

# CULTIVATING COMMUNITY'S 2010 COMMUNITY SUPPORTED AGRICULTURE (CSA)

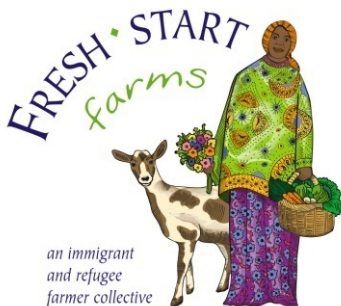


**Cultivating Community** is a dynamic grass-roots community organization dedicated to community food systems development, agricultural education for youth, and refugee farmer training. Cultivating Community supports sustainable agriculture as a community development and food security tool. The youth grower internships and school partnership programs teach stewardship and leadership while engaging young people in the meaningful work of feeding those among us who are most vulnerable. The organization promotes food, social, and environmental justice by creating opportunities for agricultural entrepreneurship, leadership development, and civic engagement.

Cultivating Community's New American Sustainable Agriculture Project (NASAP) is a program that supports recent refugees, immigrants, and other new Americans as they establish agricultural businesses. The NASAP growers are Latino, Somali, and Sudanese farmers and gardeners who have recently resettled in Maine. These experienced growers are excited about the opportunity to begin farming in the U.S. and look forward to producing for local markets at Packard-Littlefield Farm, in Lisbon, ME. Each farmer and/or family has their own plot and is responsible for production and marketing. The farmers keep and reinvest the profits of their farm business.



**Community Supported Agriculture (CSA)** marketing systems bring a community of farmers together with a community of customers who pledge to support these farmers' operations to share the risks and benefits of food production. Growers receive better prices for their crops, gain some financial security, and are relieved of some of the burden of marketing. Customers receive shares in the farm's bounty throughout the growing season and satisfaction from reconnecting to the land. Cultivating Community CSA shares are grown and delivered by experienced NASAP growers who sell collectively, with a portion of the produce grown by staff and youth growers. CSA members are welcome to visit and help at our farms.



**Fresh Start Farms** is a collective of immigrant and refugee farmers who are participating in the NASAP program. 'Fresh Start Farms' growers sell produce to restaurants and grocers, at farmer's markets, and through the CSA under this collective label. Produce is grown with soil health, environmental well being, and consumer happiness in mind. Although sites are not certified, farmers use organic practices and culturally appropriate growing techniques.

*Please keep this for your records*

**Fresh Start Farm growers provide a selection from the following vegetables and herbs in season in our CSA shares:**

Arugula  
Beans (green, yellow, purple, etc)  
Beets & Beet greens  
Broccoli  
Cabbage  
Cauliflower  
Cucumbers  
Eggplant  
Kale  
Leeks  
Lettuce  
Melons (watermelons, musk melons)

Onion  
Garlic  
Pea Greens  
Peppers, Sweet Bell  
Peppers, Various Hot  
Potatoes  
Salad Mix  
Summer Squash  
Sweet Potatoes  
Pumpkins & Patty Pan  
Radishes  
Spinach

Tomatoes  
Winter Squash (acorn, kabocha, butternut, etc.)  
Zucchini

**Ethnic Crops:**

Jew's Mallow (African Malokia)  
Okra (Bamia)  
Purslane (Rigla)  
Black-eyed pea greens (Corpo lubia)

**New members can register as available through June 1<sup>st</sup>, 2010; payment is due in full with registration.\***  
Make checks payable to Cultivating Community.

Please return the registration form to: [freshstarfarms@gmail.com](mailto:freshstarfarms@gmail.com) or print out and mail to: Marketing Coordinator, Cultivating Community, P.O. Box 3792, Portland, ME 04104, if you have any questions or comments please contact Fresh Start Farms at [freshstartfarms@gmail.com](mailto:freshstartfarms@gmail.com) or call (207)761-GROW

**Low-income members: a limited number of reduced price individual shares are available, as are flexible payment plans. EBT payments are accepted; however, food stamp benefits can not be used to prepay for food so EBT customers will be on a weekly payment plan. Contact staff to inquire about availability of and your eligibility for reduced price shares and/or flexible payment plans.**

**SHARE TYPE:**

\_\_\_ **SINGLE SHARE FULL SEASON**

July-October, 16 weeks \$240 (feeds 1-2)

\_\_\_ **SINGLE SHARE July-Aug, 8 weeks \$120**

\_\_\_ **SINGLE SHARE Sept-Oct, 8 weeks \$120**

\_\_\_ **FAMILY SHARE FULL SEASON**

July-October, 16 weeks \$480 (feeds 4)

\_\_\_ **FAMILY SHARE July-Aug, 8 weeks \$240**

\_\_\_ **FAMILY SHARE Sept-Oct, 8 weeks \$240**

Pick up location \_\_\_\_\_

Pick up day/time \_\_\_\_\_

Amount paid \_\_\_\_\_ Date registered/paid \_\_\_\_\_

I would like to donate \_\_\_\_\_ in support of low-income shares.

Please send to Cultivating Community before June 1, 2010

## COMMUNITY SUPPORTED AGRICULTURE (CSA) REGISTRATION FORM 2010

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

### SHARE MEMBERSHIP:

**SINGLE SHARE FULL SEASON**

July-October, 16 weeks \$240 (feeds 1-2)

**SINGLE SHARE July-Aug**, 8 weeks \$120

**SINGLE SHARE Sept-Oct**, 8 weeks \$120

**FAMILY SHARE FULL SEASON**

July-October, 16 weeks \$480 (feeds 4)

**FAMILY SHARE July-Aug**, 8 weeks \$240

**FAMILY SHARE Sept-Oct**, 8 weeks \$240

*A limited number of reduced price individual shares will be available for low-income members; call for details.*

### SHARE THE HARVEST:

I would like to donate \$120 to fully support one reduced price low-income share

I would like to donate \_\_\_\_\_ in support of low-income shares

### PICK-UP SITE: Please check one:

Lewiston Farmers' Market, Tuesday from 3-6 PM at Kennedy Park on Pine Street

CEI Offices in Portland, Wednesday from 2-5 PM at 2 Portland Fish Pier, Portland

Cultivating Community's offices in Portland, \_\_\_\_\_, 52 Mayo Street, Portland

Portland Market House, Wednesday from 10 AM -1 PM, Monument Square (note: market starts at 9:00)

St. Mary's Hospital, Wednesdays 11-2, Lewiston ME

Falmouth Farmers' Market, Wednesdays 12-4

Central Maine Medical Center, Thursdays 11-2, Lewiston ME

Yarmouth Farmers' Market, Thursdays 2:30-5:30

Whole Foods Farmers' Market, Friday from 4-6 PM outside WFM on Somerset & Franklin Art., Portland

Bath Farmers' Market, Saturday 10- 12 (note: markets start at 8:30)

Kennebunk Farmers' Market, Saturday 10-12, Rt. 1 Kennebunk ME (note: market starts at 8:00)

Cumberland Farmers' Market, Saturday 10-12 (note: market starts at 8:30)

York Farmers' Market, Saturday, Saturday 10-12, York ME

DELIVERY TO YOUR CHURCH or OFFICE: Lewiston/Auburn and Greater Portland areas.

**Minimum purchase of 8 CSA shares is required.** Please provide address and directions.

*If available, shares can be purchased during the growing season, single shares at \$15/wk, and family shares at \$30/wk.*

Cultivating Community PO Box 3792 Portland, ME 04104 (207) 761-4769

[www.cultivatingcommunity.org](http://www.cultivatingcommunity.org)