



Harmony Valley Farm 2017 CSA Information and Sign-Up Form

CSA membership allows you to connect with the farm and people where your food is grown. As such, we will share together in the bounty and the risks associated with farming. We look forward to providing you and your family with the highest quality, clean, fresh and nutritious vegetables, fruit and coffee. Everything we grow and distribute is **Certified Organic**.

In Partnership with Lunds & Byerlys

We are pleased to announce a new partnership with Lunds & Byerlys throughout the greater Twin Cities region. Our vegetable and fruit shares may now be delivered to any of the 27 Lunds & Byerlys store locations. Your shares will be available for you to pick up on Fridays at the store location of your choosing. There is an additional \$2.50 per box delivery fee added to all shares delivered to Lunds & Byerlys stores. The delivery fees are reflected in the share descriptions below. Please see page three of this form for a complete list of our residential Twin Cities CSA sites (Thursday deliveries), as well as all of the Lunds & Byerlys store locations (Friday deliveries).

Vegetable Shares

Our vegetable shares are designed to meet the needs of a family of four. Take time to thoughtfully consider which shares will best meet the needs and eating habits of your household. Each delivery is accompanied by a newsletter which includes information on storing and preparing your vegetables, delicious recipes and updates from your farm.

Weekly Vegetable Share: 30 boxes, delivered weekly May 5-Oct 27 and every other week Nov 3- Dec 15

Email or call the farm for current prorated pricing

This share will give you the full seasonal experience from early spring through our peak summer season and concludes with our late fall season selections. Spring selections may include overwintered spinach & parsnips, asparagus, ramps, salad greens & spring radishes. See our "Peak Season" description below for our summer vegetable selections. Late season boxes may include a variety of root crops (carrots, parsnips, beets, turnips, celeriac), cabbage, onions, garlic, sweet potatoes & winter squash. The weekly share is the most economical option per box. If a weekly box is too much for you, consider finding another household to share the box with or consider our every-other-week or flex shares below.

Peak Season Vegetable Share: 20 boxes, delivered weekly June 16 through October 27

Email or call the farm for current prorated pricing

This shorter season share features summer produce grown during the peak of our season. Box contents may include summer greens (such as swiss chard), green beans, cucumbers, sweet peppers, tomatoes, sweet corn, melons, summer squash and more.

Every Other Week (EOW) Vegetable Share: 17 boxes, delivered every other week May - December

Email or call the farm for current prorated pricing

This share includes the same seasonal selections we pack in the weekly box, but delivered less frequently. EOW members pick up shares on either "GREEN" or "BROWN" weeks. Delivery calendars can be found on our website near the bottom of our home page. Please indicate your preference on your sign-up form. If no preference is selected, we will automatically schedule EOW members who have also signed up for a Fruit share to pick up on "GREEN" weeks (Fruit shares are also delivered on GREEN weeks). All other EOW members will automatically be scheduled for "BROWN" week deliveries. We are unable to change your delivery dates mid-season to accommodate vacations or other special occasions. If you would like the convenience of choosing and changing your delivery dates, please consider our "Flex" plan (see below).

Vegetable Flex Plan: Delivered May-December on the weeks of your choice. 14 box minimum purchase

\$40.75 per box: \$38.25 per box + \$2.50 per box delivery fee for Lunds & Byerlys pick-up.

This share will allow you to choose which weeks you want to receive a delivery. Please use the delivery calendar available on our website to select preliminary delivery dates from May-December. Send this schedule to the farm along with your sign-up form. You will be able to make changes to your schedule throughout the season as long as you let us know by noon on Tuesday the week of the change. This option is also available for those who sign up part way into the season. This is a popular selection for members in smaller households or those that travel frequently for work or summer vacations. This has also become a popular gift for college students.

Autumn Vegetable Share: 4 boxes, delivered every other week November 3-December 15

\$167: \$157 + \$10 delivery fee for Lunds & Byerlys pick-up.

Sign up by October 20. A taste of what our farm offers at the end of our season, after many farms have finished with deliveries. Boxes may contain winter squash, garlic, onions, cabbage, Tat Soi, beets, carrots, winter radishes, sweet potatoes, Brussels sprouts and more! *These boxes are already included as part of the weekly and every-other-week shares.*

Every CSA share delivery arrives with a "What's in the Box" **email** and a **newsletter** including recipes, storage and preparation tips, and news from the farm. All our newsletters and recipes are also available online!

Site and Pick Up Information

We will send you detailed information regarding your site hours, delivery schedule and instructions for picking up your shares prior to the start of deliveries.

Fruit Shares

Our fruit share is delivered every other week from June through December on designated "Green Weeks" only. In this share we offer certified organic fruit, sourced at its peak from the best fruit growing regions of North America. When available, we do include regional fruit in their season including apples and cranberries. Each box is packed for a family of four and contains a variety of 5 to 7 different fruit varieties, weighing 10-16 pounds on average. Each box contains some ready to eat fruit, and some fruit that will ripen and/or store over the next 3-10 days. Each delivery is accompanied by a newsletter, which includes information about the farms, ripening and storage instructions and recipes.

Full Fruit Share: 14 every other week deliveries on "Green" weeks from June 16 to December 15

Email or call the farm for current prorated pricing

This share includes both the summer and autumn fruit shares. See the descriptions below for a list of seasonal selections.

Summer Fruit Share: 10 boxes delivered on "Green" weeks from June 16 to October 20

Email or call the farm for current prorated pricing

Summer fruit boxes may contain apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, peaches, plums, pluots, apples, valencia oranges and pineapples.

Autumn Fruit Share: 4 boxes delivered November 3 to December 15

\$170: \$160 + \$10 delivery fee for Lunds & Byerlys pick-up.

Autumn fruit boxes may contain apples, grapefruit, Satsuma mandarins, Medjool dates, pears, pomegranates, cranberries, mangoes, Clementines, tangerines, lemons, kiwi, avocados, persimmons and figs.

Coffee Shares

***Please note we are unable to deliver coffee to the Lunds & Byerlys locations. We will deliver coffee to any of our 13 residential Twin Cities delivery locations on Thursdays. Please indicate an alternate site for pick up when ordering coffee.**

We are happy to partner with Kickapoo Coffee Roasters to offer you their whole bean, certified organic, fair trade, award winning coffee. Our coffee is freshly roasted within days of delivery to you. Throughout the season you will enjoy a variety of coffee selections sourced from around the world and featured in their peak season of freshness and availability. 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.

Kickapoo Coffee is a family-scale enterprise located in Viroqua, Wisconsin. They are fanatical about the quality of their coffee and focus on forming long-lasting relationships with some of the world's best coffee growers. Their commitment to roasting an exceptional cup of coffee has been recognized repeatedly in the coffee industry. This past year, two of their coffees received an "outstanding" rating by *Coffee Review*. In 2012-2014 and 2016, they were a Good Food Awards winner and their Organic Ethiopian Charbanta Natural Process was a 2016 Good Food Awards finalist. Additionally, they were named the 2010 Micro Roaster of the Year by *Roast Magazine*.

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. Coffee shares are delivered on "Brown Weeks" only.

1 Pound Coffee Share: 17 deliveries every other week on "Brown" weeks May 11 to December 14

Email or call the farm for current prorated pricing

This share is great for households with daily coffee drinkers and may allow you to store up a little for the winter or for social gatherings.

2 Pound Coffee Share: 17 deliveries every other week on "Brown" weeks May 11 to December 14

Email or call the farm for current prorated pricing

With this share you will pick-up two bags of coffee with each delivery, offering a great way to stock-up for the winter months or take to the office!

Once a Month Coffee Share: 9 deliveries, once a month May 11 to December 14

Email or call the farm for current prorated pricing

This share will arrive every four weeks and is ideal for the weekend coffee drinker or smaller households.

Autumn Coffee Share: 4 deliveries every other week November 2 to December 14

\$48.00

Each delivery consists of a one-pound bag of freshly roasted Kickapoo coffee.

Get Paid to Eat our Food

- Earn a \$10.00 HVF gift certificate for referring friends, family, co-workers or complete strangers! Be sure to tell them to include your name on the sign up form. Better yet, write your name in the referral line and hand out the sign-up forms!
- Some insurance companies offer rebates to their members for their CSA membership. Check with your insurance provider to see if this option is available to you. It is the CSA member's responsibility to submit any documentation needed to redeem your rebate. Save a copy of your sign up form & the receipt! **You must pay the farm directly in order to receive a receipt for a CSA share.**

Payment Options

We still have several different payment options available, allowing you to find one that best fits your household and finances. Sharing households may choose any combination of the payment options below; we will only issue a receipt to any household that pays the farm directly towards a share.

- Single Payment - Check:** Enclose one check for the full amount.
- Single Payment - Electronic Payment:** Enclose a voided check and indicate whether you would like monthly or single payment option on your form. If you are emailing your form, please call the farm with your banks routing number and your account number, DO NOT email your banking information.
- Monthly Electronic Debit:** Pay for your CSA membership over the course of the year. The earlier you sign up and start payments, the lower your monthly amount will be! There is no extra cost to pay with this method, but there is a \$5 NSF fee for any month your payment does not go through. Provide us with a voided check or your routing and account numbers to authorize us to debit your account on or soon after the 15th of each month. At the end of the year we will rollover your 2017 order for the 2018 CSA season and continue withdrawals. If at that time you decide you want to change payment methods, change your share(s) or are not able to participate in the 2018 season, you can let us know and we will cease the withdrawals. If you prefer a one-time withdrawal from your bank account, please contact the farm to arrange this option.
- Food Stamps:** Fill out our 2017 CSA Agreement form, along with FairShare's Partner Share Application (www.csacoalition.org/our-work/partner-shares). Email or mail both of these forms to FairShare (info@csacoalition.org) and to us (csa@harmonyvalleyfarm.com). FairShare will be in contact with you to help you finish the sign up process.

Lunds & Byerlys Locations Pick-Up on Friday 12pm-9pm

Store Locations	Address
NE Minneapolis	25 University Ave SE
Downtown Minneapolis	1201 Hennepin Ave
Uptown Minneapolis	1450 W Lake St
Golden Valley	5725 Duluth St
St Louis Park	3777 Park Center Blvd
Roseville	1601 West County Rd C
Edina-50th St	3945 West 50th St
Edina- France Ave	7171 France Ave S
Richfield	6228 Penn Ave S
Ridgedale	13081 Ridgedale Dr
Minnetonka-Hwy 7	11400 Highway 7
Minnetonka- Glen Lake	14400 Excelsior Blvd
Downtown St. Paul	115 East 10th St
Highland Park	2128 Ford Parkway
Plymouth	3455 Vicksburg Lane
Wayzata	1151 Wayzata Blvd E
L&B Kitchen-Wayzata	250 Superior Blvd
Eagan	1299 Promenade Place
Maple Grove	12880 Elm Creek Blvd
Bloomington	5159 West 98th St
Eden Prairie	970 Prairie Center Dr
Woodbury	7050 Valley Creek Plaza
Chanhassen	800 West 78th St
Burnsville	401 E County Rd 42
Navarre	3333 Shoreline Dr
Prior Lake	16731 Highway 13
St Cloud	2510 West Division St

If you would like to have your CSA Shares delivered to one of our Residential Twin Cities delivery sites, please use the **2017 CSA Sign Up Form** located on our website.

www.harmonyvalleyfarm.com/joinHVF.pdf

Twin Cities Delivery Sites - Thursday Delivery

Delivery Site	Address	Times
St. Paul (Mac/Grove)	Palace Ave (Between Snelling Ave & Randolph Ave)	9am - 8pm
Power House at Highland	Snelling Ave (Gym Members only) (South of Randolph Ave)	9am - 7pm
Powderhorn	27th Ave S (Near E 35th St at Hiawatha & E 37th St)	9:45am - 8pm
Whittier	29th St W (Between W 28th St and W Lake St)	10am - 8pm
Kingfield/ Lyn-Lake	Harriet Ave S (Harriet Ave S & W 37th St)	11am - 8pm
Linden Hills	Abbott Ave S (Off W 50th St)	11:30am - 8pm
St. Louis Park (NEW SITE)	Yosemite Ave S (Between Cambridge St & W 39th St)	12pm - 8pm
Bloomington	Quinn Rd (Near Poplar Bridge & Normandale)	12pm - 8pm
Eden Prairie	Creekside Ct (Near Valley View Rd & Evandale Blvd)	12:30pm - 8pm
South Plymouth	Rosewood Ln N (Off W Medicine Lake Dr & NW Blvd)	1pm - 8pm
NE MPLS	Stinson Blvd (Near NE Stinson Ave & NE Lowry Ave)	3pm - 8pm
Como Park	Barrett St N (Between Como Ave & Front Ave)	3:30pm - 8pm
Rosemount	Cameo Ave (Near Elementary & Middle Schools)	4:30pm - 8pm

Harmony Valley Farm 2017 CSA Agreement Form

Fill out this form and send with your payment to the farm. Keep a copy for your records!

Sharing Households: If you are sharing your box with another household, remember that the farm packs only one box for your share; it is up to you to decide how to split it. Some households meet and physically split the box contents; others alternate weekly pickups so each household gets a full box every other delivery. Your share(s) will be labeled with the Household 1 member's name. All sharing partners must request their shares using the Household 1 member's name when picking up shares at any of our Lunds & Byerlys locations. Please list the contact info for both households if you plan on sharing boxes and remember who is listed as Household 1. Thank you!

Household 1

Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 Email _____
 Email _____

Household 2

Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 Email _____
 Email _____

***PLEASE NOTE: All Vegetable & Fruit Share prices below include the additional delivery charge for Lunds & Byerlys pick-up.**

Quantity	Share	Pricing	Total
	Weekly Vegetable	Email or call for pricing	
	Peak Season Vegetable	Email or call for pricing	
# of boxes ____	Vegetable Flex Plan <small>(minimum of 14 boxes) Please include your preliminary delivery dates with this form</small>	\$40.75 per box	
	Autumn Vegetable Share	\$167.00	
	Full Fruit	Email or call for pricing	
	Summer Fruit Only	Email or call for pricing	
	Autumn Fruit Only	\$170.00	
	One Pound Coffee**	Email or call for pricing	
	Two Pound Coffee**	Email or call for pricing	
	Once a Month Coffee**	Email or call for	
	Autumn Coffee**	\$48.00	
	Grand Total		

**Coffee shares will not be delivered to Lunds & Byerlys locations.

Please indicate an alternate Thursday delivery site when ordering coffee.

Please indicate your delivery site:

1st choice _____

2nd choice _____

PAYMENT OPTIONS: We will issue a receipt only to households that pay the farm directly. See Page 3 for more information.

____ **Single Payment - Check**

____ **Single Payment - Electronic Debit** (call or send voided check - DO NOT Email bank information)

____ **Monthly Electronic Debit:** Please sign below to authorize us to debit your account on or soon after the 15th of each month. Be sure to include a voided check with your order.

Authorized Signature: _____

Date: _____

I would like to become a member of Harmony Valley Farm's Community Supported Agriculture program. As a CSA member I understand that I share in the bounty as well as the risks that accompany farming and that the farm plants and harvests with my share in mind. For this reason, I understand that Harmony Valley Farm CSA membership is a season long commitment. If I can't finish out the season as a member, for whatever reason, it is my responsibility to reassign my share and ensure payments are made. I understand that it is my responsibility to know when and where to pick up my shares and to do so following the guidelines outlined by Harmony Valley Farm.

Signature _____ Date _____

You will receive an email notification when your order is received. A receipt/invoice, directions to your site and instructions for picking up your shares will be mailed to you before deliveries begin. It is your responsibility to become familiar with this information and to keep it handy all season long.

I am a new CSA member and was referred by _____

Please send form and payment to:

**Harmony Valley Farm
 S3442 Wire Hollow Rd
 Viroqua, WI 54665**



Phone: (608) 483-2143 x2

Fax: (608) 483-2151

Email: csa@harmonyvalleyfarm.com

www.harmonyvalleyfarm.com