

## Share Sizes

### MEDIUM SHARE—\$450

Provides plenty of produce each week for 2 veggie lovers.

### FULL SHARE - \$600

The full share will generously fulfill the fresh veggie needs for a family of 4.

### Veggie MONSTER SHARE - \$900

For serious vegetable eaters, larger families, or people who entertain often.

## Pick Up Sites

**Carlisle** - Farmers on the Square (May 23<sup>rd</sup> - November 21<sup>st</sup>)  
Wednesdays from 3pm - 7pm

**Camp Hill** - Fredricksen Library (May 24<sup>th</sup> - November 21<sup>st</sup>)  
Thursdays from 3pm - 7pm

**Newport** - Espresso Yourself Café or Pretty Meadow Farm  
(May 25<sup>th</sup> - November 21<sup>st</sup>)  
Fridays from 3pm - 7pm

## About the Farm

The CSA will be managed by Shana Slossberg,  
at Pretty Meadow Farm, located in Perry County, Pennsylvania.  
To learn more about us, visit our website or like us on Facebook!  
Visitors are welcome anytime.

## Contact Us

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## Community Supported Agriculture

Committed to growing fresh seasonal produce  
using only organic practices.

Perry County, Pennsylvania  
www.prettymeadowfarm.com  
Facebook: Pretty Meadow Farm

## What is a CSA?

Community supported agriculture is a way to support local farmers while connecting you with the food you eat.

Members buy a share before the harvesting season begins.

Starting in the spring, members receive a box of delicious vegetables, herbs and cut-flowers, harvested fresh from our gardens.

## Our farming philosophy

Pretty Meadow Farm is dedicated to building a strong, local food system that values the land and animals on the farm. We are committed to providing each individual or family with seasonal, nutritious and delicious food.

We practice environmentally friendly and sustainable agriculture, and believe in organic farming methods which will ensure soil fertility for future generations. Because we strive to produce high quality food and are mindful of our energy use, most of our work is done by hand. Our goal is to build a healthy community of local eaters who share these values with us.

## Why become a member of Pretty Meadow Farm's CSA?

There are many aspects of Pretty Meadow Farm's CSA which make us different. Our philosophies inspire us to provide more than just healthy, local food. We enjoy experimenting with specialty crops like peanuts, okra and ginger, as well as many heirloom varieties including dragon tongue beans,

Jimmy Nardello peppers and blue potatoes. Throughout the season members can expect to receive perks like micro greens, flowers and herb bouquets. Members also have access to farm extras, like pasture-raised beef and chicken, free-range eggs, baked goods and more (available at our market stands). Members can look forward to a weekly newsletter with meal ideas, recipes and news from the farm.

We are fully committed to small-scale farming, close customer relationships, and high quality food, therefore our CSA memberships are limited.

We are excited to share our bounty with you!

## What's in the weekly box?

CSA members will receive a share of freshly harvested produce each week.

The season runs 27 weeks from May 23<sup>rd</sup> to November 21<sup>st</sup>.

Look forward to an assortment of the following in your weekly box.

### Spring

A fresh assortment of spinach, baby chard, lettuce mix, Asian greens, mustard greens, braising greens, radishes, baby beets, green cabbage, kale, fennel, turnips, peas, bunching onions, fresh herbs, specialty greens like arugula, claytonia and micro greens!

### Summer

An abundance of fruiting vegetables like tomatoes (heirloom, paste, & cherries), zucchini, summer squash, eggplants, peppers, cucumbers, beans, carrots, beets, okra, onions, chard, new potatoes, melons, basil, cilantro, parsley and occasional flower bouquets!

### Fall

Hearty fall crops including potatoes, carrots, parsnips, beets, radishes, leeks, onions, garlic, celeriac, broccoli, cauliflower, cabbage, kale, kohlrabi, swiss chard, spinach, lettuce, micro greens, winter squash and gourds.

### Farm Extras

(Available at market or thru pre-order)

**All CSA members will receive 10% off all farm extras**

Grass-fed beef

Free-range eggs

Flowers and herbs

Baked goods

Pickles and preserves