



# UPINNGIL Farm Stand CSA

*By purchasing a share you are supporting a small diversified family farm. Having your up-front commitment and financial support early in the season, makes what we do possible. In exchange, we are thoroughly committed to providing you and your family with one season's worth of healthy, sustainably grown, affordable, and delicious food. Thank you!*

## Here's How our CSA Share Works:

Come by and visit the farm as often as you can, pick out whatever produce you like. Select your items from the PRODUCE screen in the check-out kiosk, swipe your CSA card. It will show you your remaining balance.

Your share can be as large or small as you'd like, customizable to meet the needs of your family. The minimum share size is \$200 for a \$250 value. This **20% discount** can be applied to any amount you choose. For a 4 person family visiting once a week, we recommend a \$400 share size (\$500 value).

You'll receive our bi-weekly email newsletter, keeping you informed as new crops come into season. You may begin using your share immediately. And if you still have a balance come Christmas, Upinngil's own handmade 100% natural wreaths and swags are a great way to close out the season.

CSA Shares can only be used to purchase produce, not other types of goods from the Farm Store. Shares must be purchased no later than June 1st. Shares expire December 31, 2017.

Our Farm Stand CSA Share offers a wide variety of fruits, vegetables, flowers, and plants grown by ourselves and numerous other small local farmers. You may also use your CSA Share to enjoy Pick-Your-Own Strawberries, Raspberries, Sugar Snap Peas, Herbs, and Cut Flowers.

**Upinngil Crops 2017:** By June: Strawberries, Asparagus, Sugar Snap Peas, Salad Mix, Spinach, Bok Choy, Napa Cabbage, Summer Squash, Zucchini, Radishes, Salad Mix, Salad Turnips, Herbs, Cut Flowers. By July: Sweet Corn, Tomatoes, Peppers, Cucumbers, Beets, Carrots, Swiss Chard, Kale. By August: Garlic, Husk Cherries, Muskmelons, Cantaloupe, Watermelons, Peaches, New Potatoes. By September: Fall Raspberries, Potatoes, Winter Squash, Broccoli, Cabbage, Brussel Sprouts. By October: Parsnips, Pumpkins, Decorative Corn, Popcorn.  
**Additional Locally Grown Crops for sale 2017:** By May: Plants and Flowers. By June: Rhubarb. By July: Cabbage, Broccoli, Green Beans, Blueberries, Sweet Corn. By August: Onions, Garlic, Eggplant, Apples, Pears, Peaches. By September: Sweet Potatoes, Cider.

For more info: [www.upinngil.com](http://www.upinngil.com) or contact Sorrel Hatch [sorrel@upinngil.com](mailto:sorrel@upinngil.com)  
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