



**CSA
FARM
SHARE**

FRESH LOCAL FOOD
GROWN BY US WITH YOU IN MIND
DIRECT FROM OUR FARM

WHATS IN A CSA SHARE?

When you buy a CSA, you are buying a share of the farm harvest. Each week you will receive a portion of the produce grown on the farm. The amount varies a little as the growing season changes, but its generally approximately for 3-4 people. Here's what a CSA share might look like during each season.



EARLY SUMMER: 2 summer squash, quart of snap peas, radish bunch, kale bunch, chard bunch, green onions



MID SUMMER: 2 cucumbers, pint of cherry tomatoes, quart of salad tomatoes, 2 heirloom slicing tomatoes, 2 eggplant, quart of peppers, quart of green beans, quart of okra, garlic bulb, onion, melon



EARLY FALL: 2 eggplant, 2 bell peppers, kale bunch, chard bunch, arugula, leeks, collard bunch, head of kohlrabi, 1 winter squash

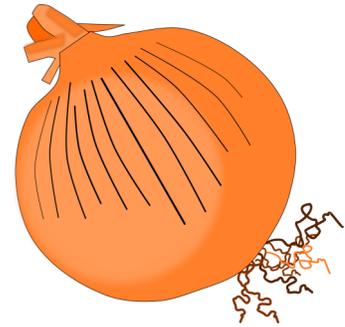


FALL: 2 winter squash, 1 head of broccoli, 1 head of cauliflower, 1 head of cabbage, spinach, head lettuce, radish bunch, Brussels sprouts, turnips, rutabaga

CSA SHARE OPTIONS:

The 23 week Farmer's Friend share is our largest share option. It runs from mid-June through early November. This share encompasses the majority of crops we grow throughout the year, with the exception of the winter and early spring greens.

The Beach Season share runs 11 weeks and is for those who are not around during the fall months. This share is great for someone who has a beach house in the local area, and wants to take full advantage of the summer harvest. This share includes the basics such as tomatoes, peppers, eggplants, summer squash and much more.



FARMER'S FRIEND SHARE

23 Weeks

Mid-June through Early November

\$500 (\$21.73/wk)

BEACH SEASON SHARE

11 Weeks

Mid-June through August

\$300 (27.27/wk)

Bi-weekly Option Available

TRY OUR FLOWER SHARE

Take a beautiful arrangement and assortment of flowers for either an office space or your home! For more info please visit our CSA page.

EARLY BIRD SAVINGS

Discounts are available to those who sign up for our CSA prior to the end of the January.

WHY CHOOSE SASSAFRAS HILL FARM?

FRESH & HEALTHY FOOD:

The produce you will receive from the farm is as fresh and as local as it gets! The farm crew takes extra care and precision to offer you the highest quality produce available. You will only be receiving food grown exclusively by us, from our farm, allowing us to offer the freshest produce available.

KEEP YOUR MONEY LOCAL:

By joining our CSA you are keeping your money within the local economy. We all know how far our food travels to get to the local grocery store, and how much money is wasted in packaging and transportation. Eliminate the extra costs associated with transporting food, and support a local farm by joining our CSA program.

UNDERSTAND WHERE YOUR FOOD COMES FROM:

In today's society, more and more food products are arriving on the market, and often their origins are not being portrayed to the consumer. By joining the SassafRAS Hill Farm CSA you will gain an understanding of where your food comes from, how it was grown, and what went into producing the final product. Here at SassafRAS Hill Farm we farm with the environment in mind. We make sure to improve our soils every season, and keep synthetic materials out of our farm, often not the case on large commercial farming.

We encourage all of our CSA members to ask questions and have conversations with our farm crew about how we grow the food in each week's share.

SASSAFRAS HILL FARM LLC

184 RT. 72 WEST BARNEGAT, NJ 08005

WWW.SASSAFRASHILLFARM.COM



JOIN SASSAFRAS HILL FARM CSA

Go to sassafrashillfarm.com/CSA to sign up.

Please email us for more questions.

We look forward to hearing from you.

Chris Adams, Farm Manager

609-698-1110

farmer@sassafrashillfarm.com

TO LEARN MORE ABOUT SASSAFRAS HILL FARM CSA

GO TO WWW.SASSAFRASHILLFARM.COM/CSA
