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**.

We offer **Vegetable, Fruit & Coffee** Shares for delivery to the **Twin Cities, MN; Madison, WI; and our local area (Viroqua, La Crosse & Onalaska).** The information below outlines each of our shares with specific information to help you decide which shares best fit your needs. Delivery dates are listed as "Twin Cities/Local/Madison."

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 4/5/6-Oct 26/27/28 and every other week Nov 2/3/4- Dec 14/15/16*
$990
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 15/16/17 through October 26/27/28*
$760
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*
$620.50
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*
$38.25 per box
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 2/3/4-December 14/15/16*
$157
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.*

CSA Market Share (Madison Only)

$40 and $100 Pre-paid Market cards redeemable at our Dane County Farmers' Market Stand April through October (Outdoor markets only) - includes 'free pick' bonus punches.
If you enjoy making your own vegetable selections at the farmers' market or want to supplement your CSA share, consider purchasing a prepaid market card. Each card purchased is valid through July 2018. You may use this card to purchase any produce item from our market stand. Each card includes "Free Picks" which represent a value of 10% of the purchase price of the card. You may redeem your "Free Picks" at any time during the season. The "Pick of the Week" will be farmer's choice and will change from week to week. Lost or stolen cards cannot be replaced.

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. We are happy to maintain our 2016 price per box for the 2017 season.

Full Fruit Share: *14 every other week deliveries on "Green" weeks from June 15/16/17 to December 14/15/16*
$560
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 15/16/17 to October 19/20/21*
$420
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 2/3/4 to December 14/15/16*
$160
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

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 11/12/13 to December 14/15/16*
$204.00
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 11/12/13 to December 14/15/16*
$408.00
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 11/12/13 to December 14/15/16*
$108.00
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 2/3/4 to December 14/15/16*
$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.**

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. Watch for this packet to come in the mail in April!

Payment Options

Signing up early in the season provides you with several different payment options, 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**: Enclose one check for the full amount.

•**Two Installments:** Enclose two checks, one with today's date and one dated for deposit on July 1, 2017. We will hold the second check until July 1, 2017. The first check must pay at least 50% of the order, with the second check paying the remainder.

•**Two Installments, Deferred:** Enclose two post-dated checks with the dates April 1 and July 1, 2017.

•**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.

•**Partner Shares:** For low-income families, we encourage you to apply for a Partner Shares grant through FairShare CSA Coalition. Partner Shares provides financial assistance for low-income households to enroll in our vegetable CSA program. Members in each of our delivery areas are eligible to apply and participate. Go to www.csacoalition.org or call (608) 226-0300 for more information. (Members may also donate to Partner Shares and earmark your donation for a Harmony Valley Farm CSA membership).

Twin Cities 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

Lunds & Byerlys Stores - Friday Delivery

Delivery Site	Address	Times
All Lunds & Byerlys Store Locations	27 store locations throughout the greater Twin Cities area. See our website for a complete list of locations, or visit lundsandbyerlys.com/our-stores!	12pm - 9pm

Please note there is an additional delivery fee for Lunds & Byerlys pick-up. Visit harmonyvalleyfarm.com and refer to our **Lunds & Byerlys sign-up form** for more information and pricing.

Madison Area Sites - Saturday Delivery

Delivery Site	Address	Times
Richland Ctr (NEW SITE)	Covered Bridge Dr (½ way between Hwy 14 & Cty A)	7am - 3pm
Mazomanie	Henry St (Near Westside Park)	8am - 5pm
Cross Plains	Tubbs Ct (Off Ludden Dr)	8am - 5pm
Parkwood Hills	Bryce Canyon Circle (Off N Yellowstone Dr)	8am - 2pm
Jenifer	Jenifer St (Between S Few St & S Ingersoll St)	8am - 5pm
Union	Union St (East of Washington, North of Milwaukee)	8:30am - 5pm
Elmside	Elmside Blvd (Off Atwood Ave)	8:30am - 5pm
Lakeside	W Lakeside St (Near Olin Ave and S Park St)	9:30am - 5pm
Rugby Row	Rugby Row (Near West High)	10:30am - 5pm
Orchard	Orchard Dr (Between Mineral Point & Tokay)	11am - 5pm
Robin Circle (NEW SITE)	Robin Circle (North of Mineral Point, near Robin Greenway Park)	11:30am - 5pm
Heatherdell	Heatherdell Ln (Near Todd Dr & Post Rd)	11:30am - 5pm
Argyle	Argyle Ct (Near Maple Grove & Cross Country)	12pm - 5pm
Mifflin on the Square	Vegetable shares only at the Farmers' Market	6:30am - 12:30pm

Local Sites - Friday Delivery

Delivery Site	Address	Times
Viroqua	Center St (Near Nelson's)	4pm - 8pm
La Crosse	S 16th St (Off Main St)	4:30pm - 8pm
Onalaska	Pralle Rd (Off Cty Rd OS)	5pm - 8pm
The Farm	S3442 Wire Hollow Rd	3pm - 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. Household 1 will be listed on the check off list, and will be the primary contact for your site coordinator. 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 _____

Quantity	Share	Pricing	Total
	Weekly Vegetable	$990.00	
	Peak Season Vegetable	$760.00	
	Every Other Week Vegetable: Circle **Green** or **Brown** week delivery preference	$620.50	
# of boxes___	Vegetable Flex Plan (minimum of 14 boxes) Please include your preliminary delivery dates with this form	$38.25 per box	
	Autumn Vegetable Share	$157.00	
	Full Fruit	$560.00	
	Summer Fruit Only	$420.00	
	Autumn Fruit Only	$160.00	
	One Pound Coffee	$204.00	
	Two Pound Coffee	$408.00	
	Once a Month Coffee	$108.00	
	Autumn Coffee	$48.00	
	CSA Market Card (Madison only)	$40 or $100	
	Grand Total		

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**

_____ **Two Installments**

_____ **Two Installments, Deferred**

_____ **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