



Local Roots Farm

2008 Community Supported Agriculture

Local Roots is a diversified 5-acre farm located near the town of Carnation in the Snoqualmie River valley. We grow more than 50 varieties of vegetables, as well as herbs and flowers, which we sell at Seattle-area farmers markets and through our Community Supported Agriculture subscription program. CSA subscribers receive a box of freshly harvested vegetables once a week during the growing season. All produce is grown on our farm in Carnation.

Dates: The CSA season is 20 weeks long. The season begins in early June and lasts until mid-October. Pickup is on Tuesdays in the late afternoon/evening. Exact pickup time depends on location.

Price: We offer two share sizes: \$300 (\$15/week) for the standard box or \$400 (\$20/week) for a large box. The standard box is suitable for a household of 2 people who cook at home 2-3 nights a week, usually containing 6-8 items per week. The large box option will typically have one or two additional items and/or larger quantities of staple items like salad greens, potatoes, squash, broccoli and green beans.

Pickup sites:

- Capitol Hill
- Downtown Seattle (limited availability – please contact Siri for more details)
- Maple Leaf
- Local Roots Farm
- Phinney Ridge
- Queen Anne

Other important info:

- Please return your box each week!!! We reuse these boxes and they aren't cheap.
- Pickup must be made by 9 PM. Unclaimed boxes will be distributed elsewhere. If you are delayed on your pickup day, contact Siri and we will try to accommodate you.
- Pre-planned absence - If you know that you will be absent for more than two weeks this season, you may pro-rate your subscription. Arrangements must be made before April 15th.

Questions/Contact: Siri Erickson-Brown – email: siri@localrootsfarm.com phone: (206) 218-9787

Sample CSA boxes

Spring

Regular

½ # salad greens
radishes
mustard greens
turnips
¼ # pea vines

Large

¾ # salad greens
radishes
mustard greens
turnips (2)
¼ # pea vines
lettuce

Summer

Regular

lettuce
frisee
1 # tomatoes
sweet onions
cucumber (2)
basil
beets

Large

lettuce
frisee (2)
1 # tomatoes
sweet onions
cucumbers (3)
basil
beets
kale

Fall

Regular

1 # potatoes
½ # green beans
1 # tomatoes
lettuce
onions
cucumber
parsley

Large

2 # potatoes
½ # green beans
1 # tomatoes
lettuce (2)
onion
cucumber (2)
parsley

Please fill out and mail along with a check to:
Local Roots
740 Belmont Pl. E. #2
Seattle, WA 98102
Payment due by 4/15/07.
Specific information for your pickup site will be provided after sign-ups are complete.

Name: _____
Email: _____
Phone: _____
Pickup location: _____

__ Regular Box (\$300)
__ Large Box (\$400)