

# Harmony Valley CSA Fruit Program

For 10 weeks in the summer and 6 weeks in the fall and winter, we assemble and deliver outstanding fruit from organic growers (many of them family farmers, like us) from 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.

*This is not designed to be an "eat more local fruit" share, although we do try to source locally when quantity and quality allow.*

We deliver the fruit share every other week - June through October and November through January.



Although we do not raise this fruit, members tell us the fruit is equal to our own produce's quality and flavor.

*Since our vegetable share boxes will include the fruit we grow here at the farm (rhubarb, strawberries, raspberries & various melons), your fruit share boxes will never include these items.*

## Summer Fruits

may include

- Apricots
- Apples
- Avocados
- Blueberries
- Cherries
- Fresh figs
- Grapes
- Mangoes
- Nectarines
- Peaches
- Plums
- Pluots/Aprium
- Pineapple

## Winter Fruits

may include

- Grapefruit
- Satsuma Mandarins
- Medjool Dates
- Pears
- Pomegranates
- Cranberries
- Mangoes
- Clementines
- Tangerines
- Lemons
- Kiwi
- Avocados
- Persimmons

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; however, people differ widely on how much fruit they eat. Some members split their box with another household. Each delivery is accompanied by a fruit share newsletter with ripening and storage tips, recipes, and information on the growers.

**Full Fruit Share:** 16 boxes, June—January \$672

**Summer Fruit Only:** 10 boxes, June—October \$440 Sign up for the Summer & Full Fruit by June 1 or before we sell out

**Winter Fruit Only:** 6 boxes, November—January \$252 Sign up for the Winter Fruit by October 20 or before we sell out

CSA Enrollment forms can be found online: <http://www.harmonyvalleyfarm.com/joinHVF09.pdf>