MEMBERSHIP FORM

Name _____
Address_____
_____

Phone Number _____
Email: _____

Do you have any requests or suggestions?

_____

_____.

Will you be able to volunteer at the farm? Y / N

Once · Twice · Occasionally · Regularly ?

What time of day? _____

What day or days of the week?

M T W Th F Sa Sun

Please forward your payment to the farm. If you need special payment arrangements, please speak to Lisa.

Herban Living Farm makes special arrangements for low-income families and the elderly.

Herban Living FARM

242 General Miller Highway
Temple, NH 03084
Phone (603) 878.0459
www.herbanlivingfarm.org

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Herban Living FARM

2009 Growing Season

Community Supported Agriculture (CSA) in Temple, New Hampshire

CSA –
A local farming system where a farmer produces diverse crops for farm members who receive fresh food weekly. All members share in the bounty and risk of the farm and all enjoy knowing where and how their food is grown.

OUR VISION

People working together to support sustainable, local farms, sharing food and celebrating the bounty of a loving earth – that's the promise of Community Supported Agriculture. ***Herban Living Farm*** strives to grow healthy food, maintain healthy soil and build community. Join us in the fruits of this journey.

Herban Living Farm, is offering memberships to its *sixth season!* A variety of crops including, but not limited to:

spinach	lettuces
cucumbers	radishes
onions	leeks
tomatoes	potatoes
eggplant	Brussels sprouts
kale	collards
carrots	beets
cabbages	broccoli
greens	peppers
pumpkins	turnips
melons	peas
summer squash	beans
pac choy	winter squash
basil, dill, thyme, parsley	
sorrel, chives and more	

Additionally, eggs, lacto-fermented vegetables, berries, granola, dinner rolls, roasting and soup chickens and chicken parts will be available at the Farm Stand. If there is a product you'd like to add to the list, please let us know!

Certified organic, biological and biodynamic farming methods which sustain and nourish the soil will be used to grow our food with care. No synthetic or petro-chemicals are ever applied.

The cost of a share for the 2009 Growing Season is **$550.**

ABOUT THE FARMER

Lisa Beaudoin will tend the gardens and animals. Lisa has successfully gardened for over 8 years. She runs Herban Living Bed & Breakfast and is Executive Director of Herban Living Environmental Education Center. Look for the 2009 poster of diverse programs including a summer camp program!

Come share in this farm community by attending our summer solstice and fall harvest celebrations!

Herban Living Farm donates produce to families with limited access to fresh food through a local non-profit.

HOW IT WORKS?

The season begins in early June. Things start slowly. The season runs until Thanksgiving. Members then receive some root crops – carrots, onions, beets, cabbage and potatoes.

Members pick up their produce twice a week on Tuesdays ***and*** Friday after 5:00pm or Saturdays. However, once the season is roaring, members come anytime.

Requests for favorite vegetables and suggestions for how to make ***Herban Living Farm CSA*** work better for your lifestyle are always welcome.

Also, we will continue the discussion on growing this community. Please bring any visions, ideas, or talents you want to share in this unfolding, co-creative process.

Information/Membership Meeting:
March 29, 5:00pm potluck

Leaves, roots, flowers, fruits:
Be ye well
And by our toil
Grow ye strong
Within this soil.