

## Ground Floor Farm 2016-2017 Salad CSA Program

On our 1-acre urban farm, we grow dozens of varieties of vegetables, fruits, herbs, and flowers. We grow our crops carefully and responsibly without the use of any chemical pesticides. We use both sustainable soil-building practices and hydroponic systems to produce a multi-acre farm's worth of harvest on a tiny urban parcel.

We are excited to continue our popular CSA program, designed to provide families in our community a taste of what it means to eat locally, seasonally, and sustainably over the course of several months. We like to call ours a "Salad CSA", because our program is focused on the crops we love to grow best: greens. If your family or group regularly eats big salads and cooks or juices with greens, a CSA membership with us will feed you well. Our memberships are limited, so sign up quickly to snag your spot.

### What is CSA?

Community Supported Agriculture is a long practiced local farming program, originally conceived as a way to support small local farms and protect farmers from some of the difficulties of growing and marketing food. Some of the first CSAs were organized around the time of World War II to ensure local food security. Today, more and more small farms and communities around the world are adopting and enjoying CSAs.

CSA is like a subscription service. Community members purchase a "share" of the farm at the outset of the growing season and in exchange receive regular allotments of farm-fresh food from that farmer throughout the season at no additional cost. CSA members go to the farm or farmers market weekly to pick up their box of freshly harvested fruits, veggies, and other goods. This benefits the farmer by giving her the cash she needs for seeds, tools, supplies, and labor at the beginning of the season when her costs are highest. The community is benefited by preserving local fresh food options.

A CSA is distinctly different than a co-op, in which groups of folks buy bulk produce and other goods from various suppliers and distribute them to members. Our CSA program includes only items we ourselves grow and produce here at Ground Floor Farm. We do not buy and resell produce to you; you can be sure that everything in your weekly share is as local and as seasonal as it gets, because we grew it right here.

### Shared Risk, Shared Reward

CSA is built on a foundation of shared risks and rewards. By becoming a member, you are explicitly pledging to support local food and farming. This means you are "in it together" with us, sharing in the challenges of pests, disease, and weather, as well as in the bounty of the harvest.

Nothing can be guaranteed in farming, except for our dedication to provide the best experience possible for our members. We work tirelessly to fight pests and disease and to protect crops from weather extremes, but sometimes our efforts aren't enough. When difficulties arise, we roll with the punches. That may mean planting different crops than originally planned or changing crop schedules. If an outbreak of blight destroys our tomato crop for instance, we'll do what we can to

quickly replace it with a different crop. But sometimes, things happen beyond our control and harvests are light; CSA means we all share the burden.

Despite the risks, our goal is to ensure that your weekly shares are abundant and beautiful.

### Why should I join a CSA?

CSA membership is great for many different folks, not just farmers market veterans.

-By paying upfront, you can save over retail farmstand prices.

-If you are interested in supporting local food, CSA is one of the best ways to do so.

-If you like to eat seasonally, there's no better way. Shares vary each week as different crops come into season.

-If you like to cook and are an adventurous eater, a CSA will likely introduce you to new veggies you would have otherwise never thought to try or seen before at the grocery.

-If you're dissatisfied with the quality of grocery store produce, a CSA membership means tasty, healthy, just-picked crops each week.

-If you routinely miss out on the "good stuff" at the farmers market because early birds got there first, a CSA membership ensures you've got a haul of goodies waiting for you each week.

### Ground Floor Farm 2016-2017 CSA Details

Fresh greens for salad, cooking, and juicing are the basis of our CSA program, with various vegetables and herbs included as the season progresses. Shares are bountiful and may include more greens than some people are used to eating on regular basis. We recommend that couples or very small families "go in together" with another couple, splitting or alternating weeks.

We offer three membership options: winter half-season shares, spring half-season shares, and full-season shares. Winter and spring half-season memberships span 11 weeks each, and full-season memberships span 22 weeks. Across all memberships, the weeks of Christmas, New Year, and Easter are off. Goods will still be available for retail purchase at our farm stands on those weeks.

### CSA Options

	<b>Term</b>	<b>Duration</b>	<b>Cost</b>	<b>Weekly Cost</b>
<b>Winter Half-Share</b>	Nov-Jan	11 weeks	\$275	\$25/week
<b>Spring Half-Share</b>	Feb-Apr	11 weeks	\$275	\$25/week
<b>Full-Season Share</b>	Nov-Apr	22 weeks	\$440	\$20/week

Members pick up shares weekly at our Wednesday farmstand or Sunday Stuart Green Market table. We harvest fresh for each distribution, and shares distributed at each location will be equitable. Please consider your regular schedule and commitments when choosing a pickup day. We will not be able to switch members' pickups each week due to logistical constraints, so please choose a pickup day you can stick with.

Unclaimed shares cannot be refunded or held for pickup. If you can't pick up a share at your regular time, let us know if a friend or family member will pick up on your behalf.

#### Winter Half-Share Membership Pickup Schedule (November through January)

Members who register for pickup Wednesdays at Ground Floor Farm will come 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14, 1/4, 1/11, 1/18, and 1/25.

Members who register for pickup Sundays at the Stuart Green Market will come 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18, 1/8, 1/15, 1/22, and 1/29.

There will be no pickups during the weeks around Christmas and New Year: Wednesdays 12/21 and 12/28, and Sundays 12/25 and 1/1 will be off.

#### Spring Half-Share Membership Pickup Schedule (February through April)

Members who register for pickup Wednesdays at Ground Floor Farm will come 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, and 4/19.

Members who register for pickup Sundays at the Stuart Green Market will come 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, and 4/23.

There will be no pickups during the week of Easter: Wednesday 4/12 and Sunday 4/16 are off.

Full season shares run November through April, combining the winter and spring options as above.

#### Service Requirement

Many CSA programs include some work requirement to further the connection between members and the farm. **As part of our program, each member will assist with one CSA distribution throughout the season.** Members will join us at the farm or Stuart Green Market one Wednesday or Sunday to assist other members with collecting their shares.

#### Community Supported Community Program

It's important to us that everyone in our community have access to fresh, healthy food, regardless of financial situation. We will be offering reduced-cost CSA memberships to a local families in need of assistance this season. Kindly consider supporting this program by donating \$5-25 when you sign up for your share. If you are a local family in need of assistance, call or email us to apply.

We will match the total donation amount and offer a number of reduced-cost shares accordingly. For example, if we raise \$120 in donations, we will match with an additional \$120 to offer one family in need a full-season share for \$200.

#### Frequently Asked Questions

-How much food should I expect?

Our CSA program is designed to provide the average veggie-loving family with all of the greens for salad, cooking, and juicing they'll use in a week, plus herbs, scallions, radishes, turnips, tomatoes, and cucumbers, among other items occasionally. This membership may not cover all of the vegetable needs of vegan eaters, large families, or heavy juicers. Likewise, very small families or couples may not be able to eat through all of their food each week; In this case, we recommend splitting a membership with another couple.

-What kinds of produce will be included?

Crops included in CSA shares will vary throughout the season and will focus on fresh salad veggies. Our shares include only items we grow. Most shares will include salad mix, head lettuce, kale, chard, radishes or turnips, scallions, and herbs. Other crops like tomatoes, cucumbers, mustard greens, collard greens, bok choy, Chinese cabbage, arugula, spinach, dandelion, escarole, peppers, beets, and carrots will be included occasionally. **Be aware that the Ground Floor Farm CSA does not include produce such as squash, melons, corn, potatoes, broccoli heads, cauliflower, or berries.**

-Can I purchase shares week-to-week rather than buy a full membership?

Our program is a true CSA model in which the full duration of membership is committed to upfront. We offer half-season membership options for those interested in a more limited commitment, but we do not offer weekly opt-in shares. We firmly believe that this model is the best way for a community to support local farms and in exchange enjoy a more connected, nourishing, seasonal food experience.

-What if I can't come to pick up my share one or more weeks during my membership?

Due to refrigerated storage constraints at the farm, we are unable to hold shares for members who do not pick up during their assigned time. We cannot offer refunds for unclaimed shares, nor can we offer extra replacement shares. If you cannot pick up, please notify us as early as possible if you would like to send a friend or family member to pick up on your behalf; we will not distribute your share to someone else unless you notify us in advance. If unforeseen circumstances beyond your control make it impossible to pick up several shares, please contact us to discuss options.

-Can I choose which crops are included in my share?

Our shares will reflect what's at the peak of freshness at the farm each week, so we are unable to accommodate special requests. We may occasionally allow members to choose between a bunch of carrots or beets, for example, but for the most part shares are fixed. We will set up a trading table so members can take or leave behind extra items they may or may not want. Please review our sample share descriptions for more information about what to expect. If you are a picky or timid eater, or do not enjoy fresh greens, this CSA program probably isn't for you!

For a wealth of great information on CSAs and what to expect, visit [www.localharvest.org/csa](http://www.localharvest.org/csa)

### Important Information

Address: Ground Floor Farm, 100 SE Martin Luther King Jr. Blvd, Stuart, FL 34994

Website: [www.groundfloorfarm.com](http://www.groundfloorfarm.com)

Phone: (772) 600-4230

Email: [crew@groundfloorfarm.com](mailto:crew@groundfloorfarm.com)

Directions: We are between Colorado Ave and Dixie Hwy on MLK in downtown Stuart, just off the traffic circle on Colorado. We are one block south of Ellie's Deli and Terra Fermata, and across the street from the Martin County Supervisor of Elections office.