

Mahoning Valley City Fresh 2011 Information Sheet



We commit to providing the freshest, most flavorful produce possible – whole food grown in harmony with Mother Nature. The season starts with greens and cool-weather crops. As temperatures warm the number of crops increases. We will identify the farm name and growing methods for each crop, which will be organic or chemical-free when available.

Maturity dates and amounts will depend on weather conditions, but we plan to provide you with 5 to 10 produce items each pick-up, about enough for a family of four. Shares will be mostly vegetables with some seasonal herbs, fruit and flowers. Weekly and bi-weekly share types receive the same amount of produce per Fresh Stop delivery. Weekly shares will get twice as much food than those who pick up half as often.

Weekly Standard Share = a harvest share each week June 20-Sept 30 + weekly newsletters. Weekly share members work three shifts during the season at Goodness Grows or a Fresh Stop pick-up point. The flat rate of \$550 can be paid in one, two or three deposits by May 31.

Bi-Weekly Share = a harvest share and newsletters *every other week*. Requires two work shifts during the season at Goodness Grows or a Fresh Stop. The flat rate of \$300 can be paid in one, two or three deposits by May 31.

Applications and first deposits need to be **post marked by April 9, 2011.**

There are only 60 shares available, so apply now to reserve your share of this season's harvest!

Fresh Stops - Farm-fresh produce will be delivered to community "Fresh Stops" once a week June 20 to September 30. Sites are *tentatively planned* to be located at locations such as a community center, place of worship, or business in Canfield, I-680 and 224, and Wick Park. See Sign-up Sheet to indicate your preferred pick-up community and/or a possible pick-up site.

Pick-up times will be the same afternoon or evening hours each week. Goodness Grows will assist volunteers in setting up tables and operating Fresh Stops, which is where the food meets the people each week. We want these to be good times of meeting and talking.

☒ If you are unable to pick-up your share, please send a neighbor or friend in your place. Produce not picked will be given to feed the hungry.

☒ Shareholders need to bring their own containers (bags, boxes, covered plastic containers) to pick up produce each week.

Together, building a new food community

From early May through September, **weekly share** members will work a total of **three shifts** (or **two shifts for bi-weekly members**) on the Goodness Grows farm or at a Fresh Stop. These are times to become acquainted, exchange food ideas, share suggestions, and raise good food together. City Fresh members will be at Goodness Grows on specified days of the week, and there will be additional opportunities to contribute to our local food system. (more >>>)

**Goodness Grows • 2310 W. South Range Rd. • North Lima, OH 44452
(330) 549-9408 • csa@goodnessgrows.net**

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Work Shifts

When you work: As you consider the schedule of work days, please list your family or membership under the same name you used to register. Circle the mornings you want to work on the Application Sheet.

Come to Goodness Grows between 8:30 and 9am on the day of your scheduled three-hour shift. You will receive the work schedule in late April. Unless you notify us of changes within one week, we will depend on you to show up.

What you do: There are many ways to volunteer and support City Fresh, using many skills and abilities, indoors and out, active and more inactive. Circle your choices on the Application Sheet.

Note: We have several “working shares” that allow these members to work additional shifts to earn a discount. Please inquire if interested.

The Distinctives of Community Supported Agriculture

Members share in the bounty and the risks that accompany farming. You acquire a connection with your food, the farms where it is produced, and the people who grow it. You invest in the season and share in the harvest. Eat well. Try new foods. Take pleasure in the familiar and the unfamiliar. Tackle new recipes. Make tasty combinations.

You must pick up your food within your Fresh Stop’s two-hour span each week. Leftover orders will be donated to the hungry. If you can’t finish out the season, you are welcome to reassign your share to another household. We are unable to give refunds, due to our farmer agreements.

Agreement for Mahoning Valley City Fresh

We ask you to sign this agreement on the Application Sheet. But this is yours to keep so you know the deal throughout the season.

I understand joining Mahoning Valley City Fresh is a season-long commitment. As a member, I agree to share in the bounty and risks of this food-producing season with the farmers and other members. I also understand my responsibilities as a member.

I agree that I...

- > Want to be part of **Mahoning Valley City Fresh** for the 2011 season (June 20-Sept 30).
- > Understand that the weather and other factors beyond the control of City Fresh and its farmers may result in more or less crop production, and will impact crop quality in various ways.
- > Will pick up my share at my local Fresh Stop and support the community through work shifts.
- > I agree to respect the property and attend to children and pets while on local farms.
- > Will not to hold City Fresh or any cooperating farms responsible for any injuries, damages or liabilities while on their premises.

In exchange for your early season investment in local farms, City Fresh commits to delivering the best Mahoning Valley produce throughout the 2011 season.