



Harmony Valley Farm

Certified Organic Produce Since 1984

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www.harmonyvalleyfarm.com



Community Supported Agriculture

Come Join Us for This Year's
Growing Season!



Our CSA now supplies over 1500 families with seasonal produce from May through December.

We plant a wide variety of vegetables and fruits to offer you a diverse, seasonal cooking and eating adventure. We grow, wash, chill & pack our vegetables for delivery to your neighborhood! We strive to offer the cleanest, freshest, tastiest variety of produce available anywhere!

We invite you to join
our CSA today!

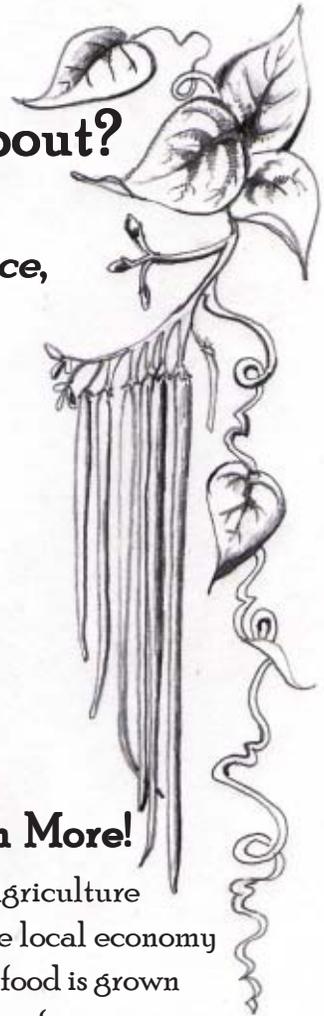
What's it all About?

It's about the *produce*,
of course!

- ⊗ Certified Organic
- ⊗ Grown Locally
- ⊗ High Quality
- ⊗ Farm Fresh
- ⊗ Selected for Flavor
- ⊗ Handled with Care
- ⊗ Washed and Cooled
- ⊗ Delivered Cold
- ⊗ Long Season

Plus, It's Much, Much More!

- ⊗ Supporting organic agriculture
- ⊗ Keeping dollars in the local economy
- ⊗ Knowing where your food is grown
- ⊗ Spending time at **your** farm
- ⊗ Partner with the farm growing your food
- ⊗ Eating healthier meals
- ⊗ Connecting to the seasons through food
- ⊗ Encouraging respect for the environment
- ⊗ Being a creative, adventurous cook
- ⊗ No GMO guarantee
- ⊗ Fruit, Coffee and Meat Shares too!



Our Farm

Harmony Valley Farm has been dedicated to growing the highest quality certified organic vegetables for over 40 years. Richard de Wilde, our founding farmer, is considered to be a pioneer in the organic farming community. Under his leadership we have developed farming practices to invest in the health of our soil and plants as we believe this will produce the most nutrient dense vegetables with exceptional flavor! Additionally, we foster biodiversity on our farm by maintaining year-round habitat for songbirds, bats, bees and other beneficial pollinators that become our allies in pest control. We also have an extensive food safety program and undergo an annual third-party audit. We are grateful for our skilled, dedicated and hardworking crew members who make this all happen. Your support of our farm allows us to pay a fair and living wage as well as provide benefits including health insurance and a retirement plan.



Eating with the Seasons

Throughout the seasons you will have the opportunity to enjoy a wide variety of vegetables. Making the transition to seasonal eating is a process and while many vegetables may be familiar, others may be new to you. We help you maneuver your seasonal eating adventure by providing resources to guide you in “eating out of the box” each week. Each delivery is accompanied by an informative newsletter containing storage and serving suggestions as well as recipes tested and developed by our own Farmer Andrea, a trained professional chef. Our members often comment that they love the surprise of opening their weekly box and are encouraged to prepare healthy, creative, yet simple meals. We invite you to join us in a seasonal CSA adventure and enjoy the value of a connection that goes beyond the food itself.

Become A Part of Your Farm!

We invite you to join us for fun farm events throughout the season including our annual Strawberry Day and Fall Harvest Party. With a little advanced notice, you are also welcome to visit the farm on your own. Our primitive meadow campgrounds are always available and will allow you to spend a pleasant night under the stars. We also invite you to take a hike on the trails through our woods or meander along our creek or riverbank.

Sample Boxes - Typical Amounts and Contents

Vegetable Program

May

- 1# Asparagus
- 1# Rhubarb
- 8 oz. Spinach
- 6 oz. Salad Mix
- 1# Baby Bok Choi
- 1# Overwintered Parsnips
- 1 Bunch Scallions
- 1 Bunch Spring Radish
- 1 Bunch Ramps (Wild Leeks)

August

- 1# Green Beans
- 3 Cucumbers
- 1 Bulb Italian Garlic
- 3 Sweet Peppers
- 2 Cantaloupe
- 3 Summer Squash
- 6 Ears Sweet Corn
- 1 Pint Red Grape Tomatoes
- 3# Tomatoes
- 1 Seedless Watermelon
- 4 oz. Basil
- 1# Sweet Spanish Onions

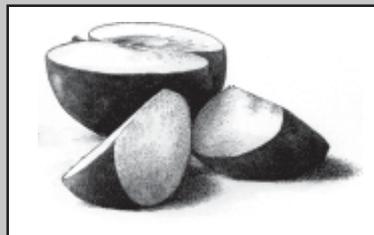
October

- 1 Head Broccoli
- 1# Carrots
- 1 Celeriac
- 8 oz. Spinach
- 1 Bulb Porcelain Garlic
- 1# Red Onions
- 3# Gold Potatoes
- 1 Bunch Lacinato Kale
- 1# Red Beets
- 1 Butternut Winter Squash
- 2# Sweet Potatoes
- 6 oz. Salad Mix

Summer

- 2# Red Flame Grapes
- 6 Yellow Peaches
- 1# Apricots
- 3 Mangoes
- 6 White Nectarines
- 2# Red Raven Plums
- 1 pint Blueberries

Fruit Program



Autumn

- 1 pint Cranberries
- 5# Satsuma Mandarins
- 1# Meyer Lemons
- 6 Braeburn Apples
- 1# Medjool Dates
- 5 Comice Pears

What We Have to Offer

CSAs create a direct relationship, or partnership, between you and the farm. You'll know your produce dollars go directly to the people who plant, tend and harvest your food. Being partners means sharing in the risk and bounty along with the farmer. When Mother Nature is particularly favorable, members receive more than expected. When the weather is unfavorable, they may receive less than expected. Harmony Valley Farm insulates members from most shortfalls by shifting quantities away from wholesale markets to our CSA members.

Organic Vegetables

With deliveries starting in May and extending through December, we offer one of the longest delivery seasons in the Midwest. Our vegetable shares are designed to meet the needs of a family of four and include a wide variety of vegetables throughout the season. Spring selections may include overwintered spinach & parsnips, asparagus, ramps, salad greens & spring radishes. As we transition into summer, selections may include green beans, cucumbers, sweet peppers, tomatoes, sweet corn, melons, summer squash and more. As we move into fall, we wrap up the season with a variety of hearty fall greens, sweet potatoes, Brussels sprouts, root crops (carrots, parsnips, beets, turnips, celeriac), cabbage, onions, garlic & winter squash. We've included a Harvest Calendar on the back of this brochure so you can see how the season will unfold.

Each delivery is accompanied by a newsletter which includes storage and preparation information as well as delicious recipes and updates from your farm. We offer a variety of share options to best meet the needs and eating habits of your household. You may choose from our Weekly, Every-Other-Week, Peak Season and Flex share options.

Organic Fruit

In this share we offer certified organic fruit, sourced at its peak from the best fruit growing regions of North America. Our fruit buyer, Rick, has been sourcing produce for as long as Richard has been growing vegetables! In keeping with the concept of CSA, Rick has helped us form many direct connections with remarkable fruit growers over the years.

Our fruit shares are delivered every-other-week from June through December. Summer fruit selections may include apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, peaches and pluots. Late season selections may include apples, pears, pomegranates, grapefruit, Medjool dates, cranberries, Satsuma mandarins, kiwifruit and persimmons.

Each fruit box contains some ready-to-eat fruit as well as some fruit that will ripen or store over the next 3-10 days. Boxes contain 5-7 different fruit selections with 10-16 pounds of fruit on average. With each delivery you will also receive a newsletter with ripening and storage instructions as well as information about the producers and the fruit selections in each box.



Organic, Fresh Roasted Coffee

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 in the coffee industry by *Coffee Review* and *Roast Magazine*. They are also a multi-year recipient of the *Good Food Award*.

Organic Beef and Pork

We raise certified organic, grass-fed Angus beef cattle and pastured pork. While our focus is on growing vegetables, animals are also an important part of our farm and help us maintain hillside pasture areas not suitable for vegetable production. We offer a variety of beef & pork packages for delivery to your CSA site in the months of May, November and December.

Our beef cattle are rotationally grazed on our rich hillside pastures in the spring, summer and fall. During the winter months we feed organic hay that we put up during the summer. Our pigs take full advantage of their days to explore the wooded hillsides, enjoy a snack in the wild apple orchards, create a nice mud wallow and then return to their home base at the end of the day...just in time to enjoy a load of vegetable scraps from the packing shed. In addition, we supplement their diet with a blend of organic grain.

Our animals are processed at Ledebuhr Meat Processing, Inc., a small-scale, family-owned and federally inspected meat plant located in Winona, Minnesota. An inspector is on-site to inspect each animal. All of our meat is hand-cut, packaged and freshly frozen just ahead of delivery to your CSA site.

Harvest Calendar - Estimated Annual Amounts for Weekly Boxes

CROP	Est. amount	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Arugula - 4 oz. bag - washed	2-4 bags									
Asparagus	3-4#									
Beans: green,yellow	5-7#									
Beets: red,gold,chioggia	10-15#									
Broccoli and broccoli romanesco	10-15#									
Brussels sprouts	3#									
Cabbage: red,green savoy,sweetheart	4-6 heads									
Carrots	20-25#									
Cauliflower: white,purple,cheddar	6 heads									
Celeriac	5-6 heads									
Cucumbers	25									
Daikon and beauty heart radish	5#									
Edamame (fresh soybean)	4-5#									
Eggplant	5-7									
Fennel	2-3#									
Garlic, green garlic,scapes	25-30 bulbs									
Greens: baby bok choi	3-5#									
Greens, chard: rainbow, golden	4 bunches									
Greens: assorted cooking (tat soi, amaranth,etc.)	8-10 bunches									
Greens: kale and collards	4 bunches									
Herbs:chives, basil	3 bu /1-2#									
Kohlrabi	3-4#									
Leaf lettuce	6-8 heads									
Leeks	3-4#									
Melons/watermelon	10 / 5									
Onions: scallions	6 bunches									
Onions: Sweet Spanish,red, yellow	25 #									
Parsnips	5-6#									
Peas: snap and snow	2-4#									
Peppers,sweet: bells & Italian frvers,mini-sweets	30-35 / 2-3#									
Peppers,hot: poblanos, roasters,jalapenos	10-15#									
Potatoes	30-35#									
Radishes:spring	4-5 bunches									
Ramps (wild leeks from the woods)	2-4 bunches									
Rhubarb	5-6#									
Rutabaga	3#									
Salad mix - 6 oz. bags - washed	6-8 bags									
Saute greens & baby kale - 8 oz. bag - washed	4-6 bags									
Spinach - 8 oz. bag - washed	6-8 bags									
Strawberries	8-10 pints									
Sunchokes	2#									
Sweet corn	2-4 doz.									
Sweet potatoes,cured	15-20#									
Tomatillos	3#									
Tomatoes: hybrid,heirloom, cherry,roma	25-30#									
Turnips: purple top,gold,scarlet, baby white	3#									
Winter squash: butternut, festival, etc.	15-18									
Zucchini and summer sauash	15-20#									

SUMMER FRUIT BOX: (10 boxes)										
Apricots, Avocados, Blueberries, Bing & Ranier Cherries, Fresh Figs, Grapes, Mangoes, Nectarines, Peaches, Pineapple, Pluots, Plums	10-13# Each									
WINTER FRUIT BOX: (6 boxes)										
Pink Lady Apples, Naval Oranges, Cranberries, Medjool Dates, Rio Star Grapefruit, Asian Pears, Kiwi fruit, Cara Cara, Red Navels, Meyer Lemons, Pomegranates, Tangerines, Clementines, Mangoes	16-18# Each									

The above table gives average amounts delivered through a weekly vegetable box or an every-other week fruit box in an average year. The shaded areas indicate when in the season the crops will likely be in your box. Harmony Valley Farm does not guarantee a minimum amount for any single crop.

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