



Support Local Farming and Eat Fresh Vegetables This Summer

Join the CSA program sponsored by Etz Chayim - Adath's Environmental Initiative.

For the 3rd year, Etz Chayim—Adath's Environmental Initiative – is partnering with **Easy Bean Farm** and farmer Mike Jacobs in Milan, Minnesota, and Hazon CSA, the Jewish Community-Supported Agriculture (CSA) Program to bring fresh vegetables to members who purchase farm shares.

What is CSA? Community-Supported Agriculture (CSA) links farmers with consumers by allowing members to purchase a “share” in the farm, and in return, members receive produce from the farm, boxed and delivered to Adath weekly, throughout the summer. The shares are direct investments in sustainable farming practices, and connect you to the land where the vegetables are grown and the people who grow them.

Why Participate?

- Connect to the food you eat, where it comes from, and what it takes to get food from the farm to the table.
- Be part of a community investing in sustainable agricultural practices and support a local Jewish farmer dedicated to values of tikkun olam.
- Receive delicious, fresh produce at competitive prices. Discover new vegetables and new recipes.
- Receive the Hazon CSA newsletters, recipes, articles about food and environmental issues.

How Does It Work? The season is approximately 18 weeks, from mid-June to October. Produce will be dropped off in boxes to Adath’s walk-in cooler on Friday mornings by 7:30 AM. You can pick up your box of vegetables every Friday anytime between 7:30 AM and 5:30 PM. Vegetables vary throughout the season but usually include greens, beans, peas, carrots, tomatoes, cucumbers, peppers, onions, radishes, potatoes, squash, corn, broccoli and herbs. Easy Bean Farm is not certified organic, but follows organic farming principles.

Volunteer Commitment: CSA Members will be asked to volunteer approximately one hour of time during the season to support this program (setting out signs, folding boxes, etc).

Farm Risk: As shareholders you participate in the risk (drought, disease) and reward (quality produce) of farming. Farmer Mike carefully plans to minimize risks but cannot guarantee the quality or quantity of produce you receive throughout the season due to weather conditions.

Cost: \$520 for a full share, \$395 for half share (*actually 2/3 of full share, and sufficient for many households*) plus \$20 administrative fee that goes to the Adath Environmental Committee to support programming and affiliation with nationally recognized Hazon. Small discount for early registration is available (see sign-up sheet for details). The price of a half-share works out to be about \$23/week for the season.

***Whether you purchase a share or not, you can help the ICA Foodshelf.** You can donate money (any amount welcome) towards shares for the ICA (Intercongregation Communities Association) foodshelf in Minnetonka that benefits people in need in our own neighborhood. Additionally, if CSA members are out of town or don't think they can consume their entire share in a specific week, they will have the option to donate some to the ICA.

Learn More:

Etz Chayim - Adath’s Environmental Initiative website:

<http://www.adathjeshurun.org> ⇒ **Community tab** ⇒ **Etz Chayim link**

Easy Bean Farm: www.easybeanfarm.com

Hazon CSA: www.hazon.org

Registration deadline is March 31, 2010.



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