

## WHAT IS CSA?

**CSA stands for Community Supported Agriculture.** CSA is a partnership between a farm and a community of supporters that provides a direct link between the production and consumption of food. CSA members make a commitment to support the farm throughout the season and assume the costs, risks, and bounty of growing food along with the farmer. In return, the farm provides a healthy supply of seasonal fresh produce throughout the growing season. Becoming a member creates a responsible relationship between people and the food they eat, the land on which it is grown, and those who grow it.

**This mutually supportive relationship between local farmers, growers, and community members** helps create an economically stable farm operation in which members are assured the highest quality produce at a fair price. In return, farmers and growers are guaranteed a reliable market for a diverse selection of crops. Our philosophy is that our CSA shareholders eat first. When harvest time arrives, you'll receive vegetables and herbs oftentimes fresher than any you can find in your local stores.

**If you have a goal to eat seasonally, cook more often, try new vegetables, or make baby food, CSA is a good solution.** With CSA, the shares will vary from week to week depending on what is in season. The beginning of the season starts out lighter and naturally becomes heavier as the summer and fall bounty of vegetables come in. At Grinnell Heritage Farm, we try to grow a wide variety of vegetables and herbs, including the familiar carrots, beans, and potatoes along with the more unusual romanesco cauliflower and celeriac. We will provide newsletters that contain recipes to help you use the items in your share. Several families have also used the share to provide healthy nutritious baby food to their young ones.

## ABOUT US

Grinnell Heritage Farm, owned and operated by Andrew and Melissa Dunham, produces USDA organic vegetables and flowers. Andrew is a 5th generation Iowa farmer on the 80 acre family farm located northeast of Grinnell. The farm has been in the family for over 150 years and is counted amongst the oldest family farms in central Iowa.

Andrew became interested in pursuing a career in local agriculture as an agricultural extension officer serving in the Peace Corps in Tanzania, East Africa. His experience working with subsistence farmers and growing vegetables on a one-acre plot nudged him in the direction of undertaking an internship on an organic vegetable farm in Northeast Iowa upon his return to the United States. Andy manages field and packing shed operations. Melissa adeptly handles our accounting, marketing, and human resource needs, in addition to many of our farmers' markets. Aunt Janet has been an avid gardener for her whole life. Janet is our specialty weeder with both hand and hoe. She also plays a key role in occupying the youngest Dunham of the family.

In addition to this being a family affair, the farm is aided by seasonal employees and lots of help from extended family, friends, and shareholders. They truly put the Community in CSA.



MELISSA + ANDREW DUNHAM

ORDER A WEEKLY BOX OF

**FRESH  
VEGETABLES**  
FROM A FARM YOU KNOW

find us on facebook



USDA CERTIFIED ORGANIC PRODUCE, FLOWERS, AND HERBS

**2012 CSA**

CSA = COMMUNITY SUPPORTED AGRICULTURE

GRINNELL HERITAGE FARM

1933 PENROSE STREET  
GRINNELL IOWA 50112

[grinnellheritagefarm@gmail.com](mailto:grinnellheritagefarm@gmail.com)

641.236.4374

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

## LOGISTICS

IT'S AS EASY AS ONE, TWO, THREE!

[1] PICK UP CSA SHARE

[2] READ WEEKLY CSA NEWSLETTER

[3] EAT FRESH VEGGIES

Every week, you will pick up a box of fresh organic produce at your desired drop site. We also ask that you read your weekly farm newsletter. The purpose of the newsletter is to inform you about farm happenings, the contents of the week's share, and recipe ideas and storage tips. If you have questions about the contents of the share, you are always welcome to contact the farm. We will happily give recipe suggestions, baby food recipes, and /or canning /freezing advice.

### PICK UP LOCATIONS + SCHEDULE

**Gateway Market** 2002 Woodland Ave, Des Moines  
Wednesday 4:00-6:00 pm

**Grinnell Heritage Farm** 1933 Penrose St, Grinnell  
Thursday 3:00-6:00 pm

**Iowa City Farmers Market** Downtown Iowa City  
Saturday 7:30-12:00 noon

**Laura Dowd's** 502 Kimball Rd, Iowa City  
Wednesday 3:00-6:00 pm

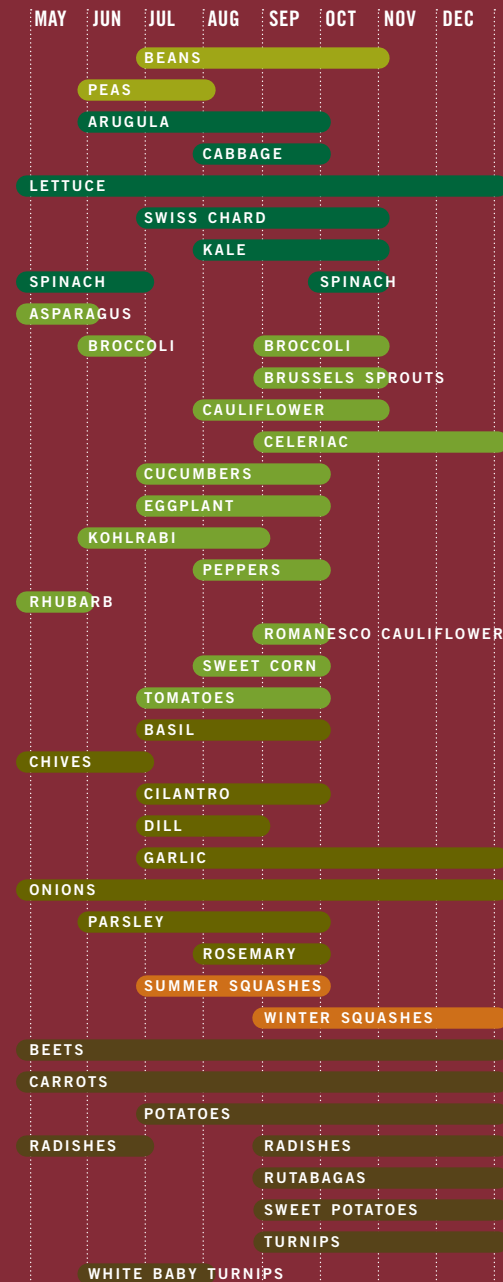
**Prairiwoods** 120 E Boyson Rd, Hiawatha  
Wednesday 4:00-6:00 pm

**Sayde & Cristian's** 1908 4th Ave SE, Cedar Rapids  
Wednesday 3:30-7:00 pm

**TBD** West Des Moines  
Exact location and pick-up time for new site to be determined...

## SEASONAL AVAILABILITY

This calendar shows a partial list of what may be available in the CSA shares during each month:



## CSA SHARE OPTIONS

**SPRING SHARE** 4 weeks of fresh greens, storage crops (carrots, beets, etc.), asparagus, and more during the month of May. You will receive 4-5 items per week. This share starts the week of May 7th.

**SUMMER SHARE** 20 weeks of a wide variety of produce. See seasonal availability on the calendar, or look at the archived newsletters on our website. The archived newsletters will show you what was distributed each week last season. This will help you determine if our CSA is a good fit for you. You'll receive between 8-12 items per week. This share starts the week of June 6th and ends mid-October.

**STUDENT/FACULTY SHARE** 10 weeks of a wide variety of produce. This is ideal for college students and faculty returning to the area from summer break or for those of you who do a lot of traveling during the summer months. This share starts mid-August and ends mid-October.

**WINTER SHARE** 4 distributions during the months of November and December. Each distribution is meant to provide you with two weeks' worth of produce. The share will have a large volume of storage crops that you can keep well into the months of January and beyond, plus a variety of fresh greens. This is an ideal share for those who like soups and stews during the cold Iowa winter months. The delivery dates will coincide with the major holidays so you will be able to enjoy farm fresh produce during those special meals.



## REGISTRATION FORM 2012

Name .....

Address .....

City + Zip Code .....

Daytime Phone .....

Evening Phone .....

Email .....

Pick Up Location .....

### PLEASE SELECT YOUR SHARES FOR 2012

- Spring Share** 4 weeks (\$18.75/wk) **\$75**
- Summer Share** 20 weeks (\$28.25/wk) **\$565**
- Student/Faculty Share** 10 weeks (\$33.50/wk) **\$335**
- Winter Share** 8 weeks (\$31.25/wk) **\$250**

Total Cost .....

- Refer a New CSA Shareholder Discount**  
Deduct 5% from total (limit 1). Person referred must sign up for a summer share in order for you to receive discount.  
Name of Referral .....

- Early Bird Discount**  
Deduct 5% if paid in full by February 1.

- Referral & Early Bird Discount**  
Deduct 10% from total due. If you're claiming this discount, only deduct 10%—this is not in addition to the discounts listed above. For example: if you purchase spring, summer, and winter shares for a total cost of \$890; refer a friend; and pay in full before February 1; your 10% discount will make your total amount due \$801. This will save you \$89.

- I elect to take no discount(s)** and put the funds toward the operation of the farm and its growth.

Total Discounts .....

Total Amount Due .....

### PAYMENT OPTIONS AVAILABLE

You are welcome to pay in several installments; however, we ask that you put down a \$100 non-refundable deposit upon registration. We also ask that your account be paid in full prior to the beginning of the season.

Complete and mail this form with \$100 deposit or full payment to **Grinnell Heritage Farm 1933 Penrose Street Grinnell IA 50112**

