

The Basics

What is a CSA?

A CSA (Community Supported Agriculture) is a way for people to create a relationship with a farm and to receive a weekly basket of produce. By making a financial commitment to the farm, people become "members" (or "shareholders" or "subscribers") of the CSA and establish a direct connection to their food.

How does it work?

Farmer Dave of Brox Farm in Dracut is growing food that will be harvested weekly for 20 weeks, from **June 15 until October 26**. Members pick up their share of the harvest on Tuesdays between 3pm – 7pm at the Bell Tower Square building at 60 Island Street, in Lawrence, MA.

What are the benefits of joining a CSA?

As a CSA member you have a direct connection to the source of your food and the farmer. You receive high quality, fresh, locally grown produce that tastes better! Better nutrition and health. The chance to explore different food, sharing recipes and more...

What will the 2010 CSA share cost?

- A small vegetable share costs \$300 for the 20 week season (an average of \$15/week)
- A regular vegetable share costs \$450 for the 20 week season (an average of \$22.50/week)
- A super-family vegetable share costs \$800 for the 20 week season (an average of \$40/week)
- A fruit share costs \$200 for the 12 week season (an average of \$16.50/week)
- A winter share costs \$200 for the 5 week season (an average cost of \$40/week)

Plus a \$50 administration fee to help support GWL's direct costs to manage the CSA & a \$50 delivery fee to support Farmer Dave's transportation costs.

Why join the Groundwork Lawrence CSA?

The Groundwork Lawrence CSA is **committed to making fresh food available for everyone.**

Through our Share-a-Share program, we collect tax-deductible donations and provide subsidies for those in need. Unclaimed shares are donated each week to local food pantries through Neighbors in Need. By providing a pickup site in Lawrence, we increase access to produce in an urban city!

How can I receive a subsidized share?

If you are experiencing financial hardship and/or want to use EBT/SNAP to pay for a share, please contact us. Due to regulations, EBT payments are made either monthly or weekly throughout the CSA season. We will work with you on an individual basis to determine an affordable cost and payment plan.

How can I become a member?

To become a member, submit your registration form and payment to Groundwork Lawrence by mail at the above address. **Spaces are limited**, so the sooner you register, the more likely it is that we will have a share for you! The deadline for registration is Tuesday, June 1, or until we run out of shares.

For more information or to register, please visit our website: <http://www.groundworklawrence.org/csa>. When the 2010 CSA program is full, we will post a notice on our website.

If you are interested in learning more about the CSA program contact: Janel Wright at (978) 974-0770 or jwright@groundworklawrence.org.



Sample Shares

Vegetable Share Sizes

Small Veggie Share: Appropriate for 1-2 people, depending on your eating habits (1 vegetarian, 2 omnivores)—or to supplement your grocery purchases with some great, local produce. Slightly less than half the amount of produce in the Regular Veggie Share.

Regular Veggie Share: Appropriate for 2-4 people, depending on your eating habits (2 vegetarians, 4 omnivores). Between 5-20 lbs. of produce, depending on the type of produce offered for that week in the CSA season.

Super Family Veggie Share: Appropriate for 4-8 people, depending your eating habits (4 vegetarians, 8 omnivores)—enough for a sizeable family! The Super Family Veggie share is roughly 30% more produce than last year's Super Veggie Share, and approximately double the amount of produce in the Regular Veggie Share.

Fruit Shares

The fruit share begins in early to mid-August and continues until the end of October. Depending on the week and your eating habits, a single fruit share will feed 2-3 people each week. You can expect to find some of these delicious options in your fruit share:

Blueberries, raspberries, pears, peaches, nectarines, plums, apricots, melons, and multiple varieties of apples

Winter Shares

There will be weekly deliveries for the first four weeks in November, with the last delivery (Nov. 23rd) being larger for the Thanksgiving holiday. A fifth and final delivery will happen on Dec. 14th; this one will also be large for the Christmas holiday. You can expect to find the following produce in your winter share:

Brussels sprouts, cabbage, broccoli, potatoes, carrots, beets, onions, garlic, celeriac, turnips, winter squashes, spinach, winter greens, leeks, apples, cranberries, parsnips, and lettuce

Type of Produce Offered

(regular veggie size amounts shown below)

A week in mid-June: 1 bunch of arugula, 1 bunch of baby beets, 1 bunch of radishes, 1lb. snap peas, 1 head of bok choy, 1 bunch of cilantro, 2-3 summer squashes, 1 bunch of garlic scapes, 1 bunch of chives, 1 bunch of spinach, and 1 bunch of scallions

A week in July: 1 bunch of beets, 4 ears of sweet corn, 1 slicing cucumber, 1 pickling cucumber, 1 head of iceberg lettuce, 1 head of romaine lettuce, 3 assorted summer squash (zucchini, summer, kousa), 1 lb. of green beans, 1 bunch of scallions, 1 bunch of basil.

A week in August: 1 lb. green and wax beans, 1 bunch of carrots, 6 ears of sweet corn, 2 slicing cucumbers, 1 pickling cucumber, 1 eggplant, 1 green leaf lettuce, 1 cubanelle pepper, 1 green bell pepper, 1 zucchini, 2 tomatoes, 1 bunch of cilantro.

A week in September: 1 celery bunch, 6 ears of sweet corn, 1 eggplant, 1 head of romaine lettuce, 1 cubanelle pepper, 1 green bell pepper, 2 hungarian wax peppers, 1 bunch of radishes, 1 slicing tomato, 1 pint of yellow cherry tomatoes, 1 bunch of onions, 1 bunch of swiss chard, 1 bunch of dill.

A week in early October: 1 bunch of arugula, 1 lb. of edamame, 1 bunch of broccoli raab, 1 bunch of carrots, 4 ears of sweet corn, 1 head of green leaf lettuce, 1 cubanelle pepper, 1 green bell pepper, 1 red pepper, 2 hungarian wax peppers, 1 sugar pumpkin, 1 bunch of kale, 1 bunch of purple top turnips, 2 lbs. of potatoes, 1 bunch of chives.

This list is just to be used as a rough guide of what produce might appear in your CSA share throughout the season and what quantities you might see. As farming is inherently unpredictable, Farmer Dave cannot guarantee that the produce listed will be in your share on the dates indicated.

