



Harmony Valley Farm 2016 CSA Information and Sign-Up Form

CSA membership allows you to connect with the farm and the 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 & Oriskany)**. The information below outlines each of our shares with specific information to help you decide which share is best for your needs. Delivery dates are listed as "Twin Cities/Local/Madison."

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. **We are happy to be able to maintain 2015 pricing for our 2016 season.** Each delivery is accompanied by a newsletter which includes information on storing and preparing your vegetables, delicious recipes and updates from your farm.

Weekly Vegetable Share: 20 boxes, delivered weekly May 16/17 - Oct 27/28/29 and every other week Nov 3/4/5 - Dec 15/16/17
\$960

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 share below.

Peak Season Share: 20 boxes, delivered weekly June 16/17/18 through October 27/28/29
\$735

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
\$603.50

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).

Flex Plan: Delivered May-December on the weeks of your choice. 14 box minimum purchase
\$37 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 partway into the season. This is a popular selection for members on smaller households or those that travel frequently for work or summer vacations. This has also become a popular gift for college students.

Autumn Share: 4 boxes, delivered every other week November 3/4/5-December 15/16/17
\$154

Sign up by October 21. 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.*

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 2017. 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. Lost or stolen cards cannot be replaced.

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, cranberries and cherries. 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. Our fruit share has changed from previous years' offerings. We will no longer be delivering shares in January, however we are happy to maintain our 2015 price per box for the 2016 season.

Full Fruit Share: 11 every other week deliveries on "Green" weeks from June 16/17/18 to December 15/16/17
\$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 16/17/18 to October 20/21/22
\$420

Summer fruit boxes may contain apricots, avocados, blueberries, cherries, fresh figs, grapes, mangoes, nectarines, peaches, plums, pluots, apples, Valencia oranges and pineapples.

Autumn Fruit Share: 4 boxes delivered November 3/4/5 to December 15/16/17
\$160

Autumn fruit boxes may contain apples, grapefruit, Satsuma mandarins, Medjool dates, pears, pomegranates, cranberries, mangoes, Clementines, tangerines, lemons, kiwi, avocados, persimmons and 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. 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 repeatedly in the coffee industry. This past year, five of their coffees received an "Outstanding" rating by *Coffee Review*. In 2012-2014 and 2016 they were a Good Food Awards winner and were named the 2010 Micro Roaster of the Year by *Roast Magazine*.

With each delivery you will also receive a newsletter highlighting the selection of the week and the story of the grower(s) who produced it. Coffee shares are delivered on "Brown Weeks" only. We will no longer be delivering shares in January, however, we are fortunate to be able to maintain our 2015 price per pound for the 2016 season.

1 Pound Coffee Share: 17 deliveries every other week on "Brown" weeks May 12/13/14 to December 15/16/17
\$196.35

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 12/13/14 to December 15/16/17
\$392.70

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 12/13/14 to December 15/16/17
\$103.55

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 3/4/5 to December 15/16/17
\$46.20

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

Get Paid to Eat our Food

- Earn a \$10.00 HVF gift certificate for referring friends, family and co-workers! Be sure to tell them to include your name on the sign up form.
- 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 bill 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; we will issue a receipt to any household that pays towards a share.

- Single Payment:** Enclose one check for the full amount.
- Two Installments:** Enclose two checks, one with today's date and one dated for deposit on July 1, 2016. We will hold the second check until July 1, 2016. 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, 2016.
- 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! 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 debit your account on or soon after the 15th of each month. At the end of the year we will rollover your 2016 order for the 2017 CSA season and continue withdrawals. If at that time you decide you want to change payment methods, change your share(s) or are not able to participate in the 2017 season, you can let us know and we will cease the withdrawals. If you prefer a one-time withdrawal from your bank account, please contact the farm to arrange this option.
- Food Stamps:** Fill out our 2016 CSA Agreement form, along with FairShare's Partner Share Application (www.csacoalition.org/our-work/partner-shares). Email or mail both of these forms to Erika at FairShare (erika@csacoalition.org) and to us (csa@harmonyvalleyfarm.com). Erika will be in contact with you to help you finish the sign up process.
- Partner Shares:** For low-income families, we encourage you to apply for a Partner Share grant through FairShare CSA Coalition. Partner Shares provides financial assistance for low-income households to enroll in our vegetable CSA program. Members in each of our delivery areas are eligible to apply and participate. Go to www.csacoalition.org or call (608) 226-0300 for more information. (Members may also donate to Partner Shares and earmark your donation for a Harmony Valley Farm CSA membership).

Two Cities Delivery Sites - Thursday Delivery

| Delivery Site | Address | Times |
|--|--|---------------|
| St. Paul (Mac/Grove) (NEW SITE) | Palace Ave. (Between Snelling Ave & Randolph Ave) | 9am - 1pm |
| Powderhorn | 27th Ave. S. (Near E 35th St. at Hiawatha & E 37th St.) | 9:45am - 8pm |
| Whittier | 29th St. W. (Between V. 28th St and W. Lake St.) | 10am - 8pm |
| Kingfield/ Lyn-Lake | Marriet Ave. S. (Marriet Ave S. & W 37th St.) | 11am - 8pm |
| Linden Hills | Abbott Ave. S. (Off W. 50th St) | 11:30am - 8pm |
| Bloomington | Quinn Pl. (Near Polar Bridge & Normandal) | 12pm - 8pm |
| Eden Prairie | Creekside C. (Near Valley View Fd. & Edendale Blvd) | 12:30pm - 8pm |
| South Plymouth | Rosewood Ln N. (Off W. Medicine Lake Dr. & NW Blvd) | 1pm - 8pm |
| North Plymouth | Cheshire Ln N. (Near Lake Camelot) | 2pm - 8pm |
| NE MFS | Stinson Blvd. (Near NE Stinson Ave & NE Lowry Ave) | 3pm - 5pm |
| Como Park (NEW SITE) | North Barrett St. (Between Como Ave & Front Ave) | 3:30pm - 8pm |
| Rosemount | Cameo Ave. (Near Elementary & Middle Schools) | 4:30pm - 8pm |

Madison Delivery Sites - Saturday Delivery

| Delivery Site | Address | Times |
|--------------------------|---|------------------|
| Mazomanie | Henry St. (Near Westside Park) | 8am - 5pm |
| Cross Plains | Tubbs Ct. (Off Ludden Dr.) | 8am - 5pm |
| Strathfield | Strathfield Cir. (Off N. Gammon Rd.) | 8am - 2pm |
| Jenifer | Jenifer St. (Behind Wily Mt. Coop) | 8am - 5pm |
| Union | Union St. (East of Washington, north of Milkwaukeee) | 8:30am - 5pm |
| Elmside | Elmside St. (Off Atwood Ave.) | 8:30am - 5pm |
| Lakeside | W. Lakeside (Near Oak Ave. and S. Park St) | 9:30am - 5pm |
| Rugby Row | Rugby Row (Near West High) | 10:30am - 5pm |
| Orchard | Orchard Dr. (Between Mineral Point & Tokoy) | 11am - 5pm |
| Marquette | Marquette Trail (Off S. Whitney Way) | 11:30am - 5pm |
| Heatherdell | Heatherdell Lane (Near Todd Dr. & Post Road) | 11:30am - 5pm |
| Argyle | Argyle Court (Near Maple Grove & Cross Country) | 12pm - 5pm |
| Mifflin on the square | Vegetable share only at the Farmer's Market | 6:30am - 12:30pm |

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. | 6pm - 8pm |

Site and Pick Up Information

We will send you detailed information regarding your site hours, delivery schedule and instructions for picking up your shares in April, prior to the start of deliveries. Watch for this packet in the mail!

2017 CSA information will be available in December. Please see our Autumn CSA Share Sign-Up Form for 2016 shares currently available!

Harmony Valley Farm 2016 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 _____

| Quantity | Share | Pricing* | Total |
|------------------|---|-----------------|-------|
| | Weekly Vegetable | \$960.00 | |
| | Peak Season Vegetable | \$735.00 | |
| | Every Other Week Vegetable: <small>Circle Green or Brown week delivery preference</small> | \$603.50 | |
| # of boxes _____ | Vegetable Flex Plan: <small>(minimum of 4 boxes) Please include your preliminary delivery dates with this form</small> | \$37.00 per box | |
| | Autumn Share | \$154.00 | |
| | Full Fruit | \$560.00 | |
| | Summer Fruit Only | \$420.00 | |
| | Autumn Fruit Only | \$160.00 | |
| | One Pound Coffee | \$196.35 | |
| | Two Pound Coffee | \$392.70 | |
| | Once a Month Coffee | \$100.95 | |
| | Autumn Coffee | \$16.20 | |
| | CSA Market Card (Madison County) | \$40 or \$100 | |
| | Grand Total | | |

Please indicate your delivery site:
 1st choice _____
 2nd choice _____

PAYMENT OPTIONS: See page 3 for more information.
 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 15th of each month. Be sure to include a voided check with your order.

Authorized Signature: _____
 Date: _____

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 don'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 _____

You will receive an email notification when your order is received. A receipt/invoice/directions to your site, and instructions for picking up your share 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 am a new CSA member and was referred by _____

Please send form and payment to:
 Harmony Valley Farm
 55142 Wire Road
 Hiroqua, WI 54655



Phone: (608) 483-2143 x2 Fax: (608) 483-2151 Email: csa@harmonyvalleyfarm.com www.HarmonyValleyFarm.com