



Eco-Gardens CSA

Growing Happy Vegetables for Healthy Families!

Community Supported Agriculture

CSA gives city dwellers the opportunity to form a direct personal relationship with a local farm. CSA members sign up and pay during the winter, making a commitment to cover the costs of operating the farm. In return, during the growing season, members receive a weekly basket of farm-fresh vegetables, berries and melons! Farm visits provide the opportunity to meet the farmers and see where your food is grown.

*for Early Bird Discount
Sign up by February 20*

Fresh, Local, Chemical-Free Produce!

Eco-Gardens is a small farm in Southern KY, about an hour north of Nashville, owned by Andrew and Reuben Habegger. Using only horsepower to till the soil, we have worked the family farm for 29 years. We believe healthy food comes from healthy soil, and eating healthy food makes healthy people. All your veggies will be grown free of synthetic fertilizers, pesticides, fungicides, etc.! And we never grow genetically modified vegetables. Our first fields were certified organic in 2006. To keep paper work to a minimum, we currently are not certifying our fields but continue to abide by organic standards and apply methods we learn that exceed organic standards. We use organic potting soil. Organic seeds are used when commercially available and untreated seeds whenever organic seeds are unavailable (as per certified organic guidelines), no GMO seeds. We are always working to boost the quality of our soil and thereby boost the nutrient content of your food. We discuss our farming methods in weekly newsletters and welcome questions from CSA members.

Varieties:

Strawberries, leaf lettuces, broccoli, blueberries, heirloom tomatoes, sweet corn, onions, potatoes, carrots, watermelons, squash, cucumbers, cantaloupes, spinach, sweet potatoes, cabbage & much more! (See Harvest Chart.)

Pick up Particulars:

28 Week Season: Harvest should begin early May and continue for 28 consecutive weeks.

Share size = 3/8 bushel or more: 3/8 bushel is equal to 3 gallons. Size varies a little each week according to how the vegetables ripen. A share should include a minimum of 3/8 bushel but may often include more. Shares will be **Pre-Packed** in half-bushel boxes. A **Swap** station helps personalize shares! If you see an item in the Swap area that you can use more than an item in your share, exchange one for the other to fine-tune.

Convenient Pick up Locations!

Tuesdays 3:30 to 6:30 pm
Criewood Baptist Church
480 Hogan Road, 37220

Thursdays 3:30 to 6 pm
Christ the King Catholic Church
3001 Belmont Boulevard, 37212

Nashville Contact Lisa Cochran 331-0104 eco-gardenscsa@bellsouth.net or visit criewood.org

Eco-Gardens CSA
Sign-Up Form --- Please Print
Mail Sign up Form and all payments to 149 Strawberry Lane, Scottsville, KY 42164.

Name _____ E-mail _____

Address _____

Phone (Home) _____ (Work) _____ (Cell) _____

Choose One Location: Crieve Hall - 480 Hogan Road, 37220 3001 Belmont Boulevard, 37212

If Post-Marked On or Before February 20: (Check appropriate box)

Enclosing Payment in Full of \$450.

Enclosing Deposit of \$75. I agree to mail 4 payments of \$100 on May 1, June 1, July 1, and August 1.

If Post-Marked After February 20: (Check appropriate box)

Enclosing Payment in Full of \$475.

Enclosing Deposit of \$100. I agree to mail 4 payments of \$100 on May 1, June 1, July 1, and August 1.

Check # _____ (Payable to Eco-Gardens CSA. Be sure the name on the check matches the name on Sign-Up Form.)

CSA Agreement: Community Supported Agriculture (CSA) is a partnership of mutual commitment between a community of supporters and a farm which creates a direct link between the production and consumption of food. Supporters cover a farm's yearly operating budget by purchasing a share of the season's harvest. CSA members make a commitment to support the farm throughout the season and assume the costs, risks, and bounty of growing food. The share price helps cover the farm's operating cost. In return, the farm provides, to the best of its ability, a healthy supply of seasonal, fresh produce throughout the growing season. Becoming a member creates a responsible relationship between people and the food they eat, the land on which it is grown, and those who grow it.

Signature _____

for  Early Bird Discount  Sign up by February 20

Pricing 2012 Spring – Fall:

It is truly helpful if you sign up early! Please **Sign Up Now** if you can! As an incentive to encourage folks to sign up early, we offer a discount to all who Post-Mark their Sign-Up Form on or before **February 20**.

For those who are able, a one-time lump-sum payment in full is appreciated. It sure simplifies matters! For this reason we offer a discount to those who pay in full up front.

If Post-Marked On or Before February 20:

Lump-Sum Payment in full = \$450.

Payment plan = Deposit of \$75 plus 4 payments of \$100 mailed on May 1, June 1, July 1, August 1.

If Post-Marked After February 20:

Lump-Sum Payment in Full = \$475.

Payment Plan = Deposit of \$100 plus 4 payments of \$100 mailed on May 1, June 1, July 1, August 1.

To those on the Payment Plan, we ask that you mail your payments when due (May 1, June 1, July 1, August 1).

We hope not to take the time away from the fields to send reminders!

Please be sure the name on all checks matches the name on the Sign-Up Form.

We look forward to growing for you and seeing you in the spring!

Anticipated Vegetable and Fruit Harvest

In the spring, we can expect cool weather crops like lettuces, strawberries, spring mix, spinach, dark leafy greens and more, followed closely by broccoli, hothouse tomatoes, hothouse cucumbers and new potatoes. As the season becomes warmer, we will see blueberries, heirloom tomatoes, yellow squash, sweet peppers, zucchini, eggplant, sweet onions, green beans, sweet corn and melons. Progressing through the summer, tomatoes, peppers, beans, sweet corn and watermelons continue, while sweet potatoes and winter squash make their appearance. The season winds to a close with cool weather crops once again like lettuce, broccoli, sweet carrots, cauliflower, greens, arugula, cabbage, Chinese cabbage and more. The following chart approximates what varieties may be expected week by week. This Anticipated Harvest is flexible and is only an estimate.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Strawberries	■	■	■	■																								
Lettuces	■	■	■	■	■	■	■																■	■	■	■	■	■
Various Greens	■	■	■	■	■	■	■	■	■													■	■	■	■	■	■	■
Mesclun Mix	■	■	■	■	■																				■	■	■	■
Green Onions	■	■	■	■	■																							
Peas	■	■	■	■																								
Radishes	■	■	■	■	■																		■	■	■	■	■	■
Spinach	■	■	■	■	■																			■	■	■	■	■
Broccoli		■	■	■	■	■	■	■	■																■	■	■	■
Squash & Zucchini			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■											
Carrots & Beets				■	■	■	■	■	■	■	■	■													■	■	■	■
Cabbages				■	■	■	■	■	■	■	■														■	■	■	■
Cucumbers				■	■	■	■	■	■	■	■	■						■	■	■	■	■	■	■	■	■		
Tomatoes				■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Potatoes					■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■							
Sweet Onions					■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■			
Various Beans							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Blueberries								■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Peppers								■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Melons								■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Sweet Corn									■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Cauliflower								■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Sweet Potatoes																		■	■	■	■	■	■	■	■	■	■	■
Winter Squashes																										■	■	■
Turnips																										■	■	■

CSA Member Comments :

I have been a member of Eco-Gardens CSA for three years. My family and I LOVE participating for many reasons. We enjoy getting quality organic produce at MUCH more affordable prices than Whole Foods or traditional grocery stores, plus we feel we are helping the planet by supporting local organic farming. Another benefit is that we have had the chance to try some new vegetables and fruits we normally don't buy. There is an educational benefit as well. My children are learning about where food comes from and have enjoyed visiting the farm where our produce is grown. We have found the founder of Eco-Gardens CSA to be an honest and generous man who truly cares about what he does. He writes a weekly newsletter and we have enjoyed hearing bits and pieces about farm life and his family. We feel blessed to be a part of this mutually beneficial organization.

- Wendy Behr

I have been a member of the Eco-Gardens CSA for two years now. We have really enjoyed being members. We take money from our food budget to cover the cost. The amount of food that we receive each week is by far larger than what we could get from Kroger plus it is organic. The quality and the taste of the fruits and vegetables are also far superior to what we are used to getting from the grocery store.

- David Prather

It has been a remarkable year, this eating locally. I know that the food is as fresh and wholesome as can be. It is extremely delicious, better than can be found in any grocery. At first, it seemed to be a real indulgence, but as the year has progressed, I have learned that this is a very economical way to eat. My grocery bills have dropped dramatically. When one is going only for bread, cheese, and meat, one tends to slip in and out and all those impulse "bargains" go by the way side. Our diet is healthier, and we are looking forward to Spring salads.

- Esther Cooke

CSA products are an excellent choice because of their outstanding quality. I believe when budgets go tight, people should focus on getting the best value for their money, not only the best price (although CSA products will also offer the best price). If you have a balanced and nutritious diet, you are less likely to spend money on medicine and doctors. Of course one could find a cheaper canned artificial-everything fake food, but at what cost to your health? CSAs will offer you plenty of healthy choices that will save you money on grocery shopping and in the long run. Also, many people understand the importance of keeping the farmer families able to farm and stay where they live. It is our little way to help and everybody wins. Local food means stronger economy and fair trade.

- Sabata Lund

We joined to get fresh, local, organic produce at a great price. It is a great lesson for the whole family. We read Farmer Andrew's newsletter about his prayers for rain. It helps us feel the connection more strongly between our food, the land, and the weather. I can't wait to sign up next year.

- Mekayle Houghton

My main reason for participating in this CSA is the fabulous quality of the produce we receive. Our vegetables are ripened in the field and harvested the day we receive them. That means they taste far and away better than what we could purchase in the supermarket. Produce that is raised locally and in season is healthier, to be sure, but it also just tastes better!

- Karen Pagan

Our family is committed to good food that is flavorful. The prospect of having organic produce, without the use of chemical fertilizers or pesticides, made the food an even better value for our health. Overall, the CSA has brought us back from consumer-ism. We now can remember that produce grows in a seasonal pattern and reap the rewards of deep flavored produce at the time of the year when it is best. We've also enjoyed some produce that we have not eaten before. One of the best dishes I prepared this year was pasta tossed with Eco-Gardens Red Russian Kale, garden fresh kale sautéed with garlic, tossed with pasta and organic chicken Italian sausage. Divine! I heartily encourage folks who love good tasting foods to experience the quality of really fresh-picked produce that comes directly from a farmer who cares deeply about what he is doing. Andrew Habegger of Eco-Gardens, loves the land and the environment. Imagine having great organic produce and actually knowing where it came from! Organic produce has the flavors and nutrients it was meant to have. Fresh-picked organic produce delivered the same day is even better! When I first learned that Andrew Habegger was not only growing the produce organically but was a Mennonite and was farming with horses, it seemed just too ideal to be true.

- Mary Moss