



CSA DIRECTORY

A Listing of Community Supported
Agriculture Options in the MWV



Producers

Earle Family Farm

South Conway, NH

Hancock Family Farm

Casco, ME

Hosac Farm

Cornish, ME

Mountain Heartbeet Farm

Effingham, NH

Patch Farm

Denmark, ME

Pork Hill Farm

Ossipee, NH

Sherman Farm

Conway, NH

What is a CSA?

CSA stands for Community Supported Agriculture.

Each farm has their own take on what their CSA looks like but the basic principles remain the same: it's a partnership with the farm to receive seasonal produce/products throughout the growing seasons.

"You can think about it just as you would a magazine subscription, but instead of receiving a monthly issue, you're receiving a weekly box of what is being produced on our farm. Did you know the average vegetable travels 1,500 miles before it reaches us? With a subscription to our CSA you can receive fresh, seasonal produce, herbs, flowers, eggs and/or meat right here from our MWV farms each week during the growing season.

Being a member of a CSA has many benefits from reducing your carbon footprint and grocery bill, to eating healthier and knowing that your food is coming from a local source, to supporting your local economy, not to mention all of the delicious food you get each week. There are also benefits for the farmer: the CSA model was built to create a symbiotic relationship of support between a farm and its community. Membership is paid up front helping the farmer with overhead costs during the early season and costs that come a long time before harvest.

To us, this relationship is a partnership, one that directly impacts the well being of the community and its members. As partners each season we are making a joint investment, one that comes with both risk and reward, at attempting to create a less volatile future for food, farms, and community." -Black Mountain Farm



Earle Family Farm & Hosac Farm



Details: This is a joint CSA share from a collaboration of two different farms. Each share will be about a bushel of seasonal produce each pickup. Produce will be seasonally appropriate, starting with greens, summer squash, snap peas, moving into cucumbers, green beans, broccoli, cauliflower, tomatoes, peppers, basil, parsley, corn, berries, leeks, onions, beets, carrots, and potatoes, for example. You will be enjoying produce along with the flow of the season on the farms. \$450.00/CSA share = 15 weekly pickups of fresh produce. That's \$30 a week for fresh produce! Shares run from late June to early October.



Pickup Time & Location: Wednesdays 4-6pm at the Earle Family Farm (Baird Hill Rd. South Conway, NH) -OR- Thursdays 4-6 pm at Hosac Farm (136 Kimball Hill Rd. Cornish ME).

To Sign Up: Head to www.hosacfarm.com/csa/ then mail a check before June 1st to: Hosac Farm 136 Kimball Hill Rd. Cornish, ME 04020 or email Natalie.hosacfarm@gmail.com with questions.



Hancock Family Farm



Traditional CSA Membership

Members chose either a Summer or Whole season membership and a pickup location. Every week the members get a huge load of food that we have picked, washed and packed. The type and amount of food is determined by the availability of the crops. Members also get free personal access to our cut flowers.

Full Season Membership \$475

14 Weeks, Week of June 27 - September 26

Summer Membership \$275

8 Weeks, Week of July 4 - August 22

Pickup Times & Locations:

Casco, ME On-Farm Pick-up

Tuesdays 4:30pm - 6:00pm

North Conway Drop-off

Thursdays 4:30pm - 5:30pm



Free Choice Memberships

FREE CHOICE memberships are purchased in \$100 units. Members receive an additional \$10 per unit purchased Money is loaded onto a gift card that can be used at the farmstand or our farmers' market booths. The farmstand is open daily in July & August, and weekends in September & October. We are at the Kennebunk & Bridgton markets Saturdays, June through October. Members can use their cards on anything we sell: veggies, meat, flowers and more.

To Sign Up: Head to www.hancockfamilyfarm.com/csa.html

Mountain Heartbeet Farm



Details: The CSA that encourages you to eat like a farmer! A minimum of 15 weeks of fresh, nutritious, Certified Organic vegetables. The CSA barn is set up 'market style' with 6-10 items per week to choose from. Along with all your vegetables, you will get the inside scoop about what's going on at the farm, new recipes and space to connect with your neighbors.

Pickup Location: Pickup at Mountain Heartbeet Farm in Effingham, NH Tuesday 4-7pm or Friday from 5-7pm.

Cost: Shares are priced on a sliding scale. The upper end enables the farm to cover all expenses for growing your food, donations to local food pantries & community events, and allows those with more limited incomes to participate. No matter what you pay you will get to share in the abundance the farm has to offer.

Family share (\$490 - \$575) – An example of a July pickup is: 1 bunch of kale, 2 heads of lettuce, a bunch of scallions, 1 lb of carrots, 1 bunch of radishes, 4 cucumbers, 2 summer squash, 1 pint of cherry tomatoes, 2 lbs of slicing tomatoes and 1 bunch of fresh herbs.

Individual share (\$250 - \$300) - Individual shares will have smaller portions of each item or you may be asked to choose between items available if the item is not easily divided or is in short supply (think choosing between a head of cabbage and a crown of broccoli).

To Sign Up: Head to www.mountainheartbeet.com/summer-csa-sign-up.html or email mountainheartbeet@gmail.com.

Patch Farm

2018 CSA Box Program

Our CSA Box Share program offers our customers the best value and has first priority for must-haves (crops that may not be for sale at market) such as corn, turmeric and spinach! Each week you'll get a weekly e-newsletter with recipe ideas and tips on preserving the harvest. For 18 weeks starting in late June, we will provide you with a variety of fresh, seasonal, organically raised veggies.

Pickup Times & Location

Tuesdays at the Farm in Denmark, ME 3pm-6pm

Wednesdays at Apple Acres in Hiram, ME 3pm-5pm

CSA Box Program Pricing Options

Full Share \$475 or Half Share \$275

Egg Share 1/2 dozen \$45

Egg Share full dozen \$90

2018 Patch Market Share Program

Use your farm share debit to buy our veggies, eggs, pork, chicken, seedlings or herbs! Use credit at the Bridgton Farmers' Market on Saturdays, May 5th- Oct 27th or at our Farm Stand Daily, May 5 - November 1st

Market Share Pricing Options

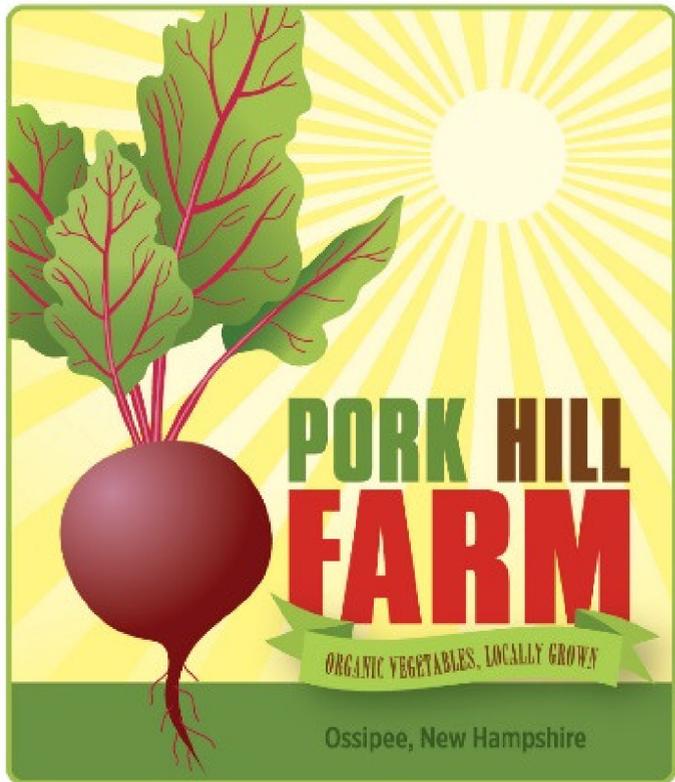
pay \$100, get \$110 -- pay \$200, get \$230 -- pay \$300, get \$350

pay \$400, get \$470 -- pay \$500, get \$600

To Sign Up: Head to www.patchfarm.me/csa.html, email patchfarm.me@gmail.com, or call 207.939.1493



Pork Hill Farm



Details:

Certified Organic vegetables, herbs, and flowers.

Chose from three harvest seasons:

Spring, Summer, Fall.

CSA season begins in June and continues into October.

Share options:

Spring Share: June 12 - 19 (2 Weeks) \$50

Summer Share: June 26 - Sept 4 (11 Weeks) \$300

Fall Share: Sept 18 - October 16 (5 Weeks) \$150

Flower Share: PYO flowers, mid-July - Labor Day (8 weeks) \$80

Pickup on Tuesdays at:

1) The Farm in Ossipee, 4pm-8pm

2) T. Murray Wellness Center in Conway Village, 3pm-5pm

3) Local Grocer in North Conway, 3pm-5pm

4) Memorial Hospital (employees only), 3:30pm-4:30pm

5) or by special arrangement on a different day.

To Sign Up:

Head to www.porkhillfarm.com, call 603-539-5999, or email porkhillfarm@gmail.com.



Sherman Farm



Sherman Farm's Farm Futures Program is a farm store credit style CSA where for every \$100-share you buy, you receive an extra \$10 in market credit. Your card can be used to buy anything at the market at anytime. so you get what you want, when you want it.



Details:

- Pickup anytime during normal business hours. Mon-Sat 10am to 6pm Sun 10am to 5pm
- Farm Futures are sold in \$100 increments from March 1st through May 31st. Your Farm Futures will be loaded onto a special Sherman Farm debit card.
- You will also be added to an email list and will be the first to know when a new product is in or when we have a Farm Futures members only sale.



Once you are a member of the program, you may reload at any time of the year for a \$5 bonus. What makes our program different? Cards may be used anytime of the year, on anything in the store. Cards do not expire.



Have questions? Give us a call at 603-939-2412, check out: www.shermanfarmnh.com, or stop by the Farm Market on East Conway Rd.

Foothill Farm Alliance's Winter CSA



Several of our MWV and western Maine farms have joined together as a network of family farms with the first goal of offering a multi-farm winter CSA. With several successful seasons under their belt, the Foothill Farm Alliance offers the opportunity to eat locally during the winter months in Northern New England.

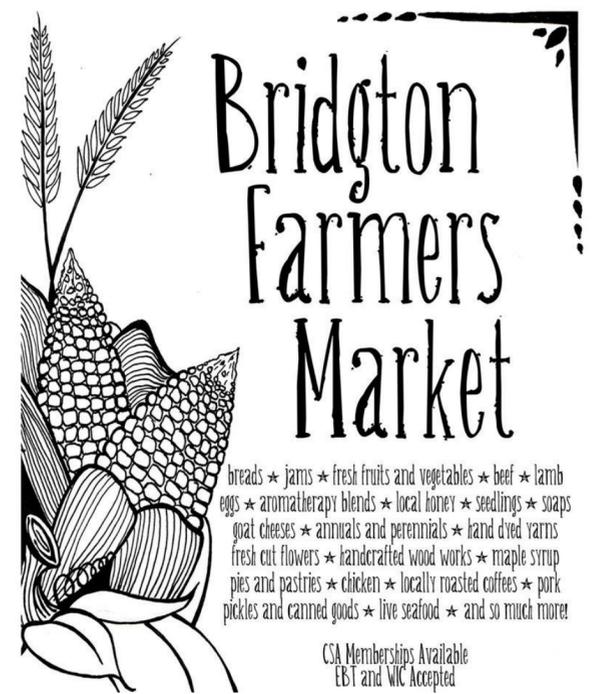
Every other week between the end of October and late January, the Alliance will thoughtfully build a box of vegetables for the members. Members will come to one of four meeting points (from Gorham, ME to North Conway, NH), visit with the farmers and other members, and pick up their veggies. For more details on the winter share dates, prices, pickup locations and vegetable prospectus, please visit the website below.

To Sign Up or for More Details:

Head to www.foothillfarmalliance.com/,

call Gina Hancock at 207-615-3039 or email eat@hankcockfamilyfarm.com

Area Farmers' Markets



Wolfeboro: Every Thursday, rain or shine, 12:30 to 4:30pm May 31st through October 4th at Clark Park on the grounds of the Wolfeboro Historical Society on South Main Street. More info at: www.wolfeboroareafarmersmarket.com/about/

Tamworth: Outdoor market every Saturday, 9AM-1PM in Tamworth Village in the parking lot of UUFES starting May 12, continuing all summer and into the fall until October 27. Indoor market starts November 3 at the Brett School every week, except for the Saturday after Thanksgiving and continues every other week at the Tamworth Town House starting December 29.

Bridgton: Summer farmers' market runs rain or shine, every Saturday, May 5th-October 27th, 9AM-1PM on Depot Street! Our winter farmers' market runs Saturdays, November 10 - April 20th, 9AM-12PM. location TBD. Find out more at: www.facebook.com/BridgtonFarmersMarket/ or email bridgtonfarmersmarket.me@gmail.com for more information.



WHO IS MWVEG?



The Mt. Washington Valley Eaters and Growers (MWVEG) is a non profit organization comprised of farmers and food advocates who are working together on local food issues. We aim to provide a voice for farmers on farm-related topics. Our **mission** is to strengthen the regional food system through communication, collaboration, and cooperation among our farms and our community.

MWVEG will continue working on the promotion of locally grown products in a variety of ways. *If you value the vibrant working landscape present in our communities today, then help keep those farms alive.* MWVEG asks you to get involved. They ask you to be vocal about eating local. They ask you to support local farms, through CSAs, at the farm stands sprinkled throughout the region, at the farmers' market, and by asking, "what's local" on the menu today at your favorite restaurant.

For more information, or to become a MWVEG member, email us at: emailmwveg@gmail.com and 'like' us on Facebook.