$475
- ___ Large Share (3-4 people) \$695
- ___ Medium Working Share - 70 hours
- ___ Large Working Share - 100 hours

Choose Your Thursday Afternoon Pick-Up Location:

- ___ Spoutwood Farm, Glen Rock , PA
- ___ Hanover, PA
- ___ York College, PA
- ___ Cockeysville, MD
- ___ Roland Park, Baltimore, MD

Select Your Method of Payment:

- \$___ Paypal - pay online at spoutwood.org
- \$___ Check - mail to the farm (address on front)
- \$___ Credit Card - in person only
- ___ Working Share Hours

Immediate Full Payment Strongly Encouraged

**\$100 Min. Deposit
Full Payment Due by 5/15**

Signed: _____