



Healthy Eating for a Happy Life

530.676.4744 • zoeyfarms@yahoo.com
www.zoeyfarms.wordpress.com

Who is Zoey Farms?

Zoey Farms is owned and operated by my husband, Eric, and me, in Shingle Springs, California. This year marks our 6th year as a CSA. Each week, during the growing season, we hand pick vegetables especially for you. We grow natural, chemical-free produce – insuring that you always receive a diverse selection.

You can also rest assured knowing your money is being spent with a local, conscientious business whose goal is to provide you with quality pesticide-free produce while keeping small, sustainable, family farms, farming.

Our quality standards are high and you are guaranteed the best of what we grow. While we are not certified organic, we grow as if we are, because we wouldn't have it any other way.

NEW: We now offer services to teach you how to grow a garden of your own. Contact us for information.



Su and Eric

FAQ's

UPDATED INFO PLEASE READ ALL

What is the philosophy of a CSA? Community Supported Agriculture (CSA) is a direct partnership between you and the farmer. As a subscriber, you invest in the farm by purchasing a share at the beginning of each growing season. In exchange, we plant, grow, tend and harvest exceptionally high quality vegetables just for you. You come to the farm, pickup your veggies and enjoy. We do our very best to bring you beautiful and bountiful veggies each week, but since our boss, Nature, provides no guarantees – we can't offer any either. One of the

Taste: We carefully select our produce varieties for excellent taste and quality.

Good for Cooks: Become a creative, adventurous cook. Learn new recipes.

Freshness: Produce is harvested on or before the day you receive it. Connect to the seasons through food.

Health for Body and Soil: Our produce is grown without pesticides in fertile soil resulting in highly nutritious food and healthy soil. Eat healthier meals.

Support Local Agriculture: Today's agri-"culture" is in crisis. Through a CSA, your dollars go directly towards strengthening and sustaining a small farm - a vital community resource. Keep dollars in the local economy. Support organic agriculture.

Support Responsible Agriculture: Get to know the farm and farmers. See where and how your food is grown. Encourage respect for the environment.

premises of a CSA program is that the shareholders share the financial risks and the bounty of the harvest – if it is a successful growing season, you receive a lot of food; if there are fewer crops, you receive less. But not to worry, we have always been able to provide.

This arrangement is ecologically sound; it reduces the long-distance trucking involved in produce delivery. In addition, all the produce is naturally grown; this method of growing food is healthier and more environmentally sustainable for the consumer and the land itself.

One of our most rewarding and satisfying aspects of farming, is meeting and getting to know the people who eat our wonderful food we grow.

NEW for 2010! We will be offering organic, range-free egg shares. You can purchase eggs, by the dozen, per week, or every other week. \$4.00 per dozen.

What type of veggies have you grown? Each year varies in what we grow. We have grown asparagus, carrots, beets, turnips, onions, garlic, potatoes, basil, cilantro, arugula, turnips, lettuces, mesclun mix, cucumbers, beans, eggplant, peppers, summer and winter squash, yard-long beans, tomatoes, melons, edamame (soybeans), chard, kale, brussel sprouts, cauliflower, broccoli, cabbage, herbs and some surprises. We always welcome your suggestions.

Are different size shares available? No. Purchasing one share is equivalent to the small subscription of years past. If you have previously purchased a large, you would now purchase two shares. You may purchase as many shares as you'd like. The size you choose depends on how often you cook, how many times a week you go out to eat, how large your family is

and if you really like veggies or are vegetarian. Roughly, based on our subscriber's comments, one share feeds two adults and two shares feed a family of four. The actual amount a share represents varies throughout the year. For example, typically at the beginning and end of the season, shares are on the lighter side, with summer shares typically larger.

How long is the season? 16 weeks, starting some time in June through September. Four week extensions may be available for Fall.

What is the cost? A share is an investment of \$400. This averages to \$25 per week.

Is there a deadline for signing up? Shares are sold on a first come, first serve basis and are available until we are sold out. Once shares are sold out, we maintain a waiting list, and will contact you when a share is available.

Can I try out a membership, maybe for a month or so? We are unable to offer sample shares. Unfortunately, the logistics are too complicated for us to manage this amongst everything else. That being said, we would never force you to pay for a full season if you found you were unhappy with it. We request an advance notice of at least 2 weeks to cancel, so that we have time to find someone else to take your share.

Where do we pickup the veggies and when? All pickups are at the farm. We are located two miles from Hwy 50 off Ponderosa/South Shingle Road. The veggies will be set out farmer's market style, labeled with the name of each and the amount included in your share. When you come to the farm, you will check your name off the sign-in sheet, and pack your veggies in a box, bag or cooler that you bring with you. Pickup days will be Wednesdays from 3pm to 6pm.

It is your responsibility to remember to pick up your share on the correct day and during the allocated time. If you forget, we cannot refund, replace or give you credit for your missed share.

If coming to the farm every week is inconvenient for you, consider starting a pickup group. Shareholders take turns picking up multiple shares to bring back to a neighborhood dropoff site. This saves gas and time. If people are interested in this option, we can connect you. Many people split shares and that's OK with us. However, we do request you divide your veggies at home or alternate your pickup days to every other week. Let us know if you need someone to split a share with and we can connect you.

What if I am out of town and miss a delivery? You may ask a friend or neighbor to pick up and enjoy your weekly share. Simply have that person pick up your share for you, though make sure they know where to go, and how to pick it up. **Please notify us as to who is picking up for you or if you are unable to pick**

up your veggies. If you don't have friends or family who are interested in the produce, it will be donated or put to good use.

What if I forget my box or am running late? Please call the farm, we understand life happens. We may be able to keep the produce through the following day, however we do not have adequate cooler storage to keep the produce fresh. In most cases, people are able to get their boxes, but the farm is not responsible if your box is not available. We will not refund or replace it since we did pick it at your request. We do not guarantee the quality of the produce and we do not issue refunds or credits if picked up after delivery time and day. If you believe that your situation would not allow you to consistently pick up your vegetables within the allotted pickup hours, this program probably will not work for you. **The farm is also our home, please be respectful and pickup your veggies on Wednesdays from 3 - 6 pm.**

Can I specify what items I do and don't want? As much as we'd like to, we cannot tailor shares to suit every member's needs. The shares contain veggies that are in season.

What if I don't care for some of the produce? Share with a friend, take what you like and leave behind that which you don't care for. Don't feel obligated to take everything offered. You are buying into a concept that is unlike the traditional grocery store. Your main reason for joining the farm should not be price (though we feel we are fairly competitive). The reason to join is to have access to the freshest, healthiest food you can buy, purchased from the farmer who grew it. Joining a CSA is an eating adventure! Members enjoy interesting, flavorful varieties of the freshest local produce. Our members often comment that they love the surprise of receiving their weekly veggies and being encouraged to prepare healthy, creative meals.

I buy local, organic vegetables at the farmer's market. What does a CSA add for me? Our subscribers "eat first". Many of the best items are often in short supply at farmers markets. If you don't arrive early, you miss out. With Zoey Farms, you will always have the best available.

How are the veggies prepared? Is there much cleaning on my part? We usually pre-rinse all of the veggies. However, we recommend you always wash the veggies before preparing them at home.

What if I don't know how to prepare a veggie? Each week we email a newsletter that includes recipes, preparation and storage tips, fun facts, and stories from the farm. Plus the internet is full of web sites that offer zillions of recipes.



Zoey Farms

Shingle Springs, CA

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Shares

Veggie - _____ Number of shares X (times) \$400 per share = \$ _____ **TOTAL**

For example: 1 (one) share is \$400; 2 shares are \$800; 3 shares are \$1200...you get the idea.

Eggs - _____ One dozen eggs weekly = \$64; _____ one dozen eggs bi-weekly = \$32 \$ _____ **TOTAL**

Or, you can order two dozen each week or bi-weekly...two dozen weekly = \$128; bi-weekly = \$64

Total egg and veggie shares = \$ _____

Pick Up

Wednesday pickups from 3pm to 6pm. We will confirm your share, via email or phone and give you directions to the farm as soon as we receive your payment. (If you plan to split a share, we request each of you fill out this form.)

Check amount enclosed \$ _____ Check number: _____ Cash: _____

Name(s): _____

Email #1: _____ #2: _____

Home Phone: _____ Cell: _____

Address: _____

Member Agreement

I wish to support Zoey Farms by becoming a CSA member. I have read and agree with the procedures outlined in the newsletter "Who Is Zoey Farms?" and:

1. I agree to pickup my share on Wednesdays between the hours of 3pm - 6pm.
2. I understand I am sharing both in the bounty of the harvest and the risk of farming.
3. I know there is not a guarantee of quality of veggies, but I know Zoey Farms will do their best to provide quality produce for the season.
4. I agree to contact Zoey Farms if I receive produce that is not satisfactory, so I may be given credit.

Signature: _____ Date: _____

Please mail or bring this form and your payment to:
Zoey Farms • 3355 Char Mar Circle • Shingle Springs, CA 95682