



CSAs create a direct relationship between you and the farm. You'll know your produce dollar goes directly to the people who plant, tend and harvest your food. Joining our CSA is a seasonal cooking and eating adventure! Being partners means sharing in the risk and the bounty with the farmer. Sometimes you'll receive more or less than you expected of certain items in your box, depending on growing conditions. **Please read the information included in these pages as well as in our brochure to help you decide which shares are right for you. Then, fill out the order form on the last page and mail to the farm with your payment.** We have a long delivery season, so make sure to keep a copy of the form for yourself. We'll mail you a receipt and detailed information about your delivery site and start date – keep that info handy too!

For the vegetable shares, we offer a discount if you sign up before March 1, 2009 (our growing season starts in March, so we'd like to know who and how many we're growing for at that point!); most of our shares also have a sign up deadline. If you miss the deadline or deliveries have already begun, contact the farm for pro-rated pricing on the cheese, coffee and fruit shares. You can add these shares at just about any point during the season! For vegetable shares, we ask that you sign up for the Flex delivery plan if deliveries have commenced and deadlines have passed.

Weekly Produce Share – 30 boxes, delivered May – December. A seasonal selection of fresh, clean, organic produce delivered weekly May 7/8/9 through October and every other week in November and December. This share includes early season favorites like overwintered spinach & parsnips, ramps, and asparagus, peak growing season items (see list below), and late season produce such as Brussels sprouts, parsnips, winter radishes and sweet potatoes. Expect it to meet the produce needs of the average household of two adults and two children. This is the most economical option per box, and our preference for simplicity. If a box every week is too much for you, try splitting or alternating weekly boxes with another small household.

Price before March 1: \$850, after March 1: \$890

Sign up deadline April 30.

Peak Season Share – 20 boxes, delivered weekly June through October during the height of the Midwestern growing season.

Expect this share to meet the produce needs of the average family of four. This shorter season share features summer produce including green beans, cucumbers, sweet peppers, tomatoes, sweet corn, melons, raspberries, summer squash, salad mix and more. Weekly deliveries June 11/12/13 through October 22/23/24.

Price before March 1: \$660, after March 1: \$680

Sign up deadline May 30.

Every other Week (EOW) Produce Share – 17 boxes, delivered every other week May – December. The same seasonal selection of clean, organic produce we pack in the weekly box, but delivered less frequently. This should meet the needs of smaller households (2 adults, depending on your cooking and eating habits). EOW members pick up shares on either "brown" or "green" weeks. If you sign up for cheese, coffee or don't order any other shares, we will automatically sign you up for "brown" week deliveries, unless you request otherwise. If you sign up for fruit shares, we will designate you for "green" week deliveries, unless you request otherwise. 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 switching your delivery dates, please consider our "Flex" plan (see below).

Price before March 1: \$545, after March 1: \$560

Sign up by April 30.

Flex Plan – Choose the weeks you wish to receive a box, with a minimum of 14 boxes. This option is great for summer vacation plans or for those who travel frequently. Cost is calculated per box. There is no sign up deadline for this share; if you miss the deadlines for the other shares and/or deliveries have already begun, this is the plan available to you. Please return the flex plan calendar with your chosen delivery dates and return it to the farm with your sign up. You will be able to make changes to this schedule throughout the season, as needed, as long as you give us at least four days notice.

\$34 per box

Extended Season Share - Two large boxes full of high quality root vegetables, delivered in January 2010. This is your last chance to get Harmony Valley Farm veggies until May! Boxes may contain beets, cabbage, carrots, celeriac, beauty heart radish, garlic, onions, parsnips, potatoes, sunchokes, turnips and a special surprise. **\$80, sign up by November 1.**

Our vegetable share boxes will vary in size from 1/2 to 3/4-bushel boxes, depending on the season and box contents. Rather than quantify our shares by bushel or weight, we consider what the average family can use in a week.

Besides clean and fresh vegetables, our certified organic produce shares will also contain the seasonal fruits we grow on our farm including rhubarb, currants, strawberries, raspberries and melons. These fruits will *not* be included in the separately purchased fruit shares, sourced from other growers across North America.

Every CSA share delivery arrives with an email delivery reminder and a newsletter including recipes, storage and preparation tips, and news from the farm. All our newsletters and recipes are also available online! Our summer farm chef is a great resource for you as well. Plus, all CSA members are invited to participate in our farm events: Join us for Strawberry Day in June, the Summer Barn Dance in July, and our Harvest Party in September.

PLEASE SEE OUR HARVEST CALENDAR ON THE LAST PAGE OF OUR BROCHURE FOR WHAT YOU MIGHT EXPECT IN YOUR BOXES THROUGHOUT THE GROWING SEASON. SEE THE NEXT PAGE FOR CHEESE, FRUIT AND COFFEE SHARE INFO.

Full Cheese Share: Our cheese share is a great way to complement your vegetable and fruit shares! We have partnered with several regional, certified organic dairies rotationally grazing their animals on mineralized, fertile pastures to bring you an every other week (twice a month) delivery of about 2.5# of organic cheese. Each delivery will feature three kinds of cheese including seasonal cheddars, Muenster, or Colby; uniquely flavored vegetable cheeses featuring HVF veggies and Otter Creek Dairy's milk, such as Green Garlic Jalapeño, Ramp, or Carrot Dill; and a specialty cow, sheep or goat's milk cheese such as a Camembert, Brebis, feta or Blue. Cheese is delivered May – January on "brown" weeks, the same weeks as coffee deliveries, and is accompanied by a newsletter with recipes and tips to help you incorporate the cheese with the produce in your vegetable and fruit shares.

Full Cheese Share – 19 deliveries, May – January \$500 Sign up by April 30

Once a month Cheese share: If you think the full cheese share might be too much for your household, try our Once a Month Cheese Share. You'll receive the same selections and quantities described above, just less frequently. Many of the cheeses will store for a month or more, so you'll stay well supplied until the next delivery.

Once a month Cheese Share - 10 deliveries, May – January \$270 Sign up by April 30

Cuatro Queso (Four Cheese) Special: Not sure if the cheese share is right for you? Sign up to receive the first four cheese deliveries for only \$100. This is your chance to try out the cheese share; decide after the third delivery whether you'd like to continue for the rest of the season. No pressure, no commitment!

Deliveries May 14/15/16, May 28/29/30, June 11/12/13, June 25/26/27. \$100, sign up by April 30.

Fruit Share – An every other week box of certified organic fruit, sourced at its peak from the best fruit growing regions of North America. We try to source local, organic fruit when we are able, but much of the fruit comes from the West Coast. Like the vegetable shares, we plan an amount that will meet the fruit needs of the average family of four, but people differ widely on how much fruit they eat. In general, each fruit share box will contain a mix of 6-8 different fruits and weigh between 12-18 pounds, depending on box contents and season. There are sixteen deliveries total for the Full fruit share, or choose Summer fruit only (10 boxes, June-October) or Winter fruit only (6 boxes, November – January). Fruit is delivered on "green" weeks, the opposite of coffee & cheese share deliveries. Each delivery is accompanied by a fruit share newsletter with ripening and storage tips, recipes, and information on the growers. Since our vegetable share boxes will include the fruit we grow here at the farm (rhubarb, currants, strawberries, raspberries & various melons), your fruit share boxes will not include any of those items.

Full Fruit Share – 16 boxes, June – January \$640 The full fruit share includes both the summer and winter share deliveries. See list of possible box contents, below. **Sign up by June 1**

Summer Fruit Share – 10 boxes, June – October \$420 Summer fruit boxes may contain apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, peaches, plums, pluots, and pineapple. **Sign up by June 1**

Winter Fruit Share – 6 boxes, November – January \$240 Winter fruit boxes may contain apples, avocados, grapefruit, Satsuma mandarins, Medjool dates, pears, pomegranates, cranberries, mangoes, Clementines, tangerines, lemons, kiwi, avocados, persimmons, guavas, and figs. **Sign up by October 20**

Kickapoo Coffee Share: An every other week delivery of one or two pounds of whole bean, certified organic, fair trade Kickapoo Coffee. Coffee is freshly roasted the day before delivery, in nearby Viroqua; varieties rotate weekly. Coffee is delivered on 19 "brown" weeks May – January, and each delivery is accompanied by a newsletter with information on the origins of the bean, roasting technique, brewing tips, and recipes.

19 Deliveries, 1 pound: \$185 (The first delivery of the season arrives in Kickapoo's recyclable, reusable 12 oz steel can)

19 Deliveries, 2 pound: \$360 (The first delivery of the season arrives in two of Kickapoo's recyclable, reusable 12 oz steel cans)

CSA Member Responsibilities

•As a CSA member, you share in the bounty as well as the risks that accompany farming. CSA membership allows you to forge a connection with your food, the farm where it is produced, and the people who grow the crops. As such, Harmony Valley Farm CSA membership is a season long commitment. If you can't finish out the season as members, for whatever reason, you are welcome to reassign your share to another household, but in general we don't issue refunds for shares.

•Try new things! Be a good example to your children and eat your greens, take pleasure in the familiar as well as the unfamiliar. Challenge your culinary skills with new recipes, new combinations, and new ingredients.

•It is your responsibility to know when and where your share will be delivered and to pick it up during your site's open hours, on delivery day. The farm will not issue credit for unclaimed or forgotten shares.

•If you are unable to pick up your box on delivery day, make alternate arrangements for your produce ahead of time. You can ask someone else to pick up your box for you, you can ask the farm not to make a box for you that week, or you can ask your site coordinator to hold your box for you for a later pick-up.

•Keep a copy of your order form, receipt and site coordinator contact info. We have a long delivery season and knowing your delivery dates and what you are signed up for will save us a lot of time and postage.

•Read the newsletters that accompany each delivery. Besides news from the farm, we communicate important announcements, provide recipes, and extend invitations and special offers to you through them.

Payment Options

In exchange for your early season investment in the farm, we commit to delivering the best produce throughout the season. We know that payment in full is not realistic for some households, so we offer several payment options. For low-income families, we encourage you to apply for a Partner Shares* grant through MACSAC (you can also donate to Partner Shares* and earmark your donation for a Harmony Valley Farm CSA membership); we are also authorized to accept food stamps.

Choose the payment option that best suits you:

- Single Payment:** Enclose one check for the full amount (We will deposit checks after January 1, 2009)
- Two Installments:** Enclose two checks, one with today's date and one dated for deposit on July 1, 2009. We will hold the second check until July 1, 2009.
- Two Installments, Deferred:** Enclose two post-dated checks with the dates April 1 and July 1, 2009.
- Monthly Electronic Debit:** Pay for your CSA membership over the course of the year. The earlier you sign up and start payments, the lower your monthly amount will be! Simply total your CSA share cost and divide by the number of months left in the year to calculate your monthly withdrawal. 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. You provide us with the routing and account numbers for your checking account and authorize us to debit your account on or after the 15th of each month. In November & December, we will invite you to "automatically rollover" your CSA membership and payments for the next season. If the ACH payment method no longer works for you or you're not sure what you'll sign up for in the next season, let us know and we'll make sure to cease withdrawals after your last payment. Do nothing and we will continue your withdrawals, starting in January 2010 for the next season.
- Food Stamps:** Harmony Valley Farm is authorized to accept food stamps. Please call the farm to arrange.
**MACSAC Partner Shares - Partner Shares provides financial assistance for low-income households to enroll in our CSA program. Go to www.MACSAC.org or call 608/226-0300 for more information.*

CSA Delivery Sites & Pick up Guidelines

•We have more than 25 convenient CSA delivery sites in our three delivery areas. All of our CSA sites are located in a CSA member's garage or porch and are open during certain hours on delivery day.

•CSA share pickups are completely self-serve and on the honor system. Your site will be open during the hours stated on the info sheet, but your site coordinator will not necessarily be at home. If you forget to pick up your share, you should contact your site coordinator as soon as possible to claim your box. After open hours on delivery day, however, there is no guarantee that there will be a box waiting for you. If you arrive at your site on delivery day and there isn't a box for you, you must contact both your site coordinator and the farm; you may have to go to a different site, but we are generally able to source an extra box if needed.

Madison Delivery Sites

Saturday Delivery

Mazomanie	508 Henry St. (near Westside Park)	8 am - 5 pm
Cross Plains	1910 Cross St.	8 am - 5 pm
9 N. Strathfield Circle	(off N. Gammon Rd.)	8 am - 5 pm
14 Southwick Cir.	(off Westfield Rd. near Mineral Point)	8 am - 5 pm
617 Sprague	(off Monroe, near Edgewood)	9 am - 5 pm
2318 Rugby Row	(near West High)	9:30 am - 5 pm
1 Robin Circle	(near Mineral Point and Segoe)	10 am - 5 pm
5013 Bayfield Terrace	(off N. Whitney Way)	10:30 am - 5 pm
6701 Putnam Rd.	(near McKenna Blvd)	11:00 am - 5 pm
1123 Jenifer St.	(behind Willy St. Coop)	8 am - 5 pm
443 Sidney St.	(between E. Johnson & Sherman)	8 am - 5 pm
533 Elmside Blvd.	(off Atwood Av.)	8:30 am - 5 pm
833 W. Lakeside	(near Olin Av. and S. Park St.)	9 am - 5 pm
Mifflin on the Square	Vegetable pick ups only at the Farmer's Market	7am-Noon

Twin City Delivery Sites

Thursday Delivery

ST PAUL (Mac/Groveland)	1447 Jefferson Ave	2 - 8pm
BLOOMINGTON	N.W. Health 2501 W. 84th St.	12 - 6pm
EDEN PRAIRIE	12772 Gordon Dr	12:30 - 8pm
PLYMOUTH	18410 25th Ave. N.	1 - 8pm
MAPLE GROVE	7171 Yucca Circle	1:30 - 8pm
LINDEN HILLS	4944 Abbott Ave. S.	2 - 8pm
LYN-LAKE	3652 Harriet Ave. S.	2:30 - 8pm
WHITTIER	2624 Blaisdell Ave	3 - 8pm
POWDERHORN	3604 27th Ave. S.	3:30 - 8pm
NE MPLS	2307 Benjamin St. NE	4 - 8pm
COMO PARK	870 Como Ave. St. Paul	4:30 - 8pm
ROSEMOUNT	14385 Cameo Ave.	5 - 8pm

Local Sites

Friday Delivery

VIROQUA 109 Center Street 4 - 8 pm
 LA CROSSE 122 S. 16th Street 4 - 8 pm
 ONALASKA N 4351 Pralle Rd. (off Cty Rd OS) 5 - 8 pm
 The FARM S 3442 Wire Hollow Rd. 3 - 8 pm

(Members choosing to pick up at the farm may subtract \$50 from the cost of your Weekly Produce Share. Sorry, no discount for other shares.)

Get Paid to Eat Our Food!

- Some insurance companies offer rebates to their members who sign up for a CSA share. Check with your insurance provider and if they don't offer this program, ask them to! Go to www.MACSAC.org to find out about the Physician's Plus, Group Health, Dean, and Unity programs. It is up to you, the CSA member, to submit any documentation needed to redeem your rebate. Save a copy of your sign up form & the receipt that we send to you!
- We will send you a HVF gift certificate for every new member who lists you as a referral on his or her sign up form. We believe word of mouth is the best way to connect with food lovers who will really enjoy being part of our farm.

Harmony Valley Farm 2009 CSA Agreement Form

Fill this out 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. Please be sure you know under what name your share is listed; Household 1 is listed first 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. Thanks!

<p>Household 1</p> <p>Name _____</p> <p>Address _____</p> <p>City _____ State _____</p> <p>Zip _____ Phone _____</p> <p>Email _____</p> <p>Email _____</p>	<p>Household 2</p> <p>Name _____</p> <p>Address _____</p> <p>City _____ State _____</p> <p>Zip _____ Phone _____</p> <p>Email _____</p> <p>Email _____</p>
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Quantity	Share	Until March 1	After March 1	Total
	Weekly Produce	\$850	\$890	
	Peak Season	\$660	\$680	
	Every Other Week: Circle Green or Brown week delivery preference	\$545	\$560	
# of boxes____	Flex Plan	\$34 per box	\$34 per box	
	Extended Season	\$80	\$80	
	Full Cheese Share	\$500	\$500	
	Once a Month Cheese Share	\$270	\$270	
	Cuatro Queso	\$100	\$100	
	Full Fruit Share	\$640	\$640	
	Summer Fruit Only	\$420	\$420	
	Winter Fruit Only	\$240	\$240	
	One Pound Coffee	\$185	\$185	
	Two Pound Coffee	\$360	\$360	
	Grand Total			

Please indicate your delivery site:

Single Payment: Enclose one check for the full amount (We will deposit checks after January 1, 2009)
Two Installments: Enclose two checks, one with today's date and one dated for deposit on July 1, 2009. We will hold the second check until July 1, 2009.
Two Installments, Deferred: Enclose two post dated checks with the dates April 1 and July 1, 2009.
Food Stamps: Contact the farm to arrange
Monthly Electronic Debit: Provide us with the routing and account numbers for your checking account and authorize us to debit your account on or after the 15th of each month. You may send a voided check, or list your account info here:

Routing: _____

Account: _____

Authorized Signature: _____

Date: _____

A receipt, directions to your site, and instructions for picking up your share will be mailed to you when your order is processed.

I understand joining the Harmony Valley Farm CSA is a season long commitment.
 As a member, I agree to share in the bounty and the risks of farming with the farmers and the other CSA members.
 I also understand my responsibilities as a CSA member.

Signature _____ Date _____

I am a new CSA member and was referred by _____

Please list the event or person you heard about Harmony Valley Farm from and we will send them an HVF gift certificate.

Please send form and payment to:

Harmony Valley Farm

S. 3442 Wire Hollow Rd

Viroqua WI 54665

Fax 608/483-2151

Phone 608/483-2143 x2

email: csa@harmonyvalleyfarm.com

www.harmonyvalleyfarm.com

For office use

Customer #

Order #

Invoice #

