

THE FARM DIRT

Seeds and Spores Family Farm 2018

Hello Food Lovers,

We are grateful to all of you that helped support the farm last year by buying our products. Local food production certainly couldn't exist if there wasn't local consumption, so we are sending out a big "Thank You" to everyone in the community who has eaten the food that was grown on our farm!

This year, we will continue growing eight acres of Certified Naturally Grown vegetables, fruits, culinary and medicinal herbs, and shiitake mushrooms. We will also be raising grass fed beef, pasture raised pork, and laying hens.

Our newest project is building a certified agricultural kitchen on the farm. The kitchen will allow us to process our produce, fruit and herbs into delicious products for sale to our local customers.

Even though we are expanding how our products are available, the Community Supported Agriculture (CSA) is important to the yearly stability of the farm, and filling the CSA shares is always our first priority. We will also continue to participate in the Downtown Marquette Farmers Market and to sell to the Marquette Food Co-op and local restaurants. In addition, we will be expanding direct sales from the farm through our "Farmazon" online ordering system and our farm store, which is open seasonally.

This is our 21st year farming in the U.P., and every season is a different and exciting adventure. We remain committed to local eco-agriculture and look forward to growing nutritious food for you!

Why Participate in a CSA?

The Community Supported Agriculture (CSA) program is the backbone that keeps our farm running. The CSA is one of the most economical farmer-consumer relationships. By committing to a CSA share, customers give the farmer ease in crop planning and early season funding. In return, members receive a wide array of fruits and veggies harvested and delivered at peak ripeness. Because of the farmer-consumer commitment, the CSA is the cheapest way to get the best of our farm fresh produce.

Each week, the CSA boxes change to reflect what is locally fresh on our farm. It offers an opportunity to truly "eat with the seasons" and to experiment with a rainbow of vegetables. All of our new members receive the *Asparagus to Zucchini* cookbook, which contains recipes for cooking and information on storing the produce you will receive in your box. We include a farm newsletter with the shares each week. This will help you stay connected to what is happening on the farm and to what fresh produce is in the shares for the week.

Purchasing high quality, locally grown food benefits our entire community. It not only provides you with an opportunity to nourish your health, expand your palate, and improve your cooking skills, but it also helps you cultivate a relationship to your food and the soil in which it is grown. The connection to your farmers and to the land that produces your food provides a deeper understanding of healthy food, its production, and the interdependence of all involved.

This year, the 20 week CSA will run from June 20th to October 31st. There are more details about participating in the CSA on the next page. Please contact us if you have any questions!

CSA SUBSCRIPTION OPTIONS

We offer many options for our CSA in an effort to try to accommodate different lifestyles. We do our best to make changes according to requests as well. If you notify us that you will be unable to pick up a share, we will hold your delivery and credit your account.

VEGGIE LOVERS: This is our classic and most popular CSA share. Members receive eight to twelve weekly items for twenty weeks. The box changes dramatically throughout the season, and contains a variety of greens, fruits, root crops, summer veggies, and storage crops.

EMPTY NESTER: This share is the same size as the Veggie Lover's option, but it is delivered every other week for ten boxes instead of twenty. It's great if you want the experience of a CSA but don't go through as many veggies, have a smaller family, or travel a bit more.

SUPER SIZE ME: Also known as our large box, this share receives ten to fourteen weekly items for twenty weeks. In addition to the same great variety as the Veggie Lovers, you will receive some extra items and/or larger portions.

FARM MARKET SHARE: This share is designed to give you a wider selection of goods at your own convenience, while still providing the farm the stability and support of a CSA member. For \$400, you receive \$440 of vouchers to be redeemed at the farm or the Saturday Marquette Farmers Market. Please contact us if you would like to pay for this option with EBT benefits.

FARMAZON: This link, sent via email each week, provides access to the current availability list of all of our farm products. It can be used to place a customized order, or if you receive a CSA share, to add to your box.

DON'T FORGET THE EXTRAS! These items can be added to your CSA box each week or ordered a la carte.

Green Share- This share includes two extra bunches of greens with each box during the 20 week CSA season. Greens, such as kale, collards, and chard, are the most nutritious vegetables we grow. They are loaded with vitamins A, B complex, and C, calcium, other minerals, and phyto-nutrients.

Gourmet: This option is an add-on to a weekly CSA share. It includes more unusual veggies, "small harvest" specialty items, and first/ last harvests of some popular crops.

Meat Share- Two pounds of your choice of ground beef and/or pork can be added to your produce share for each week of the 20 week CSA season. The pork is usually sausage or ground pork, but we occasionally substitute other cuts for variety.

Winter Share- Add four more boxes after the 20 week CSA. Deliveries are on November 7th, 14th, 20th and 28th to the drop site. This share is the most economical way to get the best of the late season produce, such as squash, lettuce, carrots, onions, cabbage, kale, potatoes, parsnips, chard, and the sweetest spinach.

Holiday Share- Ready on Tuesday 11/20 for Thanksgiving, this is a generous produce box with a mix of seasonal favorites for your holiday cooking.

Storage Shares- These are ready in season to stock your root cellar or your canning projects. Some of the shares have limited availability and will be filled in the order that the shares were reserved.

Community Supported Herbalism- Becoming a member of the CSH grants you access to our supply of medicinal herbs in the form of teas, oils, salves, and tinctures. Please contact us for more information on this program. Consultations are available for a fee.

Grow Your Own- A great variety of northern hardy vegetable, flower, and herb transplants are available for sale mid May through mid June. Look for our plant brochure in April. We also sell organic fertilizers and amendments to feed your soil.

Eggs- We will offer a limited number of weekly egg shares this year. Our eggs will also be available for sale at the drop site, at the Farmers Market, through farmazon, and in our farm store.

Gift Certificates are available for the 2018 season in any denomination.

BINS!- If you have one or both of last season's bins, please return them. Each season, there are many ways that we have to reinvest in the farm, and we prefer not to have to purchase more plastic bins.

Seeds and Spores
Family Farm

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