

## 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 both the bounty and the risks of farming,

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 (vegetables, fruit and herbs) from our farm.

**How does it work?** Sign up to be a member of Old Oak Family Farm CSA by filling out the attached sign-up form or by downloading a form at: [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com).

**How can I make the CSA more affordable?** We offer deferred payment plans, and are flexible to work with individuals on customized plans. We also offer limited "worker shares" in which members work in exchange for their CSA box. Check with your health insurance company to see if they offer a rebate for joining a CSA. The Madison Area CSA Coalition's Partner Shares Program works with low-income households to afford a CSA share: [www.csacoalition.org](http://www.csacoalition.org)

**What if I have more questions?** Check out our frequently asked question (FAQ) section on our website. We are also happy to talk to you by email or phone. Contact Kyle, CSA Manager at 608.386.8066 or by email: [oldoakfamilyfarm@yahoo.com](mailto:oldoakfamilyfarm@yahoo.com)

## What is in a box?

### Sample Spring Box:

Asparagus  
Green Garlic  
Kale  
Leeks  
Lettuce  
Bok Choy  
Green Onion  
Radish  
Rhubarb  
Herb - Thyme

### Sample Summer Box:

Beans - Green  
Carrots  
Corn  
Cucumbers  
Lettuce  
Onions  
Summer Squash  
Tomatoes  
Watermelon  
Zucchini  
Herbs - Cilantro & Basil

### Sample Fall Box:

Apples  
Brussels Sprouts  
Carrots  
Garlic  
Napa Cabbage  
Onions  
Potatoes  
Raspberries  
Radishes  
Lettuce  
Squash  
Herb - Parsley



*Kyle Zenz, CSA Manager pictured with a fall CSA share*

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

N6370 Niedfeldt Rd. • Bangor, WI 54614  
608.386.8066 • [oldoakfamilyfarm@yahoo.com](mailto:oldoakfamilyfarm@yahoo.com)  
[www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

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



# CSA

(Community Supported Agriculture)  
2012 Season



Make a commitment to:

*Healthy eating...local food...  
organic agriculture...family farms...  
environmental sustainability...*

by supporting  
Old Oak Family Farm CSA

Become a shareholder and receive  
20 weeks of fresh, local, &  
organic produce  
(June 19th through November 1st)



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# 2012 Old Oak Family Farm CSA Information and Sign-up Sheet

Join our CSA program for a full share (20 boxes) or a half share (10 boxes) of fresh organic produce throughout the growing season. Our CSA runs from June 19th through November 1st.  
 Call Kyle at 608.386.8066 for more information.

## 1. Contact information

Name(s) of adults and children: \_\_\_\_\_

(If splitting a share, please include 2nd family information)  
 Name(s) of adults and children: \_\_\_\_\_

Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

## 2. Select your pick-up site (please note we offer 2 different pick up days)

### Bangor:

The farm, 3:00 to 6:30 - **THURSDAY**

### Black River Falls:

Monroe St., 4:00 to 5:30 - **TUESDAY**

### La Crosse:

Mayo Clinic Health System, Market St., 4:00 to 5:30 - **THURSDAY**

Gundersen Lutheran La Crosse Campus (employees only) 3:30 to 6:00 - **TUESDAY**

King Street Tax parking lot\* (Corner of King & 6th St.) 4:30 to 5:30 - **THURSDAY**

\* This site will have a farm representative present during pick ups, and you may order additional items (veggies, eggs, meat)

### Onalaska:

Gundersen Lutheran Onalaska Campus (employees only) 3:00 to 4:45 - **TUESDAY**

OR

**Delivery Option:** We are able to deliver to locations along our travel route.  
 Pre-approval is required for delivery - please contact us. \$60 extra fee.

## 3. Select your share

Full Share: \$550 (20 weeks)       Half Share: \$300 (10 weeks, 1 full box every other week)

## 4. Select payment option

Enclosed is one check for full payment of my produce share: \_\_\_\_\_  
*\$550 for full share, \$300 for half share*

OR

Enclosed are 2 checks for my produce share: \_\_\_\_\_  
 one dated today for half of the payment  
*\$275 for full share, \$150 for half share*  
**AND**  
 one postdated on or before 7/31/2012 for half of the payment  
*\$275 for full share, \$150 for half share*

Enclosed is \$60 for my CSA delivery (pre-approval required) \_\_\_\_\_  
**Total enclosed:** \_\_\_\_\_

Please mail form and checks to:  
**Old Oak Family Farm, N6370 Niedfeldt Rd., Bangor, WI 54614**

## 5. Sign and date the CSA pledge

As a member of Old Oak Family Farm CSA, I will share in the bounty as well as the risks of the farming season along with the farmers and other members. I understand that due to nature, weather and other production factors, the quantity, variety, and quality of produce I receive may be more or less than expected.

Signature/s \_\_\_\_\_  
 Date \_\_\_\_\_

Please make a copy of this form for your records. We will send an electronic receipt upon receiving your application and payment. Please add: oldoakfamilyfarm@yahoo.com to your email address book, to prevent emails from landing in your junk folder.