LOCAL HARVEST CSA

organic, fresh, local

WHAT IS CSA?
HOW DOES IT WORK?
IS IT RIGHT FOR ME?

Concord, Manchester, Bedford & Warner, NH

WHAT IS CSA?

CSA stands for **Community Supported Agriculture.** It is a business model rooted in building direct relationships between local farmers and the community. Every CSA is little different but ours is **certified organic** and we are a **cooperative** of five NH family farms.

At it's best, community supported agriculture is all about **reciprocity**. By establishing a partnership between farmers and members each group benefits from the harvest of fresh, local food. We want our members to know where their food comes from, how it's grown and the hands that feed them.

Meet Your Farmers

Kearsarge Gore Farm
Vegetable Ranch
Good Earth Farm
Middle Branch Farm
Stoneridge Farm

HOW DOES CSA WORK?

CSA **members make a commitment to purchase a share of our farms' harvest** early in the season, providing farmers with the means to order seeds, hire labor and get started with early season tasks.

In return, members are guaranteed a weekly share of the seasonal harvest, at an affordable price. Each week during the season (May - November) members pick up their share of fresh, organic produce at one of our pickup locations.

We offer **three seasons** of shares (spring, summer, fall), and **various share sizes** (basic, standard, full) to fit your family's needs. There are optional add-ons of **organic bread** from Abigail's Bakery, **fresh cut flowers**, and **maple syrup**. Each week you'll receive a newsletter with farm updates, recipes, and prep & storage techniques so that not a single veggie goes to waste!

WHAT'S IN A SHARE?

Here in New Hampshire, our farmers grow a wide variety of vegetables and some fruits. Everything you'll receive is **100% certified organic.** Shares vary from week to week and season to season as we are at the whims of Mother Nature.

The spring "**Green Lovers**" share is full of the first veggies to pop up after a long winter. These include fresh, leafy greens like spinach, kale, arugula, scallions, chard, and basil as well as crunchy radishes and bok choy.

The "**Summer Abundance**" share is 18-weeks celebrating the abundance of summer in NH. Juicy tomatoes, zucchini, sweet snap peas, eggplant, carrots, blueberries, celery, peppers and more. Maybe you'll even try some new things you wouldn't normally buy like kohlrabi, celeriac or daikon. The summer share is bountiful and delicious.

We end our season with the "**Fall Harvest**" share. These crops store well for the months to come. Including hearty root vegetables like beets, carrots, onions, turnips as well as cabbage, winter squash, potatoes and cool-weather greens.

IS CSA RIGHT FOR ME?

Do you...
- want a steady supply of fresh, healthy food?
- want to eat locally, with the seasons?
- want to know your farmers?
- want to support organic growing practices?
- want to join a community of food-lovers?
- want to try new foods?

We understand this is a committment. To make it a little easier we offer....

- seasonal workshops
- weekly newsletter with recipes & kitchen tips
- flexible payment plan options
- conveinent pickup locations
- organic bread, flowers & maple
- vacation holds

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SIGN ME UP!

Become a member today
localharvestnh.com

Make the commitment to local food.

- Refer a friend and receive $25 credit (make sure they mention your name at checkout)
- Choose your closest pick up location or get 10 people from your workplace on board and we'll deliver right to you!
- Additional questions? Email info@localharvestnh.com

We're excited to welcome you into our food community!