



LEFT FOOT ORGANICS 2010 CSA GUIDE

Introduction

Welcome to the Left Foot CSA! We're happy to be bringing you good food and very thankful for your support of our program, providing meaningful, paid work experience to people with disabilities *and* rural youth. We hope this guide will tell you all you need to know about participating in our CSA program, but if it doesn't please don't hesitate to call or email us with your questions. We're here for you!



CSA Schedule

Summer Season: June 1 to October 31 (flower shares July-October)

Winter Season: November 1 to January 31

Delivery Schedule: Wednesdays (Tumwater Farmers Market)

Thursdays (Farm, Olympia, Tacoma—after the Proctor Farmers Market season)

Saturdays (Tacoma—during the Proctor Farmers Market season)

Half Shares and Full Shares

Our half share and full share boxes have the same contents. The difference is the frequency of delivery. Full shares are delivered every week. Half shares are delivered every two weeks. We do it this way to keep packing simple, so that all the crew members can participate in packing the boxes.

Flower Shares

Flower shares will begin when we have enough flowers blooming to make nice bouquets, normally by the third or fourth week of vegetable deliveries. Flower shares usually end before the end of October, again depending on the growing conditions and what is available.

Delivery Times and Locations

Pickup times and procedures vary by location. Note the time listed for your location.

Olympia Thursday afternoons at the farm, westside and downtown pick-up sites.

Boxes at all Olympia locations are delivered on Thursdays and left out overnight. At your pick-up site you will find a stack of boxes and a list of share members. The boxes may be covered with wet burlap, to keep the vegetables as cool as possible. All boxes are equivalent—take any box. **Please cross your name off the list when you pick up your box.** The pick-up sites are:



The Farm 11122 Case Rd, 2 miles south of 93rd Ave. just before 113th and Scott Lake. The boxes are *ready after 3pm* at the farm. They will be under the shed roof on the north side of our building.

Westside 1609 6th Ave SW, corner of 6th and Decatur (this is Ann's house). Boxes are *ready for pickup after 5pm*. They are in the covered patio in the back, which you can enter off of Decatur.

Downtown Fertile Ground Guesthouse, 311 9th Ave SE, behind the library downtown. The boxes are *ready for pickup after 5pm*. They are inside a small shed in the garden in front of the parking spaces in the alley. Enter from the alley.

Tumwater Tumwater Farmers Market, Wednesdays, 11am to 2pm. *Boxes must be picked up during market hours.* Normally you will pack your box when you arrive at our stand. We will coach you through the packing process and provide a list of contents. This list may vary slightly from the list published in the newsletter, which comes out on Thursday.

Tacoma Proctor Farmers Market, Saturdays, 9am to 2pm. *Boxes must be picked up during market hours.* Normally you will pack your box when you arrive at our stand. We will coach you through the packing process and provide a list of contents. This list may vary slightly from the list published in the newsletter, which comes out on Thursday. (Note: When the farmers market closes in December, *winter share* customers pick up after 3pm at a share member's house nearby. We will let you know the exact location a few weeks before market ends.)

Share Members' Responsibility for Pick-up

Please note that you are responsible for picking up your box each delivery. If you are unable to pick up your box, have a friend or neighbor pick it up for you. Or, if you are going out of town and want to cancel your box for a week, email ann@leftfootorganics.org by 3pm the day before delivery. Under any special circumstances or when in doubt, call! **If you don't pick up on delivery day and we don't hear from you ahead of time, your box will disappear!** (Sorry, no make-up boxes. Normally our entire harvest is spoken for each week, and vegetables are impatient—they won't wait for you!)

What to Do With the Box?

Typically we pack CSA shares in waxed produce boxes we salvage from the Oly Food Coop. They are gently used, and we reuse them again and again until they wear out. So after the first week, **please remember to bring us your empty box when you come to pick up.** Don't



put it in your recycling—they don't recycle with other cardboard because they are waxed (though in some places, like Olympia, waxed cardboard can be put in the yard waste bin). Better yet, bring bags with you, transfer your produce directly to your own bags, and leave the box behind!

Contact Numbers. The Farm 360-754-1849
Ann's home 360-754-1928 (evenings)

CSA News

We will send you a CSA newsletter by email every week (whether you are on the schedule to receive a box that week or not). The newsletter is also posted on the website, www.leftfootorganics.org. The newsletter will feature farm news, what's in your box, Left Foot volunteer events and other happenings, and recipes. If you have any favorite recipes for vegetables in your share, please email them to me any time! I always need more recipes.

Things We Reuse

Waxed produce boxes
Clean, dry plastic grocery bags—the type with handles

Things We Do Not Reuse

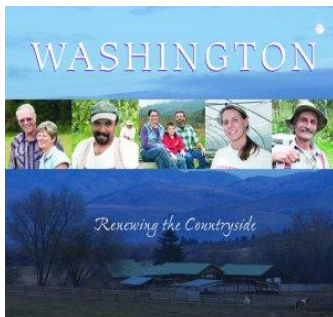
Twist ties
Plastic bags without handles

Left Foot thank you gifts for donations



- Tote bags, \$12 donation. The bags are made of sturdy recycled cotton, fair traded from India, and are the best made tote I've seen (sturdy handles, and all seams are finished). They were printed in Olympia by an environmentally friendly, water based permanent ink process.

- T-shirts, \$25 donation. The t-shirts are organic cotton, with our logo on the front and a cool Left Foot reflexology chart on the back. Made in the U.S., and printed locally.

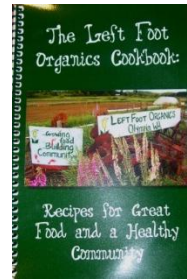


- Renewing the Countryside: Washington, \$50 donation. Left Foot is honored to be among the 43 farms, ranches, and other rural sustainability projects throughout Washington State that are profiled in this beautiful book, full of brilliant color photos and inspiring stories.



- Left Foot Cookbook, \$6.50 donation. You will receive a copy of our cookbook with your share. They make great gifts too, so get multiple copies and give them to friends!

Let us know if you would like any of these thank you gifts when you make a donation, and we will deliver it with your share box.



Eggs



We have brown eggs from our small flock of laying hens. We can take a limited number of standing orders for a dozen every week, available to the first few members who sign up for eggs. You can also buy eggs on a first come, first served basis at the farm.

Left Foot's local food network

Frequently we will include information about products from other local farms and processors in our newsletter. These are always products from people we know and trust—cheese from Blue Rose Dairy, lamb and chicken from Oyster Bay Farms, beef and pork from Colvin Ranch, breads and pastries from 8-Arms Bakery. We are happy to be able to link you up with more of the wonderful products of our local food system.

Eat well, and enjoy your local food adventure!