



# LOCAL ROOTS FARM

## 2018 Community Supported Agriculture

Local Roots is a 17-acre family-operated farm located about 25 miles outside Seattle, in the Snoqualmie River valley. 2018 is our twelfth season farming and offering our popular CSA program. A wide variety of crops thrive in our mild climate and world-class soil and we grow more than 50 different vegetables and herbs. CSA subscribers receive a box of freshly harvested vegetables once a week during the growing season. CSA produce is grown by us, here on our farm, with very occasional special treats from other growers in our area, like corn and peas.

**Dates:** The CSA season begins in early June and lasts until late November. Pickup is on Tuesdays in the late afternoon/evening. Our season is **25 weeks long**, with pickup every week from June through October, every other week in November. We will take ONE WEEK off in late July to get vital fall planting work done.

**Price:** We offer two share sizes: **\$575 for the standard box or \$725 for a large box**. The standard box is suitable for a household of two people who cook at home three to four nights a week. The standard box includes 7-10 items (e.g. 1 head lettuce, 1 bunch kale, 1# carrots) each 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.

**Payment:** We are not set up for online signups or to take credit cards, but we do accept an assortment of e-pay options, which are usually free for both parties. To sign up paperlessly, email Siri with your preferred pickup location and to confirm payment details. **First (or full) payment is due ASAP**. If paying in two installments, second payment is due June 1<sup>st</sup>.

**Egg Add-On:** Goose & Gander Farm is owned by Meredith Molli & Patrick McGlothlin, our friends and neighbors. Goose & Gander Farm hens forage on pasture and eat a certified non-GMO soy & corn-free feed, plus sprouted whole grains, fresh vegetables and leafy greens.

**Price: \$195 for dozen/week (20 weeks, June thru Oct.) or \$115 for a half-dozen/week.**

**Vacation/missed pickups:** For pre-planned absences, you may pro-rate your subscription price. Dates must be chosen and confirmed with us prior to the start of the season. We do not offer a refund or credit for missed pickups.

**2018 Pickup Locations:** We have 15 neighborhood pickup sites throughout Seattle, plus on our farm in Duvall. This year's anticipated sites are:

- Capitol Hill (Aloha & Boylston)
- Capitol Hill (17th & Galer)
- Madison Valley/ Madrona
- Rainier Valley/ Jackson Pl.
- North Beacon Hill
- Columbia City
- South Seattle/Rainier View
- Queen Anne
- Wallingford
- Maple Leaf
- Northeast Seattle
- Northgate
- Phinney Ridge
- Ballard
- Phin-lard (67th & 3rd Ave NW)
- West Seattle
- Magnolia
- Duvall
- On-farm

**Our Growing Practices:** Local Roots uses no synthetic inputs on our farm. We build soil fertility with cover crops and compost, control weeds with tractor and human powered tools, minimize insect damage with spun-fabric row cover, and accept a certain amount of crop loss due to pests, disease, and bad weather.

**Questions/Contact:** Siri Erickson-Brown – email: [siri@localrootsfarm.com](mailto:siri@localrootsfarm.com) **Website:** [www.localrootsfarm.com](http://www.localrootsfarm.com)

Sample CSA boxes		
<b>June</b>		
<b>Regular</b>		<b>Large</b>
1/2 # salad greens		1/2 # salad greens
radishes		radishes
kale		kale
turnips		turnips (2)
scallions		scallions
kohlrabi		kohlrabi
2 heads lettuce		1/2# snap peas
		2 heads lettuce
<b>August</b>		
<b>Regular</b>		<b>Large</b>
2 heads lettuce		2 heads lettuce
basil		basil
1# tomatoes		1# tomatoes
Savoy cabbage		Savoy cabbage
cucumber (2)		cucumbers (4)
carrots		carrots
Swiss chard		Swiss chard
		1/2# salad greens
<b>October</b>		
<b>Regular</b>		<b>Large</b>
2 # potatoes		2# potatoes
kale		kale
1 winter squash		2 winter squash
lettuce		lettuce (2)
carrots		carrots
zucchini		zucchini
bok choy		bok choy
parsley		parsley
		cauliflower
<b>November</b>		
<b>Regular</b>		<b>Large</b>
kale		kale
1 winter squash		2 winter squash
parsnips		parsnips
carrots		carrots
cauliflower		cauliflower
leeks		leeks
bok choy		bok choy
		potatoes
		Swiss chard

Please fill out and mail along with a check to:  
 Local Roots  
 PO Box 526, Duvall WA, 98019  
 Specific pickup sites will be confirmed and info provided prior to the start of the season.

Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Preferred Pickup Location: \_\_\_\_\_  
 \_\_\_ Regular Box full payment (\$575) or \_\_\_ 1<sup>st</sup> installment (\$287.50)  
 \_\_\_ Large Box full payment (\$725) or \_\_\_ 1<sup>st</sup> installment (\$362.50)  
 For egg CSA, please **add:** \_\_\_ Full egg share (\$195) or \_\_\_ Half egg (\$115)

I have read and understood the vacation/missed pickup policy above. To prorate my season price, I will notify Local Roots Farm about the dates of my absence prior to the final payment due date. I understand that LRF will not provide credit, refund, or make-up boxes if I miss a pickup day.