



## Harmony Valley Farm 2018 CSA Information and Sign-Up Form

CSA membership allows you to connect with the farm and people where your food is grown. As such, we will share together in the bounty and the risks associated with farming. We look forward to providing you and your family with the highest quality, clean, fresh and nutritious vegetables, fruit and coffee. Everything we grow and distribute is **Certified Organic**.

We offer **Vegetable, Fruit & Coffee** Shares for delivery to the **Twin Cities, MN; Madison, WI; and our local area (Viroqua, La Crosse & Onalaska)**. The information below outlines each of our shares with specific information to help you decide which shares best fit your needs. Delivery dates are listed as "Twin Cities/Local/Madison."

Each delivery is accompanied by a newsletter and email which includes information on storing and preparing your shares, delicious recipes and updates from your farm.

### Vegetable Shares

Our vegetable shares are designed to meet the needs of a family of four. Take time to thoughtfully consider which shares will best meet the needs and eating habits of your household.

**Weekly Vegetable Share:** 30 boxes, delivered weekly May 3/4/5 - Oct 25/26/27 and every other week Nov 1/2/3 - Dec 13/14/15  
**\$1050**

This share will give you the full seasonal experience from early spring through our peak summer season and concludes with our late fall season selections. Spring selections may include overwintered spinach & parsnips, asparagus, ramps, salad greens & spring radishes. See our "Peak Season" description below for our summer vegetable selections. Late season boxes may include a variety of root crops (carrots, parsnips, beets, turnips, celeriac), cabbage, onions, garlic, sweet potatoes & winter squash. The weekly share is the most economical option per box. If a weekly box is too much for you, consider finding another household to share the box with or consider our every-other-week or flex shares below.

**Peak Season Vegetable Share:** 20 boxes, delivered weekly June 14/15/16 through October 25/26/27  
**\$760**

This shorter season share features summer produce grown during the peak of our season. Box contents may include summer greens (such as swiss chard), green beans, cucumbers, sweet peppers, tomatoes, sweet corn, melons, summer squash and more.

**Every Other Week (EOW) Vegetable Share:** 17 boxes, delivered every other week May - December  
**\$629**

This share includes the same seasonal selections we pack in the weekly box, but delivered less frequently. EOW members pick up shares on either "GREEN" or "BROWN" weeks. Delivery calendars can be found on our website near the bottom of our home page. Please indicate your preference on your sign-up form. If no preference is selected, we will automatically schedule EOW members who have also signed up for a Fruit share to pick up on "GREEN" weeks (Fruit shares are also delivered on GREEN weeks). All other EOW members will automatically be scheduled for "BROWN" week deliveries. We are unable to change your delivery dates mid-season to accommodate vacations or other special occasions. If you would like the convenience of choosing and changing your delivery dates, please consider our "Flex" plan (see below).

**Vegetable Flex Plan:** Delivered May-December on the weeks of your choice. 10 box minimum purchase  
**\$38** per box

This share will allow you to choose which weeks you want to receive a delivery. Please use the delivery calendar available on our website to select preliminary delivery dates from May-December. Send this schedule to the farm along with your sign-up form. You will be able to make changes to your schedule throughout the season as long as you let us know by noon on Tuesday the week of the change. This option is also available for those who sign up part way into the season. This is a popular selection for members in smaller households or those that travel frequently for work or summer vacations. This has also become a popular gift for college students.

**Early Season Vegetable Trial Share:** 4 boxes, delivered **May-June** on the weeks of your choice.  
**\$144**

Interested in participating in a CSA but just not sure we're the farm for you? New to CSA and wanting to give it a try, but feeling a little hesitant about signing up for a full season? We get it! That's why we've created the EARLY SEASON VEGETABLE TRIAL SHARE just for you! Join us for 4 deliveries during May and June, the first two months of our CSA delivery season. You choose 4 of the 9 deliveries to your area during May and June and we'll send a vegetable box for you on those weeks. Eat our food, read our blog & newsletter, check out our informative emails, and get to know who we are. You'll even be invited to our annual Strawberry Day event at the farm in June! If, after 4 deliveries, you like what you've experienced and want more, just let us know and we will help you sign up for the rest of the season.

**Autumn Vegetable Share:** 4 boxes, delivered every other week November 1/2/3 - December 13/14/15  
**\$157**

Sign up by October 20 to receive a taste of what our farm offers at the end of our season, after many farms have finished with deliveries. Boxes may contain winter squash, garlic, onions, cabbage, Tat Soi, beets, carrots, winter radishes, sweet potatoes, Brussels sprouts and more! *These boxes are already included as part of the weekly and every-other-week shares.*

## Fruit Shares

Our fruit share is delivered every other week from June through December on designated "Green Weeks" only. In this share we offer certified organic fruit, sourced at its peak from the best fruit growing regions of North America. When available, we do include regional fruit in their season including apples and cranberries. Each box is packed for a family of four and contains a variety of 5 to 7 different fruit varieties, weighing 10-16 pounds on average. Each box contains some ready to eat fruit, and some fruit that will ripen and/or store over the next 3-10 days. Each delivery is accompanied by a newsletter, which includes information about the farms, ripening and storage instructions and recipes.

**Full Fruit Share:** 14 every other week deliveries on "Green" weeks from June 14/15/16 to December 13/14/15  
**\$560**

This share includes both the summer and autumn fruit shares. See the descriptions below for a list of seasonal selections.

**Summer Fruit Share:** 10 boxes delivered on "Green" weeks from June 14/15/16 to October 18/19/20  
**\$420**

Summer fruit boxes may contain apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, plums, pluots, early season apples and valencia oranges.

**Autumn Fruit Share:** 4 boxes delivered November 1/2/3 to December 13/14/15  
**\$160**

Autumn fruit boxes may contain apples, grapefruit, Satsuma mandarins, Medjool dates, pears, pomegranates, cranberries, mangoes, tangerines, lemons, kiwi, avocados, persimmons and fresh figs.

## Coffee Shares

We are happy to partner with Kickapoo Coffee Roasters to offer you their whole bean certified organic, fair trade, award winning coffee. Kickapoo Coffee Roasters is a family-scale enterprise located in Viroqua, Wisconsin where they roast the coffee for our share within days of delivery to you. Throughout the season you will enjoy a variety of selections sourced from around the world and featured in their peak season of freshness and availability. In general, our share features coffee selections that are a medium roast and includes both premium single origin coffee as well as seasonal blends created by our roasters. With each delivery you have the opportunity to learn more about the grower(s) who produced the coffee as well as its roast and taste profile.

**1 Pound Coffee Share:** 17 deliveries every other week on "Brown" weeks May 10/11/12 to December 13/14/15  
**\$206.55**

This share is great for households with daily coffee drinkers and may allow you to store up a little for the winter or for social gatherings.

**2 Pound Coffee Share:** 17 deliveries every other week on "Brown" weeks May 10/11/12 to December 13/14/15  
**\$413.10**

With this share you will pick-up two bags of coffee with each delivery, offering a great way to stock-up for the winter months or take to the office!

**Once a Month Coffee Share:** 9 deliveries, once a month May 10/11/12 to December 13/14/15  
**\$109.35**

This share will arrive every four weeks and is ideal for the weekend coffee drinker or smaller households.

**Autumn Coffee Share:** 4 deliveries, every other week November 1/2/3 to December 13/14/15  
**\$48.60**

Every delivery consists of a one pound bag of freshly roasted Kickapoo coffee.

## CSA Market Share (Madison Only)

**\$40 and \$100 Prepaid Punch cards redeemable at our Dane County Farmers' Market Stand April through October (Outdoor markets only) - includes 'free pick' bonus punches.**

If you enjoy making your own vegetable selections at the farmers' market or want to supplement your CSA share, consider purchasing a prepaid punch card. Each card purchased is valid through July 2019. You may use this card to purchase any produce item from our market stand. Each card includes "Free Picks" which represent a value of 10% of the purchase price of the card. You may redeem your "Free Picks" at any time during the season. The "Pick of the Week" will be farmer's choice and will change from week to week.

## Get Paid to Eat our Food

- Earn a \$10.00 HVF gift certificate for referring friends, family, co-workers or complete strangers! Be sure to tell them to include your name on the sign up form. Better yet, write your name in the referral line and hand out the sign-up forms!
- Some insurance companies offer rebates to their members for their CSA membership. Check with your insurance provider to see if this option is available to you. It is the CSA member's responsibility to submit any documentation needed to redeem your rebate. Save a copy of your sign up form & the receipt! **You must pay the farm directly in order to receive a receipt for a CSA share.**

### Payment Options

Signing up early in the season provides you with several different payment options, allowing you to find one that best fits your household and finances. Sharing households may choose any combination of the payment options below.

- Single Payment:** Enclose one check for the full amount, or set up a payment from your bank's online bill pay option
- Two Installments:** Enclose two checks, one with today's date and one dated for deposit on July 1, 2018. We will hold the second check until July 1, 2018. The first check must pay at least 50% of the order, with the second check paying the remainder.
- Two Installments, Deferred:** Enclose two post-dated checks with the dates April 1 and July 1, 2018.
- Monthly Electronic Debit:** Pay for your CSA membership over the course of the year. There is no extra cost to pay with this method, but there is a \$5 NSF fee for any month your payment does not go through. Provide us with a voided check or your routing and account numbers to authorize us to debit your account on or soon after the 15th of each month. At the end of the year we will rollover your 2018 order for the 2019 CSA season and continue withdrawals. We will send you an email with the 2019 share information and you can choose to make changes to your share(s) or payment methods. **We can also do a one-time withdrawal from your bank account.**
- Partner Shares and/or Food Stamps:** For low-income families, we encourage you to apply for a Partner Shares grant through FairShare CSA Coalition. Partner Shares provides financial assistance for low-income households to enroll in our vegetable CSA program. Fill out our 2018 CSA Agreement form, along with FairShare's Partner Share Application ([www.csacoalition.org/our-work/partner-shares](http://www.csacoalition.org/our-work/partner-shares)). Email both of these forms to FairShare ([info@csacoalition.org](mailto:info@csacoalition.org)) and to us ([csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com)). You may email or call FairShare (608) 226-0300 for more information as well.

### Lunds & Byerlys Stores - Friday Delivery

All Lunds & Byerlys Store Locations	27 store locations throughout the greater Twin Cities area. Visit <a href="http://harmonyvalleyfarm.com">harmonyvalleyfarm.com</a> and refer to our <b>Lunds &amp; Byerlys sign-up form</b> for more information and pricing	12pm - 9pm
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### Twin Cities Delivery Sites - Thursday Delivery

Delivery Site	Address	Times
St. Paul (Mac/Grove)	(NEW SITE) on Watson Ave (Between Snelling Ave & Cleveland Ave)	9am - 8pm
Power House at Highland	Snelling Ave (Gym Members only) (South of Randolph Ave)	9am - 7pm
Powderhorn	27th Ave S (Near E 35th St at Hiawatha & E 37th St)	9:45am - 8pm
Whittier	29th St W (Between W 28th St and W Lake St)	10am - 8pm
Kingfield/Lyn-Lake	Harriet Ave S (Harriet Ave S & W 37th St)	11am - 8pm
Linden Hills	Abbott Ave S (Off W 50th St)	11:30am - 8pm
St. Louis Park	Yosemite Ave S (Between Cambridge St & W 39th St)	12pm - 8pm
Bloomington	Quinn Rd (Near Poplar Bridge & Normandale)	12pm - 8pm
Eden Prairie	Creekside Ct (Near Valley View Rd & Evandale Blvd)	12:30pm - 8pm
South Plymouth	Rosewood Ln N (Off W Medicine Lake Dr & NW Blvd)	1pm - 8pm
NE MPLS	Stinson Blvd (Near NE Stinson Ave & NE Lowry Ave)	3pm - 8pm
Como Park	Barrett St N (Between Como Ave & Front Ave)	3:30pm - 8pm
Rosemount	Cameo Ave (Near Elementary & Middle Schools)	4:30pm - 8pm

### Local Delivery Sites - Friday Delivery

Delivery Site	Address	Times
Viroqua	Center St (Near Nelson's)	4pm - 8pm
La Crosse	S 16th St (Off Main St)	4:30pm - 8pm
Onalaska	Pralle Rd (Off Cty Rd OS)	5pm - 8pm
The Farm	S3442 Wire Hollow Rd	3pm - 8pm

### Madison Delivery Sites - Saturday Delivery

Delivery Site	Address	Times
Richland Ctr	Covered Bridge Dr. (½ way between Hwy 14 & Cty A)	7am - 3pm
Mazomanie	Wall St (off Hwy 14)	8am - 5pm
Cross Plains	Tubbs Ct (Off Ludden Dr)	8am - 5pm
Parkwood Hills	Bryce Canyon Circle (Off N Yellowstone Dr)	8am - 2pm
Jenifer	Jenifer St (Between S Few St & S Ingersoll St)	8am - 5pm
Union	Union St (East of Washington, North of Milwaukee)	8:30am - 5pm
Elmside	Elmside Blvd (Off Atwood Ave)	8:30am - 5pm
Lakeside	W Lakeside St (Near Olin Ave and S Park St)	9:30am - 5pm
Rugby Row	Rugby Row (Near West High)	10:30am - 5pm
Orchard	Orchard Dr (Between Mineral Point & Tokay)	11am - 5pm
Robin Circle	Robin Circle (North of Mineral Point, near Robin Greenway Park)	11:30am - 5pm
Heatherdell	Heatherdell Ln (Near Todd Dr & Post Rd)	11:30am - 5pm
Argyle	Argyle Ct (Near Maple Grove & Cross Country)	12pm - 5pm
Mifflin on the Square	Vegetable shares only at the Farmers' Market	6:30am - 12:30pm

**We are interested in adding a weekday residential delivery option for the 2019 CSA season. If you are interested in this option or being a site coordinator, please email [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com)**

# Harmony Valley Farm 2018 CSA Agreement Form

**Fill out this form and send with your payment to the farm. Keep a copy for your records!**

Sharing Households: If you are sharing your box with another household, remember that the farm packs only one box for your share; it is up to you to decide how to split it. Some households meet and physically split the box contents; others alternate weekly pickups so each household gets a full box every other delivery. Household 1 will be listed on the check off list, and will be the primary contact for your site coordinator. Please list the contact info for both households if you plan on sharing boxes and remember who is listed as Household 1. Thank you!

Household 1

Household 2

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Email \_\_\_\_\_

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Email \_\_\_\_\_

Quantity	Share	Pricing	Total
	Weekly Vegetable	\$1050.00	
	Peak Season Vegetable	\$760.00	
	Every Other Week Vegetable: Circle <b>Green</b> or <b>Brown</b> week delivery preference	\$629.00	
# of boxes _____	Vegetable Flex Plan (minimum of 10 boxes) Please include your preliminary delivery dates with this form	\$38.00 per box	
	Early Season Trial Share	\$144.00	
	Autumn Vegetable Share	\$157.00	
	Full Fruit	\$560.00	
	Summer Fruit Only	\$420.00	
	Autumn Fruit Only	\$160.00	
	One Pound Coffee	\$206.55	
	Two Pound Coffee	\$413.10	
	Once a Month Coffee	\$109.35	
	Autumn Coffee	\$48.60	
	CSA Market Card (Madison only)	\$40 or \$100	
	Grand Total		

Please indicate your delivery site:  
 1st choice \_\_\_\_\_  
 2nd choice \_\_\_\_\_

**PAYMENT OPTIONS:**

- \_\_\_\_\_ **Single Payment**
- \_\_\_\_\_ **Two Installments**
- \_\_\_\_\_ **Two Installments, Deferred**
- \_\_\_\_\_ **Monthly Electronic Debit:** Please sign below to authorize us to debit your account on or soon after the 15<sup>th</sup> of each month. Be sure to include a voided check with your order.
- \_\_\_\_\_ **One-Time Electronic Debit:** Please sign below to authorize us to debit your account on or soon after the 15<sup>th</sup> of the month. Include a voided check with your order.

**Authorized Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Site and Pick Up Information**

You will receive an email notification when your order is received. A receipt/invoice, directions to your site and instructions for picking up your shares will be mailed to you before deliveries begin. It is your responsibility to become familiar with this information and to keep it handy all season long.

I would like to become a member of Harmony Valley Farm's Community Supported Agriculture program. As a CSA member I understand that I share in the bounty as well as the risks that accompany farming and that the farm plants and harvests with my share in mind. For this reason, I understand that Harmony Valley Farm CSA membership is a season long commitment. If I can't finish out the season as a member, for whatever reason, it is my responsibility to reassign my share and ensure payments are made. I understand that it is my responsibility to know when and where to pick up my shares and to do so following the guidelines outlined by Harmony Valley Farm.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I am a new CSA member and was referred by or learned about HVF from: \_\_\_\_\_

**Please send form and payment to:**

**Harmony Valley Farm  
 S3442 Wire Hollow Rd  
 Viroqua, WI 54665**

**Phone:** (608) 483-2143 x2

**Fax:** (608) 483-2151

**Email:** csa@harmonyvalleyfarm.com

**www.harmonyvalleyfarm.com**

02.15.2018