

WHAT'S IN A 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 7-10 items a week. The amount varies a little as the growing season changes.

A share could feed one to four people, depending on how you use it. Most likely, it will be appropriate for two to three.

Here's a sample of what a CSA box *might* contain in each of the three seasons:

SPRING

2 heads lettuce, 1 bag radish micro-greens, 1 bunch arugula, 1 lb. asparagus, ½ dozen free-range eggs, 2 portabella mushrooms, ½ lb. local cheddar cheese, 1 bunch chives

SUMMER

2 heirloom tomatoes, ½ dozen ears fresh corn, 1 French melon, 1 qt. peaches, ½ pt. blueberries, 2 sweet bell peppers, 2 cucumbers, 2 summer squash, 1 bulb garlic

FALL

2 heads lettuce, ½ lb. braising mix greens, 6 Honeycrisp apples, 1 bunch carrots, 1 bunch leeks, 1 lb. fingerling potatoes, 1 butternut squash, 1 bottle honey



PENN'S CORNER FARM ALLIANCE CSA

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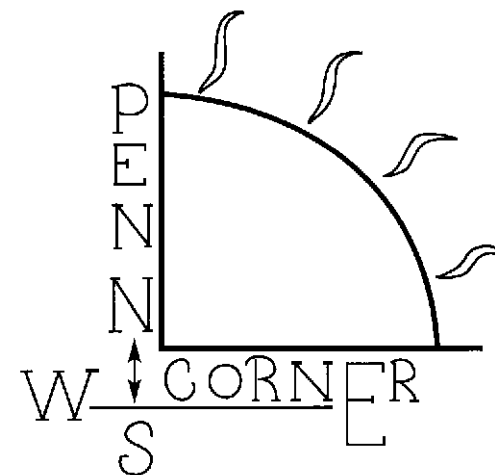
Check out our FAQ page on the website or feel free to email or call with any questions about our CSA. We look forward to hearing from you!



"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 & 2007 Chef of the Year Award,
Pittsburgh Magazine

COMMUNITY SUPPORTED AGRICULTURE 2008



PENN'S CORNER FARM ALLIANCE

SOUTHWESTERN
PENNSYLVANIA'S
FARM-FRESH
COOPERATIVE

Come grow with us!

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 through October.

PENN'S CORNER FARM ALLIANCE

Founded in 1999, Penn's Corner Farm Alliance (PCFA) is a cooperative of about 15 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.**

In the beginning, PCFA delivered primarily to gourmet restaurants around the city. Now, due to community interest, Penn's Corner makes the same fresh food available to individuals and families through the CSA.

From Pucker Brush Farm's gourmet salad 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, oyster and portabella mushrooms, and free-range eggs from Nu Way Farm, for example.

CSA SHARE OPTIONS

The **CABIN FEVER SHARE** runs 10 weeks, from the first week of April until the second week of June. This option is perfect for folks who can't wait to eat fresh produce in the spring (six weeks before farmers' markets reopen). You can expect lots of fresh greens, spring lettuce, and other non-veggie farm products like cheese and mushrooms.

The **HARVEST SHARE** runs 20 weeks, from mid-June to the end of October, immediately following the Cabin Fever Share. This share features the full bounty of the season— corn, heirloom tomatoes, peaches, and melons, to name just a few.

Want both? The full-season **FARMER'S FRIEND SHARE** supplies you with high-quality local produce from April until Halloween. Thirty weeks of the best food our region has to offer. And it's a great value!

THE SHARES

CABIN FEVER SHARE
10 weeks (first week of April thru second week of June)\$240

HARVEST SHARE
20 weeks (third week of June thru fourth week of October)\$465

FARMER'S FRIEND SHARE (Best value)
30 weeks (first week of April thru fourth week of October)\$690

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 other farm-fresh products—usually 7-10 items per week, plus an e-newsletter and weekly updates.
- **CONVENIENCE.** With more than a 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

Depending on location, you will pick up your CSA box every Tuesday or Wednesday. We've proposed pickup locations in the following neighborhoods: Point Breeze/EEFC, Highland Park, Squirrel Hill, Morningside, Friendship, Lawrenceville, North Side, Mt. Lebanon, Green Tree, Whitehall, Monroeville, Oakdale, Franklin Park/North Hills, Avalon, Brighton Heights/Bellevue, and Indiana.

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

- *In the U.S., the average veggie travels 1,000+ miles from field to plate!*
- *The American food distribution system requires 13 calories of energy for every calorie of food!*
- *Robyn Van En introduced the CSA concept in the U.S. in 1986. There are now more than 1,000 CSA's and growing!*