



2012 CSA PROGRAM

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Why Buy A Share? You directly support the regional economy and family farmers: When you buy locals, (whether at farmer's market, from a retailer, a restaurant, or by joining a CSA) you are helping to support family farms and your regional economy, then in turn, the demand is created for supplies and services from other companies. Freshness and Nutrition: Locally grown food is normally fresher because it's picked within a few days of your purchase rather than two weeks. The nutritional levels of food are highest closer to the time they are harvested. Organic farmers produce higher quality, nutritional food. Joining a CSA is a way to share the risks and rewards of farming with the farmer and keep you connected to where your food comes from. By joining a CSA, you help to support your regional economy, and help support local farm families, reduce your carbon footprint, and help preserve the environment and local ecosystems. With each share, you receive information about the farmers, the weather and how it affects farming. We let you know about farm events through a newsletter that is informative and loaded with recipes which include soups, stews, breads, casseroles, main dishes, appetizers—limited only by our imagination.

HOW IT WORKS: Pick up your shares on during the set hours on the pick-up day. We recycle all boxes, so return your boxes each week or bring a bag to carry your produce home and leave your box with us! Share your produce with your family, friends, and neighbors! Enjoy your produce and the recipes to prepare meals using healthy foods!

2012 CSA SHARES (18 weeks from the week of June 15, 2012 through the week of October 12, 2012) will include seasonal produce items from Wisconsin family farms. We also offer egg shares, a cheese share, and a pantry share. Or you can purchase the "self-select" option to choose your seasonal produce selections, cheese, eggs, pantry items, and meats, which gives you access to items like frozen bread, frozen pasta, soups, sauces, grains, salsas, seasonings, granola, and more.

SIGN UP BY **PHONE, E-MAIL, FAX, OR SIGN-UP ONLINE AT:**

Through our online store:

<http://www.simplywi.com/store/233>

You can pay via PayPal, choose the option to be invoiced, or type "Google" in the user notes to pay via Google checkout.

Johnson Health Tech (employee site) – the CSA at Johnson Health Tech will have pick-ups on Wednesdays (4 pm – 8 pm) June 13, 2012 through October 10, 2012:

- *Johnson Health Tech, 1600 Landmark Drive, Cottage Grove*

2012 CSA SHARE OPTIONS

FULL PRODUCE SHARE—EVERY WEEK for 18 weeks <i>Our summer produce equals a variety of 8 items per box – we will try to include one herb per week. This share includes certified organic produce (fruit and veggie) items only.</i>	\$510.00	
BASIC 4 PRODUCE SHARE—EVERY WEEK for 18 weeks <i>Our Basic 4 produce share equals a variety of 4 items per box delivered weekly. This share includes certified organic produce items only, and we will try to rotate items weekly or bi-weekly so as not to repeat items too often.</i>	\$245.00	
FULL EGG SHARE—EVERY WEEK for 18 weeks <i>One dozen farm-fresh cage-free organic eggs delivered weekly. Order as many shares as you like for multiple dozens delivered weekly.</i>	\$82.00	
HALF EGG SHARE—EVERY WEEK for 18 weeks <i>One-half dozen farm-fresh cage-free organic eggs delivered weekly. For households who don't use eggs as often.</i>	\$42.00	
CHEESE SHARE—EVERY WEEK for 18 weeks <i>A variety of basic and specialty cheeses—1/2# of cheese per week throughout the CSA season.</i>	\$145.00	
PANTRY SHARE – EVERY WEEK for 18 weeks <i>Includes items chosen for you - 4 items per week includes items like organic flours, corn meals, maple syrup, honey, pickles, jams, fruit butters, salsas, spaghetti sauce, veggie juices, nuts, dried beans, popcorn, and more. The price differs from 2011 because this is a weekly share rather than the monthly share we offered in previous years.</i>	\$300.00	
SELF-SELECT ONLY OPTION – I'd like to choose <u>all</u> of my own item selections from all of the items available, and will order only on the weeks I wish to have items delivered.	\$350.00	
SELF-SELECT PLUS TRADITIONAL SHARES OPTION <i>– I'd like to purchase a full or Basic 4 PRODUCE share indicated above plus extra items when I choose to add them.</i>	\$150.00	

2012 SIMPLY WISCONSIN CSA SIGN-UP FORM FOR Johnson Health Tech CSA Members

Name: _____

Address: _____

City/State/Zip: _____

Best Phone to Reach You: _____

E-mail: _____

2012 CSA SHARE

FULL PRODUCE SHARE _____ @ \$510.00 = \$ _____

BASIC 4 PRODUCE SHARE _____ @ \$245.00 = \$ _____

FULL EGG SHARE _____ @ \$ 82.00 = \$ _____

HALF EGG SHARE _____ @ \$ 42.00 = \$ _____

CHEESE SHARE _____ @ \$145.00 = \$ _____

PANTRY SHARE _____ @ \$300.00 = \$ _____

SELF-SELECT ONLY _____ @ \$350.00 = \$ _____

TRADITIONAL PLUS _____ @ \$150.00 = \$ _____

SELF-SELECT EXTRAS (Choose one or more traditional shares above and add extras when you choose to)

TOTAL PURCHASES \$ _____

EARLY DISCOUNT—SIGN UP AND PAY IN FULL FOR ANY (\$ 50.00)

PRODUCE, PANTRY, OR THE SELF-SELECT ONLY SHARE BY

NOVEMBER 20, 2011

ENTER COUPON CODE "CSA2012" AT ONLINE CHECKOUT TO

APPLY THE DISCOUNT

TOTAL DUE \$ _____

Pay in full by Check today: \$ _____

Pay in full by Credit Card today: \$ _____

Credit Card Number: _____

Expiration date: _____

Signature: _____

Pick-Up Site: JOHNSON HEALTH TECH _____