

Produce Availability

	Early	Mid-Season	Late
Apples			X
Asparagus	X		
Beans - green		X	
Beets		X	X
Broccoli		X	X
Brussels Sprouts			X
Burdock root	X		
Cabbage		X	
Carrots		X	X
Cauliflower		X	
Celery			X
Cucumber		X	X
Garlic		X	X
Herb - Basil		X	
Herb - Cilantro		X	
Herb - Dill		X	
Herb - Parsley		X	
Kohlrabi		X	X
Lettuce	X		
Okra		X	
Onions		X	X
Peas	X		
Peppers - Hot		X	
Peppers		X	
Potatoes		X	X
Pumpkins			X
Radish	X		X
Raspberries			X
Rhubarb	X		
Spinach	X		X
Summer Squash		X	
Swiss Chard	X	X	X
Tomatillos		X	X
Tomatoes		X	
Winter squash			X
Zucchini		X	

*This list is not comprehensive of all items we grow and harvest. Please contact us to learn of additional specialty items available.

Buy Local, Buy Organic

Buying local ensures that you are supporting farmers in your area, and the local economy. Buying local also helps reduce fuel consumption and energy use typically associated with shipping food long distances.

Supporting local farmers helps keep small farms viable, and connects you directly to the land where your food was grown.

Buying organic ensures fresh, delicious food free of chemical pesticides. Buying organic also helps our planet and all living things by reducing the input of toxic chemicals into our soil and water.

At Old Oak Family Farm we are committed to healthy living and our environment. We were certified organic by the Midwest Organic Services Association (MOSA) in 2007. Our goal is to provide the freshest, healthiest food for you, while ensuring environmental sustainability on our farm and throughout the ecosystem.



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The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric & Owen Zenz
Jacey, Ric, Breck & Joelle Heller



2009 Season

**Organically grown vegetables,
fruits, herbs, and flowers**

- Community Supported Agriculture (CSA)
- Farmer's Markets
- Direct Orders



Our Farm

We are located outside of Bangor, Wisconsin on a 280-acre farm. Our family has been farming for over 100 years, since 1906.

In addition to growing fresh vegetables, flowers, herbs, and fruits, we grow field crops to feed our Hereford beef cattle, and chickens.

We are committed to growing quality local, organic produce. In 2007 we became certified organic for our vegetables, fruits, herbs, and flowers. We are also in the process of transitioning our row crops into organic certification.

For four generations we have been farming with the land in mind. Contour strip cropping was implemented in the early 1900's to prevent soil erosion. Grass waterways and vegetative buffers were also installed to maintain water quality and soil fertility. Through crop diversity and seasonal rotations we strive to minimize insect predators and disease.

Our primary motivation in farming is to provide healthy, sustainable food for our family and for our community. We enjoy eating well, and hope that we can help you eat well!



www.oldoakfamilyfarm.com

Community Supported Agriculture

What is a CSA? Community Supported Agriculture (CSA) is a model of food production, sales, and distribution aimed at connecting local farmers with local consumers.

Members of a CSA pledge their support towards a portion of the farm's seasonal operating budget by purchasing a share of the season's yield in the beginning of the season. In return members receive a weekly portion of the farm's harvest. Members share in the risks of farming, including poor harvests due to unfavorable weather or pests.

Becoming a member of a CSA creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

What's in a share? From June through October (20 weeks), members will receive a weekly box of seasonal produce from our farm. A list of produce availability is included in this brochure. For the 2009 season, we are offering shares for \$550.

How does it work?

Sign up to be a member of Old Oak Family Farm CSA by filling out an application sheet found on-line at www.oldoakfamilyfarm.com.

Produce will be available for weekly pick-up at the following locations:

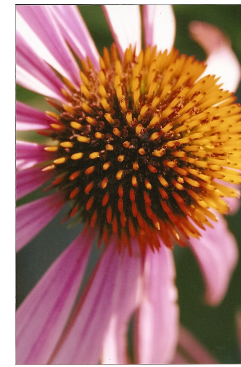
Tuesdays: the farm (Bangor), Sparta, & Black River Falls
Fridays: La Crosse at the Cameron Park Market

Membership for our 2009 CSA is limited!



Sample Box (July):
Carrots, chard, potatoes,
kohlrabi, garlic, green
beans, mint, lettuce,
raspberries

Direct Orders



We are pleased to offer produce by means of direct ordering.

We offer:

- Weekly orders for pick up at local sites
- Special one-time orders for large or small quantities of produce
- Special event flower orders - (weddings, parties) fresh-cut or arrangements available.

Our list of available produce is posted weekly on our website and orders are typically placed by Monday with pick-up on Tuesday. Direct orders are available for pick up at the same locations and times as our CSA shares (see CSA information section).

Please call or email us for more information or to be added to our weekly email listserve.

Farmer's Market

Our family has been a regular fixture at the La Crosse Farmer's Market for 25+ years. We love the market atmosphere and take pride in providing our customers with healthy, fresh produce.



Look for us in La Crosse:

Fridays 4:00 pm to 8:00 pm

Cameron Park Market
May through October
(5th & King St.)

www.cameronparkmarket.org