

Harmony Valley CSA Vegetable Program



Weekly Veggies - 30 deliveries! Beginning in early May and continuing through mid-December, our vegetable program includes a wide variety of organic vegetables and fruits grown on our farm. The quantity in each box varies with the seasons, from less than 10 pounds in spring, to more than 20 pounds in late summer. We design it with the aim of providing for most of the produce needs of the average family of four.

Every other Week - 17 deliveries! Smaller households can split a Weekly box with another household or choose our Every other Week share option: the same size box, just delivered less frequently.

Peak Season - 20 deliveries! Weekly, June - October

Flex Plan - 14 delivery minimum, allows you to choose and then change your delivery dates if needed! Perfect for summer travel plans.



Spring Produce

may include

- Arugula
- Asparagus
- Green garlic and garlic scapes
- Garden herb packs
- Green onions
- Lettuce
- Overwintered parsnips
- Peas and pea vine
- Radishes
- Ramps (wild leeks)
- Rhubarb
- Salad mix
- Sweet Overwintered Spinach
- Sunchokes

Summer Produce

may include

- Basil
- Broccoli
- Cantaloupe
- Carrots
- Cauliflower
- Cilantro
- Cucumbers
- Edamame
- Eggplant
- Fennel
- Green beans
- Kohlrabi
- Onions
- Sweet & Hot Peppers
- Potatoes
- Raspberries
- Strawberries
- Sweet corn
- Tomatoes
- Watermelon
- Zucchini

Fall & Winter Produce

may include

- Beets
- Broccoli Romanesco
- Brussels sprouts
- Cabbage
- Purple, red, orange and yellow carrots
- Celeriac
- Leeks
- Parsnips
- Purple & yellow cauliflower
- Rutabaga
- Sweet potatoes
- Turnips
- Winter radish
- Winter squash



Twin Cities deliveries are on Thursdays, Viroqua/La Crosse/Onalaska deliveries are on Fridays, and Madison is on Saturday.

Our delivery sites are other CSA members' garages or porches, and are open during certain hours on delivery day. Sites are self-serve and on the honor system, with a Customer Checklist at the site listing the shares we've packed for you to pick up that week.

We'll provide you with your site host's contact information before your first delivery. We do not publish this private contact info on our website, so make sure to keep it handy!

If you forget to pick up on delivery day, you can assume that your shares were donated to a food shelf or neighborhood family.

An informative newsletter accompanies each box with recipes from our summer farm chef, veggie storage and growing info, and news from the farm. All our newsletters & recipes are also archived online!

Weekly Produce Share: 30 boxes, May – December \$960

Every other Week: 17 boxes, May – December \$603.50

Peak Season Share: 20 Weekly boxes, June – October \$735

Flex Plan: \$37 per box, 14 box minimum

CSA Enrollment forms can be found online: <http://www.harmonyvalleyfarm.com/joinHVF09.pdf>
 Questions? Contact our CSA Coordinator at the farm: csa@harmonyvalleyfarm.com or 608-483-2143 x2