



# Harmony Valley Farm

Certified Organic Produce Since 1984

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[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)



## Community Supported Agriculture

Come Join Us for This Year's  
Growing Season!



Our CSA now supplies over 1500 families with seasonal produce from May through December.

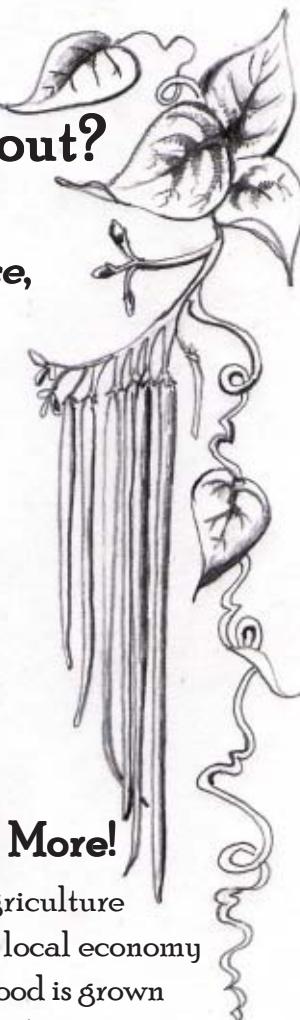
We plant a wide variety of vegetables and fruits to offer you a diverse, seasonal cooking and eating adventure. We grow, wash, chill & pack our vegetables for delivery to your neighborhood! We strive to offer the cleanest, freshest, tastiest variety of produce available anywhere!

We invite you to join  
our CSA today!

### What's it all About?

It's about the *produce*,  
of course!

- ➊ Certified Organic
- ➋ Grown Locally
- ➌ High Quality
- ➍ Farm Fresh
- ➎ Selected for Flavor
- ➏ Handled with Care
- ➐ Washed and Cooled
- ➑ Delivered Cold
- ➒ Long Season



### Plus, It's Much, Much More!

- ➊ Supporting organic agriculture
- ➋ Keeping dollars in the local economy
- ➌ Knowing where your food is grown
- ➍ Spending time at **your** farm
- ➎ Partner with the farm growing your food
- ➏ Eating healthier meals
- ➐ Connecting to the seasons through food
- ➑ Encouraging respect for the environment
- ➒ Being a creative, adventurous cook
- ➓ No GMO guarantee
- ➔ Fruit, Coffee and Meat Shares too!

## Our Philosophy

Harmony Valley Farm reaps the benefits of over 40 years of organic farming experience from Richard de Wilde, who has been growing organic vegetables since 1973. Considered a pioneer in organic farming, Richard goes above and beyond organics, placing great value on soil fertility and plant nutrition. Richard has developed a complex system of cover cropping and applications of compost and minerals to promote healthy, mineral balanced soils. This results in vegetables with exceptional flavor and nutrition. Planting and maintaining year-round habitat allows songbirds, bats, bees and beneficial insects to take up residence and become our allies in pest control. Experience is our guarantee—we are proud of each and every box we pack, from season to season, year to year.



## Eating with the Season

Joining our CSA is a seasonal eating adventure! CSA allows members to enjoy interesting, flavorful varieties of the freshest local produce. Our members often comment that they love the surprise of opening their weekly box and being encouraged to prepare healthy, creative meals. Our weekly newsletter helps members learn to cook unfamiliar vegetables with ideas, recipes and vegetable descriptions. In addition to our vegetable shares, we also offer our members mixed boxes of the highest quality organic fruit, fresh roasted fair-trade, organic coffee, and Harmony Valley Farm raised certified organic, grass-fed Angus beef and pastured pork. Step up to the challenge of seasonal eating through our CSA and you'll be making a commitment to your health at a less-than-retail cost!

## Become A Part of Your Farm!

That's right—our farm will become your farm. That's a connection no grocery store can offer. We offer fun farm events throughout the season—check our CSA calendar, available with your first delivery, for dates. Members are also welcome to visit the farm so you can see for yourself what we do here. With a little advance notice, we are happy to show you around. Looking for a country getaway? Our primitive meadow campground is always available for members to enjoy! Come spend a night under the stars in our beautiful, quiet valley!

## Sample Boxes - Typical Amounts and Contents

### Vegetable Program

#### **May**

- 1# Asparagus
- 1# Rhubarb
- 8 oz. Spinach
- 6 oz. Salad Mix
- 1# Baby Bok Choi
- 1# Overwintered Parsnips
- 1 Bunch Scallions
- 1 Bunch Spring Radish
- 1 Bunch Ramps (Wild Leeks)

#### **August**

- 1# Green Beans
- 3 Cucumbers
- 1 Bulb Italian Garlic
- 3 Sweet Peppers
- 2 Cantaloupe
- 3 Summer Squash
- 6 Ears Sweet Corn
- 1 Pint Red & Yellow Grape Tomatoes
- 3# Tomatoes
- 1 Seedless Watermelon
- 4 oz. Basil
- 1# Sweet Spanish Onions

#### **October**

- 1 Head Broccoli
- 1# Carrots
- 1 Celeriac
- 8 oz. Spinach
- 1 Bulb Porcelain Garlic
- 1# Red Onions
- 3# Gold Potatoes
- 1 Bunch Lacinato Kale
- 1# Red Beets
- 1 Butternut Winter Squash
- 2# Sweet Potatoes
- 6 oz. Salad Mix

#### **Summer**

- 2# Red Flame Grapes
- 6 Yellow Peaches
- 1# Apricots
- 3 Mangoes
- 6 White Nectarines
- 2# Red Raven Plums
- 1 pint Blueberries

#### **Fruit Program**



#### **Autumn**

- 1 pint Cranberries
- 5# Satsuma Mandarins
- 1# Meyer Lemons
- 6 Braeburn Apples
- 1# Medjool Dates
- 5 Comice Pears

# What We Have to Offer

CSAs create a direct relationship, or partnership, between you and the farm. You'll know your produce dollars go directly to the people who plant, tend and harvest your food. Being partners means sharing in the risk and bounty along with the farmer. When Mother Nature is particularly favorable, members receive more than expected. When the weather is unfavorable, they may receive less than expected. Harmony Valley Farm insulates members from most shortfalls by shifting quantities away from wholesale markets to our CSA members. You will also be supporting organic growing methods that protect soil resources and water quality and assure you the most healthful, nutritious produce possible.

## Organic Vegetables

With deliveries starting in May and extending through December, we offer one of the longest delivery seasons in the Midwest. Our vegetable shares are designed to meet the needs of a family of four and include a wide variety of vegetables throughout the season. Spring selections may include overwintered spinach & parsnips, asparagus, ramps, salad greens & spring radishes. As we transition into summer, selections may include green beans, cucumbers, sweet peppers, tomatoes, sweet corn, melons, summer squash and more. As we move into fall, we wrap up the season with a variety of hearty fall greens, sweet potatoes, Brussels sprouts, root crops (carrots, parsnips, beets, turnips, celeriac), cabbage, onions, garlic & winter squash. We've included a Harvest Calendar on the back of this brochure so you can see how the season will unfold.

Each delivery is accompanied by a newsletter which includes storage and preparation information as well as delicious recipes and updates from your farm. We offer a variety of share options to best meet the needs and eating habits of your household. You may choose from our Weekly, Every-Other-Week, Peak Season and Flex share options.

## Organic Fruit

In this share we offer certified organic fruit, sourced at its peak from the best fruit growing regions of North America. Our fruit buyer, Rick, has been sourcing produce for as long as Richard has been growing vegetables! In keeping with the concept of CSA, Rick has helped us form many direct connections with remarkable fruit growers over the years.



Our fruit shares are delivered every-other-week from June through December. Summer fruit selections may include apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, peaches and pluots. Late season selections may include apples, pears, pomegranates, grapefruit, Medjool dates, cranberries, Satsuma mandarins, kiwifruit and persimmons.

Each fruit box contains some ready-to-eat fruit as well as some fruit that will ripen or store over the next 3-10 days. Boxes contain 5-7 different fruit selections with 10-16 pounds of fruit on average. With each delivery you will also receive a newsletter with ripening and storage instructions as well as information about the producers and the fruit selections in each box.

## Organic, Fresh Roasted Coffee

We are happy to partner with Kickapoo Coffee Roasters, located in Viroqua, Wisconsin, to offer you their whole bean, certified organic, fair trade, award winning coffee. Throughout the season you will enjoy a variety of coffees sourced from around the world and featured in their peak season of freshness and availability. Our coffee is freshly roasted within days of delivery to you. In general, our coffee selections are a medium roast and will include both premium single origin coffee as well as seasonal blends created by our roasters. With each delivery you will also receive a newsletter highlighting the selection of the week and the story of the grower(s) who produced it.

Kickapoo Coffee is fanatical about the quality of their coffee beans and has worked hard to form long-lasting relationships with some of the world's best coffee growers. Couple their roasting expertise with high quality beans and the end result is an outstanding cup of coffee. Their commitment to quality has been recognized repeatedly in the coffee industry. In 2015 five of their coffees received an "Outstanding" rating by Coffee Review. In 2012, 2013, 2014 & 2016 they were a Good Food Awards winner and were named the 2010 Micro Roaster of the Year by *Roast Magazine*.

## Organic Beef and Pork

We raise certified organic, grass-fed Angus beef cattle and pastured pork. While our focus is on growing vegetables, animals are also an important part of our farm and help us maintain hillside pasture areas not suitable for vegetable production. We offer a variety of beef & pork packages for delivery to your CSA site in the months of May, November and December.

Our beef cattle are rotationally grazed on our rich hillside pastures in the spring, summer and fall. During the winter months we feed organic hay that we put up during the summer. Our pigs take full advantage of their days to explore the wooded hillsides, enjoy a snack in the wild apple orchards, create a nice mud wallow and then return to their home base at the end of the day....just in time to enjoy a load of vegetable scraps from the packing shed. In addition, we supplement their diet with a blend of organic grain.

Our animals are processed at Ledebuhr Meat Processing, Inc., a small-scale, family-owned and federally inspected meat plant located in Winona, Minnesota. An inspector is on-site to inspect each animal. All of our meat is hand-cut, packaged and freshly frozen just ahead of delivery to your CSA site.

## Harvest Calendar ~ Estimated Annual Amounts for Weekly Boxes

CROP	Est. amount	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Arugula - 4 oz. bag - washed	2-4 bags								
Asparagus	3-4#								
Beans: green,yellow	5-7#								
Beets: red,gold,chioggia	10-15#								
Broccoli and broccoli romanesco	10-15#								
Brussels sprouts	3#								
Cabbage: red & green savoy,sweetheart	4-6 heads								
Carrots	20-25#								
Cauliflower: white,purple,cheddar	6 heads								
Celeriac	4-5 heads								
Cucumbers	25								
Daikon and beauty heart radish	5#								
Edamame (fresh soybean)	4-5#								
Eggplant	5-7								
Fennel	2-3#								
Garlic, green garlic,scapes	25-30 bulbs								
Greens: baby bok choi	3-4#								
Greens, chard: rainbow, golden	4-5 bunches								
Greens: assorted cooking (tat soi, amaranth,etc.)	5-6 bunches								
Greens: kale and collards	4-5 bunches								
Herbs:chives, basil	3 bu /1-2#								
Kohlrabi	2-3#								
Leaf lettuce	6-8 heads								
Leeks	3-4#								
Melons/watermelon	10 / 3-5								
Onions: scallions	6 bunches								
Onions: Sweet Spanish,red, yellow	25 #								
Parsnips	5-6#								
Peas: snap and snow	2-4#								
Peppers sweet: bells & Italian fryers,mini-sweets	30-35 / 2-3#								
Peppers,hot: poblanos, roasters,jalapeños	4-5#								
Potatoes	25-30#								
Radishes:spring	4-5 bunches								
Ramps (wild leeks from the woods)	2-4 bunches								
Rhubarb	5-6#								
Rutabaga	3#								
Salad mix - 6 oz. bags - washed	10-12 bags								
Saute greens & baby kale - 8 oz. bag - washed	4-6 bags								
Spinach - 8 oz. bag - washed	8-10 bags								
Strawberries	5-8 pints								
Sunchokes	3#								
Sweet corn	2-4 doz.								
Sweet potatoes,cured	15-20#								
Tomatillos	3#								
Tomatoes: hybrid,heirloom, cherry,roma	25-30#								
Turnips: purple top,gold,scarlet, baby white	3#								
Winter squash: butternut, kabocha, etc.	15-18								
Zucchini and summer sauash	12-15#								

### SUMMER FRUIT BOX: (10 boxes)

Apricots, Avocados, Blueberries, Bing & Ranier Cherries,Fresh Figs, Grapes, Mangoes,Nectarines, Peaches, Pineapple, Pluots, Plums	10-16# Each							
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### AUTUMN FRUIT BOX: (4 boxes)

Pink Lady Apples,Blood Oranges,Cranberries,Medjool Dates, Rio Star Grapefruit,Asian Pears,Kiwi, Cara Cara, Red Navel, Meyer Lemons,Pomegranates, Tangerines, Clementines, Mangoes	10-16# Each							
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The above table gives average amounts delivered through a weekly vegetable box or an every-other week fruit box in an average year. The shaded areas indicate when in the season the crops will likely be in your box.

Harmony Valley Farm does not guarantee a minimum amount for any single crop.

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Printed on a waterless press, eliminating up to 70% of the waste that a typical press produces; on 100% recycled, 30% Post Consumer Waste, FSC certified paper; with vegetable oil based inks.