

What vegetables can you expect from your Spoutwood Farm CSA?

Spring

Beets, Bok Choy, Broccoli,
Brussels Sprouts, Cabbage,
Carrots, Fennel, Garlic Scapes,
Herbs, Salad Greens, Horis,
Kohlrabi, Lettuce, Radishes,
Parsnips

Summer

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

Fall

Beets, Bok Choy, Broccoli,
Cabbage, Carrots, Cauliflowers,
Culard Greens, Herbs, Kale,
Lettuce, Parsnips, Peppers,
Radishes, Spinach, Sweet Potatoes,
Turnips, Winter Squash

Your shares come with plenty of
recipe suggestions, too!

*Photographs provided by Heidi and Todd Butler
www.PickYourForkProduce.com*

Other Programs and Events at Spoutwood Farm



Field Hikes and Farm Tours Join us out in our fields and woods to see how our all natural farm combines agriculture, nature, science and stewardship for healthy and harmonious living. Individual and group tours available.



Evenings of Wonder Explore the sky with our amazing telescope and learn about astronomy's influence on farming on the third Friday of every month. Scheduled group viewings are also available.



CHIEFS Culinary Health Educators from Spoutwood in our culinary and nutritional day camp for youth ages 9-18.

Visit our website and sign up for our newsletter for more information on these and other exciting Spoutwood programs!

Spoutwood FARM

24-Week CSA Membership

FRESH

LOCAL

PRODUCE

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