

NAME:

ADDRESS:

EMAIL:

we use email as our main source of correspondence!!

PHONE #:

SHARE OPTION:

TOTAL:



SIGN ME UP!



SPRING SHARE: \$80, 4 weeks,
May 11-June 1

SUMMER SHARE(main share):
\$400, 16 weeks, June 8- September
21

FALL SHARE: \$150, 6 weeks,
September 28-November 2

Pick 1 share, 2 shares, or all 3 for 26
weeks of fresh vegetables!

Pick up is every Thursday after 4pm
in the barn at our farm.

PAUL CROGNALE
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DOWN HOME ACRES CSA



Organically Grown
Nutritious and Delicious

Up to 26 weeks of farm-fresh
vegetables grown right here in
Unadilla, NY!!

ABOUT OUR FARM

Paul and Hana run a 25 acres sustainable and ecologically sound farm. We grow what we want to feed ourselves and our two sweet toddlers...nutritious food grown without the use of herbicides, pesticides, fungicides and GMO's. We strive to improve the health of our soil by adding compost and aged manures, cover cropping and field crop rotation. Our river bottom land has high mineral levels which is one of the many reasons why our vegetables are so full of flavor and nutrition!



CSA stands for Community Supported Agriculture and is a relationship of mutual support and commitment between a local farm and community members. Members pay a seasonal fee upfront to receive a weekly supply of fresh produce, which varies in content according to the season. We will have your share ready for you to pick up each week at our farm, so you can grab it and go! Shares will include 6-8 items of the fresh delicious produce.

Members pick up produce using their own reusable bag or box and leave our crate at the farm. Fresh picked produce is far more nutritious (and TASTIER) than it's over traveled supermarket counterpart and share holders can expand and deepen their love of cooking with new vegetables and greens each week! By joining our CSA you are buying food directly from us and our farm giving you the knowledge of knowing exactly how your food is grown and where it is coming from.

We love the taste old-time heirloom tomatoes! Did you know we grow over 50 varieties of tomatoes? Ranging from the delicious heirloom brandywine to the super sweet sungold cherry tomato. We also have an obsession with KALE! Drive by our farm and you will see fields of kale...purple kale, green kale, tuscan kale, baby kale, micro kale...you name it, we grow it. 2017 will bring exciting new additions to our farm and we can't wait to share the bounty with you!



We love to give back to our community and those in need. In 2016 we donated over 4,000 pounds of fresh produce to help feed NYC's hungry through the organization City Harvest. Locally, we welcomed students from the Sidney Elementary schools gardening club and donated kale for their farm to table fresh kale smoothie day! We gladly accept FMNP and WIC checks at our farm and at our markets. 2017 will be our 7th growing season and we look forward to welcoming back all of our dedicated supporters and meeting new people who love good fresh food.

