

VOLLMER FARM CSA

What is CSA?

Over the last 20 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal (and in our farm's case) organic, fruits and vegetables directly from a farmer.

Community Supported Agriculture is an international movement that is providing people with an alternative to the global food system. Over 1,000 CSA's have formed in the United States since 1985. The movement arose as a local and human scale response to the worldwide damage to farmers, farm communities, and the environment, which has occurred with large scale conventional agriculture. Small farmers everywhere are faced with leaving the land because of low food prices. In a region that is "developing" as rapidly as ours, making small farms profitable is one way to assure there will be agricultural land, green space, and locally grown food for many years to come. The CSA program seeks to restore direct contact between farmers and consumers, putting a human face on agriculture and the food supply.

Community Supported Agriculture is a direct connection between local farmers and consumers who care.

Do you know who grows your produce?

Vollmer Farm is a fifth generation family owned and operated farm located in Bunn, NC, which is in Franklin County. We have been selling our fresh farm products in the Triangle area for over 25 years. Your membership in our CSA gives us the ability to offer our delicious, nutritious, and local organically-grown produce to our farm friends. This means that you can have the ease and convenience of enjoying a variety of fresh-picked, premium quality, locally produced items delivered to your neighborhood weekly for 20 weeks (from April to August).

All the fruits and vegetables that are grown on our farm are 100% USDA Certified Organic. Cantaloupes, watermelons, and peaches come from other neighboring NC farms and are not certified organic. However, we know these farmers personally and they use sustainable practices on their farms. You can be assured that this produce is high quality and safe to consume.

Vollmer Farm has been sharing fruits and vegetables from our garden to over 200 families for many years.

How does CSA Work?

In the CSA program, members have the opportunity to purchase a "share" of the harvest before the growing season begins. This creates several rewards for both members and the farmer.

- Be healthy by having fresh, local, organic produce delivered with recipes encouraging you to cook and enjoy with all members of your family.
- Connect with the farm that grows your food. Be a part of the family farm with farm tours and weekly newsletters.
- Support a clean environment and conscientious business practices.

Your membership helps Farmer John with the substantial start up costs and allows the farm to provide you with items from the garden for five months of the year, without worrying where items in your local grocery store come from or how long the produce has been picked.

We offer two share choices – Large or Small share. The large share is \$560.00 for the 20-week period and the small share is \$420.00. Sign-up begins in January and payment may be made in full or members can pay a deposit at sign up with the balance due by the end of March. Full payment can be made by check or credit card (Visa/Mastercard). All deposits are to be made by check and we'll invoice you for the balance.

What can members expect?

Your 20-week share will be hand-packed in a box every week from mid-April to mid-August (depending on the garden). Members will pick up their share at the farm or in your community. Expect anywhere from five to seven different items in your share box each week. Please reference the harvest calendar to see a list of produce from Farmer John's garden and when they are expected to be ripe for harvest. Due to the unpredictability of farming, we cannot guarantee every item listed in the harvest calendar will be available. Every effort will be made to provide members with a variety of produce each week.

We know your family will enjoy eating what's in season. Members will receive email communication each week prior to delivery to let you know what items are coming. We have some wonderful cooks in the family and we will help out by providing you with some serving suggestions based on the produce that's in your box that week.

It's easy to join *Vollmer Farm's* CSA program. Email Farmer John at john@vollmerfarm.com call (919-495-2392) or visit our website at www.vollmerfarm.com for Registration and Agreement forms.

We look forward to serving you this year and thank you for supporting your local farm!

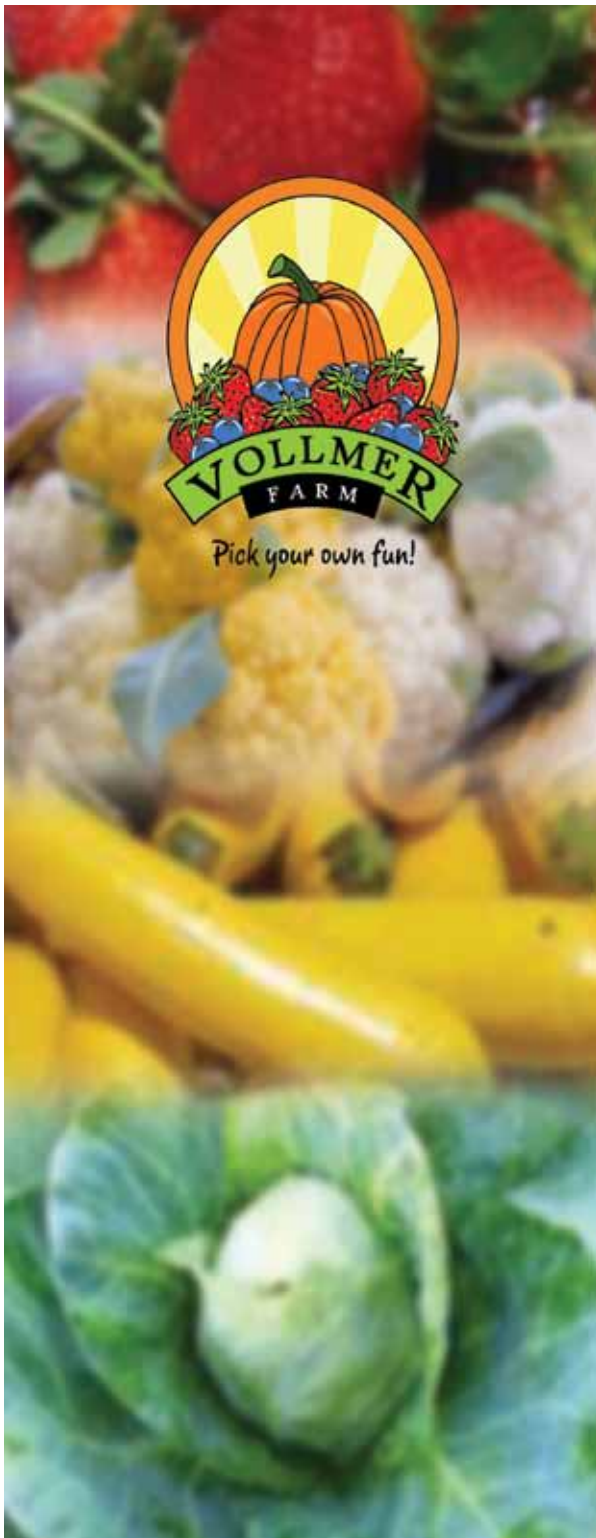
Farm fresh produce from *Vollmer Farm* to you!

HARVEST CALENDAR

Crop Item	Apr	May	Jun	Jul	Aug
Beans		x	x	x	
Beets	x	x			
Blackberries			x	x	
Blueberries			x	x	
Broccoli	x	x			
Cabbage	x	x	x		
Cantaloupe			x	x	x
Carrots	x	x			
Cauliflower	x	x			
Collards	x	x			
Corn			x	x	x
Cucumbers		x	x	x	
Eggplant		x	x		
Garlic		x	x	x	x
Green Onions	x	x	x		
Herbs		x	x	x	x
Honey		x	x	x	x
Lettuce Mix	x	x	x	x	x
Peaches			x	x	x
Peas	x	x	x	x	
Peppers		x	x	x	x
Potatoes		x	x		
Radishes		x	x	x	x
Spinach		x	x		
Squash		x	x	x	
Strawberries	x	x	x		
Tomatoes		x	x	x	x
Watermelon			x	x	x
Zucchini		x	x		

Vollmer Farm
PO Box 171
Bunn, NC 27508
919-495-2392





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**Vollmer
Farm**

**CSA
Program**

Buy Fresh, Buy Local

“Who’s Your Farmer?”