



# 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:** We are now taking new members for our summer/fall season. This season is **19 weeks long**, with pickup every week from July 31st through October, every other week in November.

**Price:** We offer two share sizes: **\$437 for the standard box or \$551 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.

**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:** \$136.50 for dozen/week (14 weeks, July 31 thru Oct.) or \$80.50 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
- Queen Anne
- Wallingford
- Maple Leaf
- Northeast Seattle
- Northgate
- North Beach/Blue Ridge
- Phinney Ridge
- Ballard
- Phin-lard (67th & 3rd Ave NW)
- West Seattle
- Magnolia
- Duvall
- On-farm/farmstand

**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

#### August

Regular	Large
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

#### September

Regular	Large
Broccoli	broccoli
1# tomatoes	1# tomatoes
zucchini	zucchini
carrots	carrots
dill	dill
2 heads lettuce	3 heads lettuce
kale	kale
	cabbage

#### October

Regular	Large
2# potatoes	2# potatoes
kale	kale
1 winter squash	2 winter squash
lettuce	lettuce
carrots	carrots
garlic	garlic
bok choy	bok choy
parsley	parsley
	cauliflower

#### November

Regular	Large
kale	kale
1 winter squash	2 winter squash
parsnips	parsnips
carrots	carrots
cauliflower	cauliflower
leeks	leeks
cabbage	cabbage
	potatoes

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 (\$437)  
 \_\_\_ Large Box (\$551)  
 For egg CSA, please add: \_\_\_ Full egg share (\$136.50) or \_\_\_ Half egg (\$80.50)

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.