

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

Beets, Bok Choi, Broccoli, Cabbage, Carrots, Cauliflower, Collard Greens, Herbs, Kale, Lettuce, Parsnips, Peppers, Radishes, Spinach, Sweet Potatoes, Turnips, Winter Squash



Other Programs and Events at Spoutwood Farm



Field Sessions 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.



CHEFS: Culinary Health Educators from Spoutwood is our culinary and nutritional day camp for youth ages 9-14.

Your shares come with plenty of recipe suggestions, too!

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

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

Spoutwood FARM



**FRESH
LOCAL
PRODUCE**

4255 Pierceville Rd
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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, which means that everything we grow 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!



Why CSA?

- Fresh, not frozen
- Support sustainable farming
- Eat healthy, seasonally, and locally
- Discover new fruits and vegetables
- Invest in community and local economy
- Reduce your food's carbon footprint

How it Works:

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



A **Large Share** is intended for 3-4 people and costs \$695. That's less than \$30 a week!

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

Egg & Cheese options and Flower Shares are also available!

Working Shareholders have all the fun!

We encourage those with a flexible schedule and energetic attitude to consider our working share option. Share in the joy of farming!

Limited paid apprenticeships are also available.



CSA Application

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone(s): _____
Email: _____
How did you hear about our CSA?

Select your share size:

- __ Medium Share (1-2 people) \$475
- __ Large Share (3-4 people) \$695
- __ Medium Working Share - 85 hours
- __ Large Working Share - 120 hours

Are you interested in: __ eggs, __ cheese, or
__ flowers from our local partners (add'l fee)?

Choose pick-up location (Thurs afternoon):

- __ Spoutwood Farm, Glen Rock, PA
- __ Hanover, PA
- __ York College, PA
- __ Cockeyville, MD
- __ Roland Park, Baltimore, MD
- __ Emmanuel Episcopal Church (Sunday)

Select 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 minimum deposit • Full payment due by 5/15

Signed: _____

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