

VEGETABLES **WE GROW**

Late Spring/Early Summer

Arugula, spicy salad mix, leaf lettuce, head lettuce, broccoli, cabbage, turnips, radishes, kohlrabi, head lettuce, spinach, herbs, swiss chard, sugar snap peas, carrots, cucumbers, beets, spring onions, spring garlic, strawberries, bok choy, rhubarb.

Mid-Summer

Heirloom tomatoes, cucumbers, summer squash, zucchini, beets, green beans, carrots, cherry tomatoes, head lettuce, cilantro, basil, head lettuce, bok choy, eggplant, sweet peppers, hot peppers, watermelon, cantaloupe, potatoes, sweet corn, swiss chard, garlic, onions.

Late Summer/Fall

Spicy salad mix, head lettuce, tomatoes, cucumbers, heirloom tomatoes, summer squash, watermelon, cantaloupe, celeriac, beets, beans, leaf lettuce, kohlrabi, cabbage, cilantro, basil, carrots, broccoli, parsnips, sweet potatoes, potatoes, turnips, radishes, garlic, onions, kale, collards, swiss chard, eggplant, leeks, winter squash.

*** Since we work with mother nature we cannot guarantee the success of these vegetables nor the quantity of their availability. ***

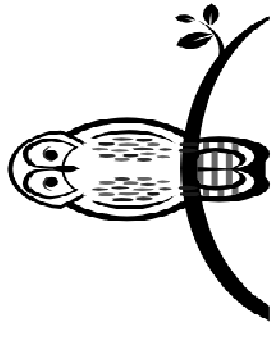
For Additional Information
or
To Purchase Shares

Call: 814-256-3858

or

E-mail us at:

WhoCooksForYouFarm@gmail.com



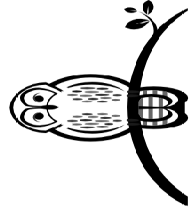
Who Cooks For You Farm

Community

Supported

Agriculture

(CSA)



Who Cooks For You Farm

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New Bethlehem, Pa
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814-256-3858

www.WhoCooksForYouFarm.com

Who Cooks For You Farm

What is Community Supported Agriculture?

Community supported Agriculture is a mutually beneficial relationship between a local farm and the community of people who receive the food the farm produces. Members purchase a share of the harvest in spring and receive a weekly supply of fresh seasonal vegetables. The members agree to share the inherent benefits and risks of the agricultural season.



Why CSA?

People are looking for ways to reconnect with the sources of their food. CSA addresses this desire. It emphasizes locally grown, a local economy and a safer food system. Participation encourages a deeper understanding of how we rely on one another and nature. Farms not only provide fresh nutritious foods, but also bring communities together offering a sense of place reconnecting people with each other, with the rhythms of nature, the farmers and the source of their food.

Who are the Farmers?

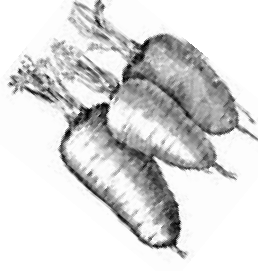
Chris and Aeros have both been growing food for many years. Chris has worked on organic farms in eastern Pennsylvania and the surrounding area. Aeros has worked on organic and biodynamic farms in California and across Europe. We founded Who Cooks For You Farm in 2009 in the rolling hills of Armstrong County on Aeros' family farm. The fields once grazed by herds of sheep have been tilled and prepared to grow vegetables.

What is Our Vision?

We are convinced that the integrity of the food we grow is interrelated with the integrity of our surrounding environment. To elevate that integrity, we use compost and cover crops to enrich and protect the soil. We use organic practices and crop rotations to encourage healthy soil systems, beneficial insects and pollinators. We offer to reconnect people with the sources of their food through our CSA and farmers markets. We believe farms and the food they produce are the foundation upon which healthy communities thrive, both human and non-human. Therefore, we are committed to growing the highest quality vegetables, fruits and herbs.

What is a Share and How Does it Work?

As a member of Who Cooks for You Farm CSA you will be delivered a box of fresh vegetables every week from the first week of June to the first week of November. You will be given a diverse assortment of seasonal vegetables in varying quantities. The boxes will be delivered one day a week to sites in the city determined by the number of subscribers in a given area. For the year 2011, we'll offer a small and large share option.



What does a Share Cost?

The cost for a 2011 share is:
Large \$600
Small \$350.

The price reflects the real costs of growing high quality vegetables, cleaned, boxed and delivered to a drop-off site.