



# Harmony Valley Farm

Growers of Fine Organic Produce and Beef

## The Harmony Valley CSA Fruit Program

For 10 weeks in the summer and 6 weeks in the fall and winter we assemble and deliver outstanding fruit from organic growers (many of them family farmers, like us) all around the country. Our fruit program focuses on peak of ripeness stone fruits, berries, citrus and grapes that can't be grown here in the upper Midwest. We deliver every other week - June through October and November through January.



Each box contains some ready to eat fruit, like grapes or berries, and some fruits that will ripen or store over the next 3 - 10 days. Like the vegetables, we plan an amount that will meet the needs of a family of four, however, people differ widely on how much fruit they eat. Some members split their box with another household.

Although we do not raise this fruit, members tell us the fruit is equal to our own produce's quality and flavor.

### Summer Fruits

Plums  
Nectarines  
Peaches  
White Peaches  
Red Flame Grapes  
Barnier Cherries  
Pluots  
Apriums  
Fresh Figs  
Bing Cherries  
Mangos  
Apricots  
Pineapples  
Blueberries

### Winter Fruits

Asian Pears  
Sunburst Tangerines  
Mineolas  
Rio Star Grapefruit  
Meyer Lemons  
Blood Oranges  
Pink Lady Apples  
Seckel Pears  
Concord Pears  
Medjool Dates  
Cranberries  
Satsuma Mandarins  
Navel Oranges  
Cara Cara Red Navels  
Pomegranates

You may sign up for the fruit program using the CSA agreement form on our website: [www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)