



Mountain Food Products 2018 Multi-Farm CSA

Mountain Food Products is now accepting members for our 2018 Multi-Farm CSA! As a member of this program, you will receive a box of local produce each week throughout the growing season, delivered to a location convenient to you. Everything in your box is grown on family farms within 100 miles of Asheville, and most items are Appalachian Grown certified.



What are the benefits of CSA membership?

- Promote health and wellness and get creative in the kitchen by incorporating more fruits and vegetables in your cooking.
- Make eating local easy for six months of the year; already assembled and delivered to your workplace or a convenient location close by.
- Support a variety of local farmers, which in turn boosts our local economy and strengthens our community.

How does it work?

CSA stands for Community Supported Agriculture, and is an investment at the beginning of the season that pays off every week, all season long. There are two sizes to accommodate different households, and each box contains a variety of in-season vegetables and fruits. CSA boxes are delivered every Thursday for 26 weeks, May 17 through November 8. Choose one of several pickup locations around Asheville.

In the spring and early summer, you can expect lettuces, greens, spring onions and early fruits like strawberries and peaches. In the summer, you will see lots of tomatoes, peppers, summer squash and eggplant, as well as blackberries and raspberries. In the fall, there will be winter squash, chard, sweet potatoes, root vegetables and apples. Expect a great variety and some surprises! A list of farm names will accompany each box, as well as a recipe emailed each week.

Where can I pick it up?

- The Fresh Quarter—1 Page Avenue, inside the Grove Arcade, after 2:00 pm.
- Hi-Wire 'Big Top'—2 Huntsman Pl. off Biltmore Ave, after 3:00 pm.
- Mission Children's Hospital (for Mission employees only)—11 Vanderbilt Park Drive, after 2:00 pm.
- Your workplace! Groups of 8 or more are welcome to contact us to discuss arrangements for an additional pick-up location.

Boxes at the Fresh Quarter and Hi-Wire 'Big Top' will be held from Thursday delivery time until close of business Friday.

How do I sign up?

Download a sign-up form on our website www.mountainfoodproducts.com/csa or contact us and we'll send you one. Mail the completed form, along with a check to: Mountain Food Products, P.O. Box 17247, Asheville, NC 28816. For more information contact csa@mountainfoodproducts.com.

Thanks for supporting local!

The Mountain Foods CSA Crew & our partners at ASAP

Share Size and Pricing

*Sign-up by March 31st for early bird pricing!
Regular prices apply starting April 1.*

Small Share early \$360 / **reg \$375**
4-6 vegetables and most weeks, at least one fruit. Feeds 1-2 people.

Large Share early \$670 / **reg \$695**
8-10 vegetables and most weeks, at least one fruit. Feeds 2-4 people.

Egg Share add-on **\$135**
1 dozen local, free range eggs.



www.AppalachianGrown.org