



# 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 January. 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  
Harmony Valley Farm CSA  
today!

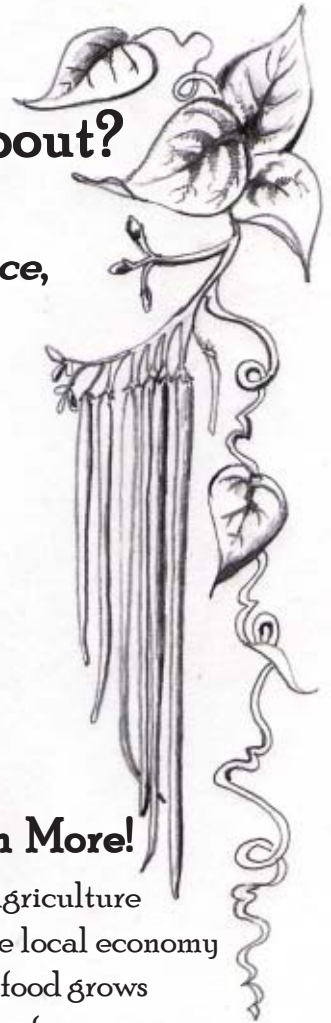
### What's it all About?

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 grows
- ⊗ Spending time at *your* farm
- ⊗ Partnering with farmers who grow your food
- ⊗ Eating healthier meals
- ⊗ Connecting to the seasons through food
- ⊗ Encouraging respect for the environment
- ⊗ Being a creative, adventurous cook
- ⊗ No GMO guarantee
- ⊗ Cheese, Fruit and Coffee Shares too!



## Our Philosophy

Harmony Valley Farm reaps the benefits of over 30 years farming experience from Richard de Wilde, who has been growing organic vegetables since 1973. Richard goes above and beyond organics, placing great value on soil fertility and on an integrated, healthy, natural growing environment. Richard has developed a complex system of cover cropping and applications of compost and minerals to promote healthy mineral balanced soils resulting in vegetables with exceptional flavor and nutrition. Planting and maintaining year-round habitat allows songbirds, bats, bees and beneficial insects to take up residence and become our allies in pest control. Experience is our guarantee, from season to season and year to year.



## Why CSA?

CSAs create a direct relationship, or partnership, between you and the farm. You'll know your produce dollar goes 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. HVF insulates members from most shortfalls by shifting quantities away from wholesale markets to our CSA members. You will also be supporting organic growing methods that protect soil resources and water quality.

## Eating with the Season

Joining our CSA is a seasonal eating adventure! CSA allows members to enjoy interesting, flavorful varieties of the freshest local produce. Our members often comment that they love the surprise of opening their weekly box and being encouraged to prepare healthy, creative meals. Our weekly newsletter helps members learn to cook unfamiliar vegetables with ideas, recipes and vegetable descriptions from our farm chef. In addition to our produce shares, we also offer our members mixed boxes of the highest quality organic fruit, fresh roasted fair-trade, organic coffee, organic cheese and Harmony Valley Farm raised certified organic Angus beef and pork. We partner with another local producer to offer organic chickens and turkeys in the fall. Step up to the challenge of seasonal eating through our CSA and you'll be making a commitment to your health at a less-than-retail cost!

## Become A Part of Your Farm!

That's right – our farm will become your farm. That's a connection no grocery store can offer. Members are always welcome to visit the farm, to work alongside the crew, or just come see what we do here! We also offer fun farm events throughout the season – check out your CSA calendar, available with your first delivery. Looking for a country getaway? Our primitive meadow campground is always available for members to enjoy! If you aren't able to make the trip, we invite member participation in box delivery, communications and planning.

## Sample Boxes - Typical Amounts and Contents

### May

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

### Vegetable Program

#### August

- 1# French Petit Beans
- 3 Cucumbers
- 1 Bulb Italian Garlic
- 3 Green or Colored Peppers
- 2 Cantaloupe
- 3 Summer Squash
- 1/2 Dozen Ears Sweet Corn
- 1 Pint Red & Yellow Grape Tomatoes
- 3# Tomatoes
- 1 Yellow Watermelon
- 4 oz. Basil

### October

- 1 Head Broccoli
- 1# Carrots
- 1 Celeriac
- 1 Red Savoy Cabbage
- 1 Bulb Porcelain Garlic
- 1# Red Onions
- 1/2# Shallots
- 1 Bunch Lacinato Kale
- 2 Festival Winter Squash
- 1 Butternut Winter Squash
- 2# Sweet Potatoes
- 6 oz. Salad Mix

### Summer

- 1 Pint Blueberries
- 2# Red Flame Grapes
- 8 "Dinosaur Egg" Pluots
- 5 White Nectarines
- 6 Yellow Peaches
- 1# Ranier Cherries
- 8 Apricots

### Fruit Program



### Winter

- 2 Pomegranates
- 3 # Red Navels
- 2 # Pink Lady Apples
- 3# Ruby Red Grapefruit
- 5 # Satsuma Mandarines
- 6 Red Anjou Pears
- 1 # Medjool Dates

# What We Have to Offer

## The Vegetable Program

Beginning early in 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 season, from less than 10 pounds in spring, to more than 20 pounds in late summer. We design our weekly produce box with the aim of providing for most of the produce needs of a family of four. Many of our smaller member households split the box with family or friends, or choose to receive a box every other week. We also offer a shorter “peak season” share and a “flex” schedule plan if you have summer travel plans. While tailoring each box to individual household preferences is not possible, we provide flexibility through an optional “choice” vegetable to add to your box on most weeks. An informative newsletter with recipes and tips from our farm chef accompanies each box and is also available on our website, along with back issues. Like many informed consumers, we are skeptical of the safety of genetically modified food crops. Members can be confident of the wholesomeness of their produce; we guarantee our produce to be free of transgenic varieties.

## Fresh Roasted Organic Coffee

Kickapoo Coffee is a family-scale enterprise whose mission is to establish direct partnerships with smallholder farmers from around the world while at the same time craft roasting delicious coffees. With the fresh coffee share, you will enjoy organic, fair trade coffee at its optimum freshness. Your coffee will be roasted only 1 or 2 days before it's delivered directly to your drop-off site. You won't be able to find freshness like this at the grocery store! Try any of Kickapoo's coffees and you will discover a full spectrum of flavors—from the deep, bittersweet chocolate tones in the Sumatran to the delicate floral aromas of the African beans. These differences are inherent in the raw beans, but it is only through intentional roasting and fresh coffee that these flavors are preserved and highlighted. With each delivery, you'll also receive the coffee newsletter containing information about the farmers they work with, their travels to coffee country, and other intriguing coffee tidbits. The coffee share will be 19 deliveries, every other week May-January.

## Extended Season Boxes

Our already long season is extended with these two extra CSA deliveries in January. These are large boxes full of our high quality root vegetables. This is your last chance to get Harmony Valley vegetables until May!

## The Fruit Program

For 16 weeks we deliver outstanding fruit from organic growers all around the country. Our fruit program focuses on peak of ripeness stone fruits, berries, citrus and grapes that can't be grown here in the upper Midwest. We also include local certified organic fruits when available. We deliver every other week mid June-January.



Each box contains some ready to eat fruit, like grapes or berries, and some fruits that will ripen or store over the next 3-10 days. Like the vegetables, we plan an amount that will meet the needs of a family of four, but, of course, people differ widely on how much fruit they eat.

## Organic Cheese Program

Our cheese share is a new offering to complement the produce you receive in the vegetable and fruit shares. We have partnered with several regional, certified organic dairies rotationally grazing their animals on mineralized, fertile pastures. Healthy animals grazing on nutritious grasses translate to superior milk, both in quality and nutrient value, which in turn produces a superior quality cheese. Each delivery will feature three kinds of cheese for a total of about 2.5#. Selections will include familiar cheeses such as cheddar, Colby, mozzarella, or Muenster, a unique vegetable cheese, and a specialty cow, sheep, or goat's milk cheese. The vegetable cheese will be made from Otter Creek dairy's milk and HVF vegetables, with planned flavors to include caramelized onion, roasted pepper, horseradish beet, and pesto cheddar. The specialty selection will include blue cheese, camembert, feta, ricotta, or fresh Brebis. The cheese newsletter will feature information about the farmers and cheese producers, details about cheese varieties, and recipes and serving suggestions to incorporate cheese with the seasonal produce in your vegetable and fruit boxes. The cheese share will be 19 deliveries every other week, May-January.

## Organic Meat Program

We rotationally graze Angus beef cattle on our rich hillside pastures and supplement their diet with a balanced mix of organic hay and grain to produce a lean, tasty meat. We are able to maintain excellent herd health without chemical or artificial intervention by raising them in a low-stress natural environment. A variety of beef packages are available and delivered freshly frozen to your CSA site in November, December, January and May. We also offer certified organic pork, turkeys, and chickens for our fall and winter deliveries. Check out our website for more information.

**We also offer several payment options and over 25 convenient neighborhood CSA delivery sites in the Twin Cities, Madison, and our local WI area.**

**Go to our website [www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com) for more details!**

# 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 #									
Basil	1-3#									
Beets; red, gold, chioggia	10-15 #									
Broccoli and broccoli romanesco	10-15#									
Brussels sprouts	3 #									
Cabbage: red, green, savoy, napa	4-5 heads									
Cantaloupe / watermelon	10 / 6									
Carrots: orange, red and yellow	20-25 #									
Cauliflower: white, purple, green	6 heads									
Celeriac	5-6 heads									
Cucumbers	25									
Currants	1-2 half pints									
Daikon and beauty heart radish	4 #									
Edamame (fresh soybean)	4-5 #									
Eggplant	6-8									
Fennel	2-3#									
Garlic, green garlic, scapes	25-30 bulbs									
Green beans: French, haricot vert	5-8 #									
Greens: chard, kale, bok choy, etc.	8-10 bunch									
Herbs: cilantro, dill, chives, sage	5-8 bunch									
Horseradish	½ #									
Kohlrabi	3-4 #									
Leaf lettuce, escarole, endive	6-8 heads									
Leeks	1-3 #									
Onions: red, yellow, cipollini, shallots	25 #									
Parsnips	5#									
Peas: snap and snow	2-4#									
Peppers: sweet bells / hot	30-40 / 10									
Potatoes	30-40#									
Ramps (wild leeks from the woods)	2-4 bunches									
Raspberries	5-6 half pints									
Rhubarb	5#									
Rutabaga	3#									
Salad mix - 6 oz. bags - washed	15 bags									
Sauté greens - 8 oz. bag- washed	4-6 bags									
Spinach - 8 oz. bag - washed	8-10 bags									
Strawberries	5-8 pints									
Sunchokes	3#									
Sweet corn	2-3 doz.									
Sweet potatoes	15-20#									
Tomatoes: hybrid, heirloom, cherry	25-30#									
Turnips: purple top, gold, scarlet, white	3#									
Winter squash: butternut, festival, etc.	15									
Zucchini and summer squash	40 small									

<b>SUMMER FRUIT BOX: (10 boxes)</b>										
Apricots, Avocados, Blueberries, Bing & Ranier Cherries, Fresh Figs, Grapes, Mangoes, Nectarines, Peaches, Pineapple, Pluots, Plums	12 - 15# Each									
<b>FALL/WINTER FRUIT BOX: (6 boxes)</b>										
Pink Lady Apples, Blood Oranges, Cranberries, Medjool Dates, Rio Star Grapefruit, Asian Pears, Bosc Pears, Mandarines, Mineolas, Cara Cara Red Navels, Meyer Lemons, Pomegranates, Tangerines, Clementines, Mangoes	18 - 20 # 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 CSA does not guarantee a minimum amount for any single crop.