



**Urban Roots**  
Naturally Grown Local Food

## Urban Roots Farm 2012 CSA sign up is now available!

*We are thrilled to be expanding our farm family this spring. Adam and I have had an amazing year full of growing healthy veggies, construction, meeting wonderful people and lessons learned! Oh my, the lessons we learned... We look forward to the coming year and sharing those lessons and the veggies, of course, with you all.*

*Many of you have been asking about our CSA, some of you have verbally joined without details! Now, that's dedication to local farmers. In this flyer you will find information about CSA's, our shares and additional shares you can participate in this coming year.*

### **What is a CSA?**

#### **CSA= Community Supported Agriculture**

*Community Supported Agriculture is a local food program, a partnership between a farmer and the farm's members. Essentially, the farmer and the members agree to share in the cost and risk of growing food as well as in the bounty of the harvest. Members pay for their share in late winter, thus providing the farmer cash for seeds, supplies and equipment repair. The farmer then provides the season's freshest food to the members throughout the summer.*

### **Shared Risk???**

*There is an important concept woven into the CSA model that takes the arrangement beyond the usual commercial transaction. That is the notion of shared risk. When originally conceived, the CSA was set up differently than it is now. A group of people pooled their money, bought a farm, hired a farmer, and each took a share of whatever the farm produced for the year. If the farm had a tomato bonanza, everyone put some up for winter. If a plague of locusts ate all the greens, people ate cheese sandwiches. Very few such CSAs exist today, and for most farmers, the CSA is just one of the ways their produce is marketed. They may also go to the farmers market, do some wholesale, sell to restaurants, etc. Still, the idea that "**we're in this together**" remains. On some farms it is stronger than others, and CSA members may be asked to sign a policy form indicating that they agree to accept without complaint whatever the farm can produce.*

*Many times, the idea of shared risk is part of what creates a sense of community among members, and between members and the farmers. If a hailstorm takes out all the peppers, everyone is disappointed together, and together cheer on the winter squash and broccoli. Most CSA farmers feel a great sense of responsibility to their members, and when certain crops are scarce, they make sure the CSA gets served first. Still, it is worth noting that very occasionally things go wrong on a farm – like they do in any kind of business. We promise to work hard, and grow the very best vegetables we know how. We have a strong belief in "community" and feel this is where we fit within this one.*

### **How will Urban Roots Farm CSA work?**

*Our philosophy is "Know your Farmer, Know your Food". We want our customers to understand how and why we grow the food you consume. By participating in a CSA program, you will come to learn which foods are in season, how they are grown, delicious recipes and you'll probably get to try a new tasty veggie every now and again. In addition to our education mission, we encourage each family to spend a minimum of 8 hours a season*

*(spring and summer) on the farm. (You are always welcome to spend more!) Your time spent on the farm will strengthen your understanding of our practices, foster new friendships with like-minded folks, and best of all, give you the opportunity to know your farmers. We farm in an environmentally responsible manor, all our produce is pesticide and chemical free.*

### **Pick up or Delivery?**

*May 8<sup>th</sup> – October 16<sup>th</sup> Every Tuesday between 4-6pm for pick up, delivery will happen on Tuesday night as well. This makes 24 weeks of shares, which comes to **\$24.50** a week in local naturally grown veggies.*

### **What is the Cost?**

**General Membership: \$595.00**

**Deliveries right to your door: \$120.00 (\$5/week, set up in advance)**

**Sign-up fee: \$25.00 (this will go towards your balance)**

### **What does a Share look like?**

*Our commitment is to provide you with **7-10 different vegetables per week**, depending on the season. A full share will feed a family of four or two adults who cook at home regularly and eat a lot of veggies. We are offering half shares for those of you who cannot use a whole share each week. Half shares are half the produce of all small items and equal amounts of all large items for \$350 a season. For example we can split salad greens but not melons or large squash. Every week the share will change. For an example here are some veggies we will grow:*

**Spring:** green peas, baby beets w/ greens, green onions, carrots, salad mix, kohlrabi, radishes, broccoli, beans, kale

**Summer:** tomatoes, peppers, eggplant, okra, melons, cucumbers, onions, summer squash, basil, new potatoes, carrots

**Fall:** lettuce, broccoli, winter squash, green beans, pepper, cabbage, beets, potatoes, herbs, onion, swiss chard, radish, salad mix

### **Additional options:**

Egg Share: \$3.50/dozen (one dozen a week= \$84.00 for the 24 weeks)

Local fresh free-range eggs sign up and pay in advance with your veggie share; the eggs will be placed in your veggie basket weekly.

Fruit: At this time we do not have berries or producing fruit trees on the farm, we will be purchasing bulk fruit when available in which these will be offered at an additional charge to our members only at pick up.

Bedding plants and transplants: These plants will be for sale to the public on the farm.

### **Homegrownfoodstore.com:**

*Whether you pick up your share or we deliver your share, you have the option to visit the Homegrown Food Store website and order all the other items on your shopping list to be picked up/delivered with your share. You must do this anytime prior to midnight on Monday. You will pay online for your additional list and then they will appear with your subscription from Urban Roots Farm. This is just an added benefit; you can do as often or rare as you like.*

### **Giving Back:**

*We operate a non-profit organization SUAC (Springfield Urban Agriculture Coalition). Through this organization we work with Caring Communities on many of our school garden projects. This is another way we connect with the children and parents of our community. There are many families that would love to experience the benefits of healthy local food on a greater level than what our school gardens can provide. We have a work-trade program on the farm, but we would like to go one step further by giving you the option to help these families.*

*You can sponsor one of these families through the purchase of a reduced cost share. Providing the opportunity for these families participate in the community of subscription farming, expand their agricultural knowledge, as well as improve their eating habits.*

*The sponsored shares consist of half the veggies and require 16 hours a season in farm work from the family receiving the food. The cost to our sponsors will be \$250.00 for a season. Help us reach our goal to sell 3 this year! After the shares are sold, we will contact the recipient families. If you are interested in sponsoring a family in our neighborhood, please contact us for more information. We all know how great it feels to give back, and giving a family the gift of nutritious food and teaching them a healthy hobby that will continue to give back for the rest of their lives, is amazing.*

*Feel free to contact us for any reason!*

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