

A CSA invigorates the community. Making a CSA farm a part of your food supply system integrates you into local agriculture and plays a role in reshaping the larger established food supply structure. It is a small but important step in preserving the working landscape and strengthening your community's economy. Join us in the Four Springs Farm CSA and celebrate the miracle of growing food.

Good for people!

Good for the community!

Good for the land!



**Community Supported Agriculture (CSA)** is an association between a local farmer and a group of consumers which provides a direct link between the production and the consumption of food. The farm's products are delivered to the consumer directly from the farm, not via a supermarket. No two CSAs are alike but they share these common goals:

- to provide people with fresh, safe food from a nearby farm
- to sustain and support local agriculture to strengthen our communities
- to nurture the health of our environment (for example, weekly delivery of local organically grown products avoids unnecessary packaging, avoids transcontinental trucking fuel waste, and is environmentally sound)

**The Farm** • Four Springs Farm is a Vermont Certified Organic diversified farm which includes fruit, flower, vegetable and poultry production and our Buttermilk Bakery & WildBerry Catering. The farm Campground is open to the public for tent camping, meetings, parties and programs. Jinny Cleland has been farming for nearly thirty years and has run the CSA program for almost twenty. She began operation at this beautiful Royalton location in 2001. In addition to the Four Springs Farm CSA program the farm products are sold at the Norwich Farmers Market, directly to friends and neighbors, through area stores and by special order.

Conventional direct produce marketing, such as Farmers' Markets and farmstands, requires a farmer to spend about one third of his/her time selling. With a CSA association, the consumers agree to purchase a portion of the season's harvest from the farm in advance, allowing the farmer to concentrate on growing the crops. This arrangement helps to reduce the level of risk for the farm

**All of the Four Springs Farm CSA products are certified organic.**

**VEGETABLES** • A wide variety of vegetables, principally familiar popular types, with a sampling of lesser known things come to you in season with the greatest abundance around Labor Day. No two seasons are alike.

**FRUIT** • A sampling of Four Springs Farm fruits will be included as many weeks as possible when they are in season. Included are rhubarb, berries, melons and misc. other small fruits.

**EGGS** • One dozen of our delicious pastured chicken eggs will come on alternate weeks.

**FLOWERS** • A small bunch of cut flowers will be included some weeks.

Each week an email note will be sent on Tuesday to keep you abreast of the farming season, send you farm news, identify items in the crate and pass along cooking information and recipe suggestions.

**The Share Size** • A regular share in the CSA is designed for a family of two adults who eat a wide variety of fruits and vegetables. A jumbo share, half again as much, is available for larger families, group eating situations, or for those who like to put up food for the winter. We strive to send the right amount of produce per week though we are directly guided by the ripening of each crop. Produce will come with minimal preparation and packaging, much the same as if you went out and picked them yourself.

**The Delivery** • Each week during the harvest season a basket of vegetables is delivered to families at home or work, while others pick up their vegetables from the Upper Valley Co-op, or the farm. Some CSA members deliver to families in their home communities, enabling many areas to be served. The season is about twenty weeks long, from mid-June through October. Each member has two crates so we swap an empty for a full each Tuesday.

**The Cost** • The cost of the Four Springs Farm CSA share is based on the actual cost of production and distribution. The price for the full season is \$450 for the regular share. \$550 is the total cost including pack and delivery. (Some work shares are available for people who need to reduce costs.) A scholarship fund is available to lend a hand.

**Membership** • At least twenty families are members of the Four Springs Farm CSA and share some of the same values:

- they like a wide variety of fresh organic products
- they like to cook with "what's on hand"
- they have a social, economic, and/or environmental interest in supporting local agriculture
- they like to have connections with the source of their food and they are a valued source of information steering production decisions for the farm

**Questions?**

Please call Jinny at (802) 763-7296,  
email at [fourspringsfarm@gmail.com](mailto:fourspringsfarm@gmail.com).  
or visit the Four Springs Farm website at:



**Agreement Form**

I would like to join the Four Springs Farm CSA Program for fresh organic products

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- I will purchase a REGULAR SHARE of the harvest for \$450
- I will purchase a JUMBO SHARE of the harvest for \$575
- I would like my share DELIVERED \$100 for pack and delivery.
- I will PICK UP at Upper Valley Co op \$60 for pack and delivery.
- I will pick up at the FARM \$30 for pack only.
- I would like to make a CONTRIBUTION for a share for a *family in need*. Enclosed is \$ \_\_\_\_\_
- I will PAY IMMEDIATELY.
- I will pay in even MONTHLY INSTALLMENTS by JUNE 1st. Deposit \$ \_\_\_\_\_
- I would like to discuss a WORKSHARE.

TOTAL ENCLOSED: \$ \_\_\_\_\_

Signed \_\_\_\_\_

Please make checks payable to  
*Four Springs Farm* and mail to:  
**Four Springs Farm**  
**776 Gee Hill Road**  
**Royalton, Vermont 05068**