

WHAT'S IN A CSA SHARE?

Buying a CSA share is like buying a share of the farm harvest. That means each week you receive a collection of local farm products that are in season—usually, a box of 8-10+ items a week. The amount varies a little as the growing season changes.

In most cases, a share will be appropriate for 2-3 adults. Here's a sample of what a CSA box *might* contain in each of the three seasons:

SPRING

2 heads gourmet lettuce, 1 bunch arugula, 1 lb. asparagus, 6 free-range eggs, 1 bunch red russian kale, 1 bag radish micro-greens, ½ lb. local feta cheese, 1 bunch chives

SUMMER

3 heirloom tomatoes, 6 fresh sweet corn, 1 watermelon, 1 qt. peaches, ½ pt. blueberries, 2 sweet bell peppers, 2 cucumbers, 2 summer squash, 2 bulb garlic, 1 bunch basil

FALL

2 romaine lettuce, ½ lb. braising mix greens, 3 lb. honeycrisp apples, 1 bunch carrots, 1 bunch leeks, 2 lb. fingerling potatoes, 1 butternut squash, ¼ lb. shiitake mushrooms



PENN'S CORNER FARM ALLIANCE CSA

PO Box 259
Shelocta, PA 15774

TO JOIN PENN'S CORNER CSA,
go online to www.pennscorner.com
and click on the CSA membership link.
Or call us with any questions. We look
forward to hearing from you!

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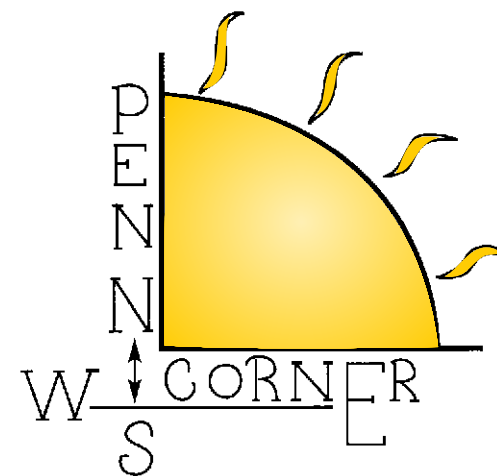
pennscorner@gmail.com



"Penn's Corner Farm Alliance has proven time and again to have the highest quality and best selection of produce available in the Pittsburgh area."

—PCFA CSA member Douglass Dick,
Executive chef and owner,
Bona Terra Restaurant
2006-2008 Chef of the Year Award,
Pittsburgh Magazine

COMMUNITY SUPPORTED AGRICULTURE 2010



PENN'S CORNER FARM ALLIANCE

SOUTHWESTERN
PENNSYLVANIA'S FIRST
FARM-FRESH CSA
COOPERATIVE

CSA BENEFITS MEMBERS AND FARMERS

Community Supported Agriculture is a mutually beneficial commitment between farmers and their community. Members of the CSA ensure a customer base and stable income for the farmer throughout the growing season. In return, the farmer provides CSA members with a weekly share of the best local produce available from April into November.

PENN'S CORNER FARM ALLIANCE

Founded in 1999, Penn's Corner Farm Alliance (PCFA) is a cooperative of more than two dozen southwestern PA family farms. PCFA's farmers are dedicated to providing high quality, fresh produce to CSA members in the Pittsburgh region. **Our CSA produce is 100% locally grown, much of it without chemical herbicides or pesticides.** Some of our farms are Certified Organic or Certified Naturally Grown.

In the beginning, PCFA delivered primarily to gourmet restaurants around the city. Now Penn's Corner makes the same fresh food available to individuals and families through the CSA. From Pucker Brush Farm's gourmet greens to fresh corn from Matthew's Farm and Kistaco's local apples, you will enjoy the bounty of local agriculture in southwestern Pennsylvania.

In addition to these staple crops, Penn's Corner farms provide our CSA members with a wide variety of produce and other quality farm products—culinary herbs from Goose Creek Gardens, and free-range eggs from Nu Way Farm, for example.

CSA SHARE OPTIONS

The 32-week **FARMER'S FRIEND SHARE** combines the Harvest and Cabin Fever shares and supplies you with high-quality local produce from mid-April through mid-November—**2 weeks longer than in 2009!** It's three seasons of the best farm food our region has to offer, and our best value!

The **HARVEST SHARE** runs 24 weeks, from mid-June to mid-November—**2 weeks longer than in 2009!** This share features the full bounty of the summer growing season—sweet corn, heirloom tomatoes, peaches, melons, and much more.

The 8-week **CABIN FEVER SHARE** runs from mid-April until mid-June. This option is perfect for folks who can't wait to eat fresh produce (*a month before farmers' markets reopen*). Expect lots of fresh greens, lettuces, and other non-veggie farm products like cheese, free-range eggs & homemade bread.

THE 2010 SHARES

FARMER'S FRIEND SHARE (*Best value*) 32 weeks (mid-April through mid-November).....\$770

HARVEST SHARE
24 weeks (mid-June through mid-November)
.....\$590

CABIN FEVER SHARE
8 weeks (mid-April through mid-June)...\$210

DISCOUNT AVAILABLE! Pay in full for your CSA share when you sign up by February 28 and receive a 3% discount.

WHY CHOOSE THIS CSA?

- **EAT FRESH**, healthy farm products, harvested only hours before you receive them.
- **SUPPORT THE LOCAL ECONOMY** by keeping your food dollars close to home.
- **RECEIVE A WIDE SELECTION OF FRUIT, VEGETABLES, EGGS, MUSHROOMS**, and more—usually 8-10+ items per week, plus an e-newsletter with weekly updates.
- **CONVENIENCE.** With more than 2 dozen pickup locations around Pittsburgh, our CSA comes right to your neighborhood.
- Help to **SUSTAIN FARMERS** and **PRESERVE FARMLAND** in your region.
- **CONNECT** with farmers and other food-conscious community members.

PICKUP LOCATIONS

Depending on location, you will pick up your CSA box every Tuesday or Wednesday.

We have pickup locations in these neighborhoods *and more*: **Brighton Heights, Cranberry Township, Churchill, Downtown, Franklin Park, Friendship, Green Tree, Greenfield, Highland Park, Indiana, Lawrenceville, Morningside, Mt. Lebanon, North Side, Oakdale, Point Breeze, Regent Square, Ross Township, Scott Township, South Side, Squirrel Hill, Whitehall.**

We're also looking for new pickup locations, so let us know if you're interested in hosting at your home or business.

FOOD FACTS

- The average American meal travels 1,500+ miles from field to plate.
- Robyn Van En introduced the CSA concept in the U.S. in 1986. Now there are 5,000 or more CSA's and the number is growing!