



Serious about
Healthy Food?

Join our CSA!

Nutrient dense, high-quality
food: **BioDynamic**

*

Freshly picked, **locally** grown

*

NO chemicals, NO GMO,
NO exceptions

*

Support local farm

What is a CSA?

Community Supported Agriculture is an economic, social, and cultural model that creates a mutually beneficial relationship between the farmers, members (community) and the land. Community members know where, how and by who their food is grown. CSA farmers receive consistent financial support, appreciation, and the satisfaction of knowing the people that eat the food they grow.

Why join Bee Fields CSA?

- Enjoy the healthiest food –
Biodynamically grown without the use of any chemical fertilizers, pesticides or herbicides and without the risk of genetically modified organisms (GMOs)
- Get a constant supply of freshly picked, locally grown vegetables
- Free-choice pickup system: you choose what to take and how much if it
- Get to know who grows your food, where it grows, and how
- Support a small local farm that grows real food; your money stays in the local economy
- Allow the farmer to focus on maintaining the fertility and health of the farm
- Reduce environmental costs of transporting, packaging and marketing
- Be part of a farm community

How does our CSA works?

Our CSA is about growing and sharing the food together. We share the bounty that nature provides as well as the risks and costs that are part of agriculture. We strive to provide enough food to feed our members throughout the year!

Once a week during the off-season and twice a week during the summer*, members can pick the produce they need to feed their families - in free form. You choose which produce you like and how much of it. At the peak of the season, you can take extra in order to process and store it for the winter. During the winter months, in addition to storage crops, we grow greens in our 3 greenhouses.

How much does it cost?

Each year, the farmer presents to the members an annual budget. The annual budget includes all the operational expenses and labor costs. To figure out the cost of membership, the annual budget is divided by the target number of members. This gives us the "real" or full cost of membership.

To cover the annual budget, each household makes an annual pledge. Pledges can be above or below the full cost depending on financial ability. There is no direct connection between how much one pays and how much food one takes.

The full cost per household for 2018/19 year-round membership is \$33 per week. This comes to \$1650 for the whole year (50 weeks). For 34 weeks membership, the full cost is \$36/week (\$153/month or \$1225 total). Pledges can be paid in monthly, quarterly or bi-annual installments.

How do I join or get more information?

To join our CSA, please fill out the "Community agreement & Pledge form" available on our webpage www.beefieldsfarm.com/csa and send or drop at Bee Fields Farm (555 Abbot Hill Rd, Wilton, NH 03086). If you'd like more details, you are welcome to call Elad at (603) 654-1097.

*Pickup schedule (subject to change):
Friday 12pm – Sunday 12pm year-round
Tuesday 12pm – Wednesday 12pm July through October

What will be available?

Vegetables - See on the right a list of crops and availability (based on last two seasons). Actual availability of produce may change due to crops failure, bad weather, etc.

All the produce that we grow, goes to the CSA members. All the produce that goes to the CSA members, we grow!

Fruits - In the last couple of years, we planted fruit trees and shrubs: apples, pears, peaches, cherries, Asian pears, blueberries and raspberries. Those will bear in a couple of years. In the meanwhile, we'll have fruits from a nearby organic orchard: apples and peaches.

Eggs - We raise about 60 laying hens for eggs. Eggs will be available for purchase during pick-up days.

Herbs - We grow about 100 different medicinal and culinary herbs that we use to make herbal products and teas. Our herbal products are available for purchase at our store.

Available nearby - Just a mile away, at the Four Corners Farm (Home of the Hilltop Café), you can get raw milk, yogurt, cheese and pastured meats (beef, pork, chicken).

Spring

Arugula
Asian Greens
Baby lettuce
Chard
Chives
Garlic scapes
Pac-choi
Parsley
Salad radish
Scallions
Spinach
Sprouts
Strawberries
Turnips

Summer

Asian Greens
Basil
Beets
Carrots
Celery
Chard
Cucumbers
Eggplant
Flowers
Garlic
Greenbeans
Kale
Lettuce
Napa cabbage
Onions
Parsley
Peppers
Pickling cucumbers
Scallions
Summer Squash
Tomatoes
Cherry tomatoes
Paste tomatoes
Turnips
Zucchini

Fall

Apples
Arugula
Asian Greens
Baby lettuce
Beets
Broccoli
Cabbage
Carrots
Celery
Chard
Cucumbers
Daikon Radish
Eggplant
Garlic
Kale
Leeks
Lettuce
Onions
Pac-choi
Parsley
Peppers
Potatoes
Pumpkin
Rutabaga
Salad radish
Spinach
Tomatoes
Turnips
Winter squash

Winter

Arugula*
Asian Greens*
Baby lettuce*
Cabbage
Carrots
Daikon Radish
Garlic
Kale*
Micro-Greens
Onions
Potatoes
Rutabaga
Spinach*
Sprouts
Turnips

*Availability depends on weather.

Plus whatever you processed during the summer:
Tomato paste
Pickling
Pesto
Frozen veggies, etc.

