

What is a CSA?

Community Supported Agriculture (CSA) is a model of food production, sales, and distribution aimed at connecting local farmers with local consumers.



Members of a CSA pledge their support towards a portion of the farm's seasonal operating budget by purchasing a share of the season's yield in the beginning of the season. In return members receive a weekly portion of the farm's harvest. Members share in both the bounty and the risks of farming,

Becoming a member of a CSA creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

What's in a share? Throughout the seasons, weekly boxes will represent what is growing in our fields. Check out past online newsletters to find out what to expect.

How does it work? Sign up to be a member of Old Oak Family Farm CSA by filling out the attached sign-up form or by downloading a form at our website.

How can I make the CSA more affordable? We can create customized payment plans and can accept SNAP benefits (Quest, EBT, food share, food stamps). Check with your health insurance company to see if they offer a rebate for joining a CSA.

We are a member of FairShare CSA Coalition and their Partner Shares Program works with limited-income households to afford a CSA share. Contact them for information: (www.csacoalition.org - 608.226.0300)

What if I have more questions? Check out our frequently asked question (FAQ) section on our website. We are also happy to talk to you by email or phone. Contact Kyle, CSA Manager at 608.386.8066

What is in a box?

Sample Spring Box:

Asparagus
Kale
Lettuce
Kohlrabi
Sunchokes
Bok Choy
Green Onion
Radish
Rhubarb
Cherry tomato plant
Herb - Thyme

Sample Summer Box:

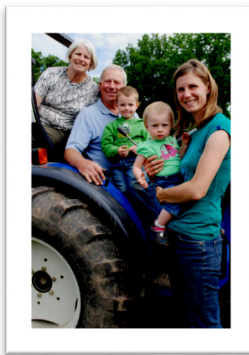
Beans - Green
Carrots
Cucumbers
Lettuce
Peppers - green & hot
Potatoes
Summer Squash
Tomatoes
Watermelon
Zucchini
Herbs - Cilantro & Basil

Sample Fall Box:

Apples
Beets
Carrots
Chard
Garlic
Napa Cabbage
Onions
Potatoes
Radishes
Lettuce
Squash
Herb - Parsley

Sample Winter Box:

Beets
Brussels Sprouts
Carrots
Cabbage
Garlic
Kale
Onions
Potatoes
Rutabaga
Sweet Potatoes
Squash



At Old Oak Family Farm we are committed to healthy living and our environment. We keep our customers in mind while growing and harvesting our vegetables. Our CSA boxes are packed with the freshest, highest quality produce we grow. We are certified organic and have a strong connection to our land.

The Niedfeldt family:

Jerry & Connie Niedfeldt

Kyle, Eric, Owen & Iris Zenz

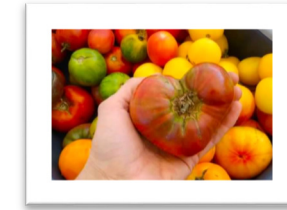
Jacey, Ric, Breck & Joelle Heller

N6370 Niedfeldt Rd. • Bangor, WI 54614
608.386.8066 • email: csa@oldoakfamilyfarm.com
facebook: www.facebook.com/oldoakfamilyfarm
web: www.oldoakfamilyfarm.com



CSA

Community
Supported
Agriculture
2015 Season



Make a commitment to

- Healthy eating
- Local food
- Organic agriculture
- Family farms
- Environmental sustainability

by supporting
Old Oak Family Farm



Join our CSA and
eat with the seasons



Old Oak Family Farm, Bangor, Wisconsin



N6370 Niedfeldt Rd. • Bangor, WI 54614
 608.486.4205 • csa@oldoakfamilyfarm.com
 www.oldoakfamilyfarm.com



2015 Old Oak Family Farm CSA Information and Sign-up Sheet

Join our CSA program and eat through the seasons. Call Kyle at 608.386.8066 for more information.

1. Contact information *Please print clearly*

Name(s) of adults / children: _____

(If splitting a share, please include 2nd family information)
 Name(s) of adults / children: _____

Address: _____

Address: _____

City, State, Zip: _____

City, State, Zip: _____

Phone (cell/home): _____

Phone (cell/home): _____

Email: _____

Email: _____

How did you find out about our CSA? _____

2. Select your pick-up site (all sites - Tuesday)

Bangor:

___ The farm, 3:00-6:30

Sparta:

___ Water St., 4:00-5:30

Black River Falls:

___ Monroe St., 4:15-5:30

* This site will have a farm representative present during pick up you may order additional items (veggies, flowers, eggs, meat)

La Crosse:

___ Mayo Clinic Health System, Market St., 4:00-5:30

___ Gundersen Lutheran La Crosse Campus (employees) 3:30-6:00

___ King Street Tax parking lot* (Corner of King & 6th St.) 4:30-5:30

* This site will have a farm representative present during pick up you may order additional items (veggies, flowers, eggs, meat)

Onalaska:

___ Gundersen Lutheran Onalaska Campus (employees) 3:00-4:45

___ Once Upon a Child - retail store (Hwy 16) 3:30-7:00

3. Select your share

(pick and choose the season(s) you want to receive boxes, or select the "All Season Share" for 24 weeks of produce)

___ Spring Share: \$60.00 (2 boxes - May 26 & June 2)

___ Summer Share: \$300.00 (10 boxes- June 16 - Aug 18)

___ Fall Share: \$300.00 (10 boxes - Aug 25 - Oct. 27)

___ Winter Share: \$60.00 (2 boxes - Nov 10 & Nov 24)

___ All season share: \$650.00 (24 boxes - all dates listed above: Spring, Summer, Fall & Winter boxes)

___ Every other week share: \$300.00

___ (10 boxes over the course of 20 weeks: summer and fall share dates - June 16 - Oct 27)

___ Flower share: \$80.00 (5 bouquets)

___ Flower share: \$150.00 (10 bouquets)

___ TOTAL amount due

4. Select payment option

Enclosed is one check for full payment of my produce share: _____

OR

Enclosed are 2 checks for my produce share:

one dated today for half of the payment

AND

one postdated on or before 7/31/2015 for half of the payment

Flower share option (\$150 or \$80)

Total enclosed: _____

Please mail form and checks to:

Old Oak Family Farm, N6370 Niedfeldt Rd., Bangor, WI 54614

5. Sign and date the CSA pledge

As a member of Old Oak Family Farm CSA, I will share in the bounty as well as the risks of the farming season along with the farmers and other members. I understand that due to nature, weather and other production factors, the quantity, variety, and quality of produce I receive may be more or less than expected.

Signature/s _____

Date _____

Please make a copy of this form for your records. We will send an electronic receipt upon receiving your application and payment. Please add: csa@oldoakfamilyfarm.com to your email address book, to prevent emails from landing in your junk folder.

CSA Frequently Asked Questions...

WHAT IS A CSA?

Community Supported Agriculture (CSA) is a model of food production, sales, and distribution aimed at connecting local farmers with local consumers.

Members of a CSA pledge their support towards a portion of the farm's seasonal operating budget by purchasing a share of the season's yield in the beginning of the season. In return members receive a weekly portion of the farm's harvest. Members share in the risks of farming, including poor harvests due to unfavorable weather or pests.

Becoming a member of a CSA creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

HOW DO I GET MY PRODUCE?

Every week, our produce is picked and immediately delivered to local drop off sites, where members pick up their shares. This arrangement is ecologically sound because it reduces the long-distance trucking involved in much of today's produce delivery. In addition, all the produce is organically grown; this method of growing food is healthier and more environmentally sustainable for the consumer, agricultural worker, and the land itself.

WHY DO WE PAY IN ADVANCE?

Paying in advance helps us purchase seed, maintain equipment, and pay for other expenses before the growing season gets underway. Your season-long commitment supports our farm and ensures that all of our produce is specially grown with our members in mind.

WHAT WILL WE GET IN OUR BOXES?

Boxes will contain a mixed balance of what our farm has available in the field. We try to keep the boxes filled with the most popular items, and keep a balance when selecting what to grow and put into the shares each week.

A share is designed for a family of four eating a mixed diet, or two adults with a vegetarian diet. Of course, family needs vary. CSA members have been pleasantly surprised at how many vegetables they eat when they have access to an abundance of fresh, delicious produce. Families with small children especially have found that the children get excited about the weekly box, and respond to the difference that truly fresh vegetables make.

If you decide that one share is too much for your family, consider sharing with a neighbor, friend, or coworker. Many people have found that sharing good food strengthens any relationship*.

We will include a weekly newsletter in each box. Information in the newsletter will include recipes and preparation tips for, as well as articles about our farm.

**If you are thinking about splitting a share...please keep in mind that not all contents of the box can be split equally, or easily - for example 1 watermelon, 5 tomatoes, or 1 head of cabbage. We try to put equal amounts of produce in the box, but it doesn't always work out. Please discuss how and where your box will be divided. We find that the best way to split a box is for 1 person to pick up the box, and split it at home. While dividing and sharing boxes each week works well for some people, others find that the best way to split a full CSA share is for each family to alternate the weeks in which they keep the whole box to themselves - ex. one family gets the box on even weeks, and the other family gets the box on odd weeks.*

WHAT IF WE DON'T LIKE SOMETHING WE GET?

CSAs are not designed as a delivery service, but instead, are a share holding in a working farm. We grow everything in its season and pick it at its best. The share is a balanced mix of what our farm has available in the field. Many people love CSAs because they love getting surprised each week, and they enjoy trying things they wouldn't otherwise have tried. Our boxes will also contain weekly recipes to give you tips on how to prepare items that you may not be familiar with.

WHAT IF WE WILL BE ON VACATION AND CAN'T PICK UP OUR BOX?

Please arrange for someone to pick up your box for you. With one week advance notice we may be able to move your pick up day to Friday at our Cameron Park Farmer's Market or you can pick up at our farm on an alternate day.

WHAT IF WE FORGET TO PICK UP OUR BOX?

It is your responsibility to remember to pick up your box. Any boxes that are not picked up will be taken back to our farm and stored in our cooler for 24 hours. If you have forgotten your box, you can call and arrange to pick it up. Any boxes not claimed within 24 hours will be donated.