

2023 CSA Member Information

Ward Vegetables grows healthy, nutrient dense, local vegetables, **year round**. This season is our 16th year of growing vegetables and operating the Community Supported Agriculture (CSA) and our 6th year of offering vegetables year round. As a member, you get to order the foods you like, such as lettuce, salad mix, cool season greens, warm season veggies and a variety of root crops from the farm (see all your choices and prices below). By being a member of our CSA program, you have the option to choose when you order, the vegetables you want to eat, and when you pick up those wonderful veggies.

Our **CSA** requires you to be a **member** but **does not** require you to order each week, you pick up only when you order produce. With this very customized model you are able to have the veggies you want to eat and determine when you use your CSA year round! The CSA model works like a debit card, you pay your membership fee, then order the vegetables you want, pick them up on our pickup days and we deduct the cost from your balance. And you can rejoin at any time! We are only a member based CSA, no retail sales.

There are three levels of **membership** for you to choose from and a new program that you can contribute to:

- **Salad Bar Membership** - requires a membership fee of \$500, *upon renewal you receive a free week of your average order of veggies, 2 gift certificates to BR Lunch Box, and either a breakfast package or a dinner package from Under the Maples Farm.*
- **Good Veggies Membership** - requires a membership fee of \$300, *upon renewal you receive a free week of your average order of veggies and 2 gift certificates to BR Lunch Box.*
- **Keeping It Local Membership** - requires a membership fee of \$100, *upon renewal you receive a free week of your average order of veggies.*
- **Donation to The Healthy Share** - your donation goes to funding several shares for local families who are in need of healthy vegetables. Several members have donated money to help fund these shares. This program was new in 2022 and we are excited to offer our members an opportunity to contribute small amounts to help this needed venture.

Each month you receive a statement of what you have purchased and your remaining balance. When you run out of your membership you have the option of re-joining or joining again at a different time. If you rejoin, any balance you have remaining on your previous membership will be moved to your new balance.

The following vegetables (based on temperatures and sunlight) are available throughout the year. Also, we introduce new products each year so some may not be listed on this sheet.

Product	Size/Vol	Cost/Season(s)
● Salad Mix -	5.5 oz bag,	\$6.50, mix of lettuce and 5 to 7 other ingredients, year round
● Red/Green Lettuce -	5.5 oz bag,	\$5.50, year round
● Romaine -	1 Head,	\$3.50, spring, summer, fall
● Greens Mix -	5.5 oz bag,	\$6.00, year round, varies by season
● Micro Greens -	2 oz bag,	\$5.00, year round
● Arugula -	2 oz bag,	\$3.00, year round
● Mustard -	2 oz bag,	\$3.00, year round
● Mustard Bunch -	10/bunch,	\$4.00, year round
● Sorrel -	2 oz bag,	\$3.00, year round
● Sorrel Bunch -	10/bunch,	\$4.00, year round
● Asian Greens -	2 oz bag,	\$3.00, year round, mizuna, beni, yodfah, tatsoi, choi, etc...
● Asian Greens Bunch -	10/bunch,	\$4.00, year round
● Baby Swiss Chard -	2 oz bag,	\$3.00, spring, fall
● Swiss Chard Bunch -	10/bunch,	\$4.00, summer, winter
● Baby Kale -	2 oz bag,	\$3.00, year round

• Kale Bunch -	10/bunch,	\$4.00, fall, winter
• Leaf Broccoli Bunch -	10/bunch,	\$4.00, year round
• Beet Greens Bunch -	10/bunch,	\$4.00, summer, fall, winter
• Bok Choy -	1 Head,	\$3.50, year round
• Spinach -	3 oz bag,	\$4.00, spring, fall, winter
• Herbs - wide variety	½ oz bag	\$0.75/half oz
• Edible Flowers -	10-15/bag,	\$2.00, summer, fall
• Beans - variety	1 lb bag,	\$4.50/lb, summer, fall, possible dry beans winter of 2023
• Beets -	5/bunch,	\$3.50, year round (depends on inside space during winter)
• Cabbage -	1 Head,	\$4.00/cabbage, spring, fall
• Carrots -	8/bunch,	\$4.00, year round (depends on inside space during winter)
• Cucumbers -	1 indivd,	\$0.75/cucumber, summer, fall
• Eggplant -	1 indivd,	\$2.50/eggplant, summer, fall
• Garlic -	1 bulb,	\$1.00, spring, summer, fall, winter
• Bunching Onions	6/bunch,	\$3.00, spring, summer
• Yellow Onions -	1 lb/bag,	\$3.50/lb, fall, winter, spring (minimum charge is 1 lb)
• Sugar Peas -	2 oz bag,	\$3.00, spring, summer, fall (experimenting with summer growing)
• Peppers - wide variety	1 indivd,	\$0.75/pepper, summer, fall (you choose sweet or hot or both)
• Radishes -	10/bunch,	\$2.00, year round with some limited times
• Rhubarb -	1 lb/bunch,	\$3.00/lb, spring
• Shallots -	1 to 2,	\$1.50, fall, winter, spring
• Summer Squash -	1 indivd,	\$1.00/squash, summer, fall (patty pan, zucchini, yellow)
• Tomatoes -	/lb ,	\$3.50/lb Ward Roma*
• Tomatoberry -	15/bag,	\$4.00, summer, fall, Ward Tomatoberry
• Turnips -	3/bunch,	\$3.00, spring, fall, winter
• Maple Syrup -	12 oz or Qt	\$14 and \$18 respectively
• Honey -	Quart	\$20

***Average 3 to 4 tomatoes equals a pound**

As with any CSA, the member assumes some of the risk of growing vegetables with the farmer. You are purchasing your share prior to all crops being planted and the farmer knowing exactly what Mother Nature might have in store for us in any one season, If for some reason (mostly Mother Nature) multiple crops fail your membership can be applied to the next "season" when vegetables are growing or ***you can sell your share to someone who may be interested in joining our CSA.*** We do not offer a refund.

The ordering process happens Saturday thru Sunday with pickup taking place on Tuesday and Wednesday. On Tuesday and Wednesday, pickups are between **4:00 and 6:00 p.m.** unless other arrangements have been made with Farmer John. If you order vegetables and do not pick them up your **account** will still be **debited**.

We also partner with other farms in our area to have their products available during your pickup. If you choose, there are **grass-fed meats** (Beef, Pork, Chicken available by individual package or through a share). Raw Milk and raw milk product **herd shares** and open range **eggs** (retail or share). Sourdough Artisan bread either through a share or retail. Local **Jam** and **vinegar** made with chemical free fruits. ***None of the above products are included in the Ward Vegetables CSA share*** but are available during your pickup. We coordinate with these farms to have their products here during your regular pickup.

Thank you for your interest and please let me know if you have any questions. The CSA takes new members year round. We are 100 members strong each year and will be accepting new members starting in January of 2023.

Farmer John, Ward Vegetables, 517-745-5913

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