



For more information contact:

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WHAT IS A CSA?

CSA (Community Supported Agriculture) is an ideal way for people to buy local, seasonal food directly from the farmers who produce it. When you invest in a CSA membership it's like a vegetable subscription. For an up front fee, you receive a weekly share of fresh vegetables that vary from season to season.

WHY BUY LOCAL, ORGANIC, SEASONAL PRODUCE?

Sustainability It's safe to say that most folks want to keep our planet intact and bountiful for future generations. By enriching soil and protecting air and water quality, small-scale organic farm practices support the environment. From field to plate, local, organically grown food requires significantly less energy and resources than food found in supermarkets. The biggest part of fossil fuel use in industrial farming is not transporting food or fueling machinery; it's chemicals. On the flip side, vegetables grown organically require only water, soil, air, and sunshine. They are sprayed only when absolutely necessary, and only on a minimal level.

Supporting the local economy When you buy food from local farmers you cut out the middleman and you deposit more money into the community economy.

Expanding your awareness Local, organically grown produce is inherently seasonal. Buying the food directly from the farmer can give you insight into the seasons, the weather, and the miracle of raising food. Also, eating seasonally encourages people to cook more, and expand their palettes, by eating vegetables they normally may have overlooked.

Fresh food tastes better Of course the environmental benefits of locally grown food are important, but at the heart of the matter, people just want food that tastes good! Simply put, local, organically grown food surpasses anything found at the supermarket, in part because it is delivered fresh and it is always grown with love!

ABOUT WHITE OAK PASTURES ORGANIC FARM

At White Oak Pastures Organic Farm our main goal is to provide fresh seasonal produce to our local community. Currently, we grow on 1.5 acres specializing in diversified small-scale vegetable production. This means we provide our customers with over 40 different kinds of vegetables, and we do it all by hand, putting all our hard work and energy into growing healthy and great tasting vegetables.

Our farm is located in beautiful Early County, Georgia, nestled on a few acres of pasture on the White Oak Pastures property. While surrounded by our fellow grazing cattle friends, we spend our days getting our hands dirty, enjoying mother natures gifts, and most importantly growing veggies. White Oak Pastures is a grass-fed beef farm, owned by the Harris family, which has been raising cattle on the same 1000 acres since 1866. The Harris Family believes in environmental sustainability, and this is something we at the White Oak Pastures Organic Farm also strongly believe in. We grow our veggies in accordance with the National Organic Program standards, but most importantly everything we do is aimed at maintaining and giving back to the soil in which we grow in. Using minimal off-farm fertility inputs, we rely on the soils naturally high organic matter content, and on-farm fertility sources, such as cattle manure.

WHAT YOU WILL RECEIVE

Every week you will receive a share of food. The share will consist of 8 to 10 different items which will vary based on the seasons. Our CSA membership also includes a weekly e-mail listing what will most likely be in the share that week, along with recipes that pertain to those items.

A typical spring share may include:

- + 1 or 2 bunches of greens (collards, kale, swiss chard)
- + 1 bunch green onions or leeks
- + lettuce (either a bag of lettuce mix or, 1 or 2 heads of lettuce)
- + 1 bunch of carrots
- + 1 bunch of beets
- + 1 head of cabbage
- + 1 or 2 heads of broccoli or 1 cauliflower
- + 2 bulbs of fennel
- + 1 kohlrabi
- + 1-2 lbs potatoes
- + 1 herb

A typical summer share may include:

- + 1-2 lbs of tomatoes
- + 1-2 lbs potatoes
- + 1 lb green/wax beans
- + 4-6 summer squash (yellow, patty pan, and zucchini)
- + 1-2 eggplant
- + 2-4 bell peppers
- + a handful of sweet and/or hot peppers
- + 2-3 cucumbers
- + 1 bag okra
- + 1 melon
- + 1 herb

* for a complete list of vegetables grown at White Oak Pastures Organic Farm, ask Ashley Rodgers (see reverse for contact info).

In addition to the weekly share of vegetables, you may receive:

- + Free-range eggs starting at the beginning of June. These will be sold for \$4 a dozen, and can be added to your share. The cost would be an additional \$16 to receive a dozen eggs every week for the 4 weeks.
- + A bouquet of flowers every week during summer months, for an additional \$16.
- + Grass-fed beef and free-range poultry. For the time being, this will be sold strictly by pre-ordering.

MEMBERSHIP DETAILS

Our CSA membership operates in 4 week intervals. Each interval costs \$100 (\$25 per week) up front. The payment must be received in full before the first share can be handed out. If you are thrilled with your food and want too receive a continuous share of weekly veggies, renewing for an additional four weeks before your receive your fourth and final share is advised.

PICK-UP

Blakely: Thursdays from 3 to 6 p.m., at the People's Warehouse, on Victoria Street, behind the Fish House, right off the square.

Columbus: Saturdays from 8:30 a.m. to 12:30 p.m., at the Landings Shopping Center Farmers Market.

HOW TO JOIN

If you would like to become a CSA member, please determine a date you would like to start, and pay the up front fee by either mailing a check to Ashley Rodgers or paying in her person at either farmers market. Please make checks payable to White Oak Pastures, and mail them to Ashley Rodgers, P.O Box 98, Bluffton, GA, 39824.