

COMMON CSA QUESTIONS

WHAT'S A CSA?

The Prairie Harvest **Community Supported Agriculture** program joins subscribers in sharing the risk and bounty of the growing season by purchasing a farm share.

WHAT DO I GET?

- Fresh, **locally grown** produce & herbs
- At least **5 different kinds** of produce each week
- Weekly **newsletter** with easy recipes, storage tips and event invitations
- One **reusable grocery bag** per season
- **Super-fresh produce** with longer storage life, less waste, more taste
- Satisfaction of **knowing where your food comes from** and **contributing to Iowa's food dollars**
- Opportunities to **visit the garden** where the produce is grown

WHAT DOES SUSTAINABLY GROWN MEAN?

- No off-farm inputs such as petroleum-based chemicals or fertilizers
- No herbicides. Weed control is maintained through hand weeding, plastic covers and manual tillers
- Use of cover crops and composting for soil fertility and health
- Only certified organic pesticides
- Generally accepted protocols for harvesting, packaging and storing produce

WHAT IF I CAN'T USE A FULL SHARE?

A share will typically feed 3-4 people. If that's too much, find a friend, neighbor or co-worker to split your share. You can take turns picking up each week's produce or meet to divide it up. Weekly newsletter tips can help you preserve the garden's goodness for later use.

ABOUT US

The Wallace Centers of Iowa is a nonprofit that "Enriches Community through Sustainable Food & Civility Initiatives." For more information about programs and services, visit www.wallace.org.

- **Production and sale** of more than 40 sustainably-grown fruits, vegetables and herbs to local grocery stores, farmers markets, and CSA subscribers.
- **Farm to Table Dining and Food Service** features locally-grown food during seasonal dinners at the Wallace House, before select performances at Hoyt Sherman Place and during Friday lunches and dinners at the Gathering Table restaurant at the Country Life Center.
- A **Shared-Use Community Kitchen** at the Mickle Center in Des Moines provides a commercially licensed facility for chefs, caterers, and food entrepreneurs.
- **One Step at a Time** helps small growers develop and market shelf-stable food products to increase farm income and showcase Iowa's bounty.
- **Hearts & Homes Historic Teas** combine a tasty lunch with a fun history lesson from the women's column in *Wallaces' Farmer*.
- The **Seeds of Civility** blog shares WCI's civility work and encourages small actions that matter.
- **Agri-Tourism Programs, Historic Tours, and Archives** provide information about Wallace family achievements to the public.



2017 Prairie Harvest CSA
sustainably grown produce
fresh from our farm to your table

THE WALLACE CENTERS OF IOWA

Country Life Center | 2773 290th Street | Orient, IA
Wallace House | 756 16th Street | Des Moines, IA 50314
641.337.5019 (O) 515.243.7063 (DM)
www.wallace.org

SHARE OPTIONS

SPRING SHARE: 5 WEEKS

Planned produce includes arugula, spinach, carrots, kale, head lettuce, asparagus, radishes, horseradish, and green garlic. Four high-tunnel hoop houses provide ideal growing conditions for early harvesting.

SUMMER SHARE: 18 WEEKS

More than 30 different kinds of produce are grown over the summer including apples, garlic, cantaloupe, carrots, onions, spinach, beets, cabbage, chilies, cucumbers, tomatoes, watermelon, peppers, summer squash, eggplant, kale, potatoes, radishes, green beans, sweet potatoes, cherry tomatoes, winter squash, and broccoli.

FALL SHARE: 5 WEEKS

Root crops such as potatoes, sweet potatoes, carrots, garlic, and onions come on strong in the fall, plus the potential for cool weather crops such as red cabbage, broccoli, apples, spinach, and greens.

WINTER SHARE: 5 WEEKS

Potatoes, sweet potatoes, onions, garlic, parsnips, apples and carrots will still be available. Another crop of fresh leafy greens will be coming out of the high-tunnel hoop houses.

LOGISTICS

- Produce is distributed on **Tuesdays OR Wednesdays, TBD**. Weekly e-mail newsletters and reminders are posted on Mondays.
- Each week you'll fill your reusable bag from the week's CSA assortment. Produce such as lettuce, carrots, and radishes will be cleaned and bundled into equal amounts. Choose your bundle or designated number from large bins and leave any produce that you don't want. Any leftovers will go to food pantries or back to the farm to be used in other ways.
- The pick up location you select at registration will remain the same each week. You can switch only from season to season.
- Distribution is scheduled to begin the first week of May, weather-dependent. The new season follows immediately after the previous season ends. Watch for email notifications.

PICK UP LOCATIONS

- #1 Wallace House, **Des Moines**
756 16th Street, 4 to 6 pm
- #2 Weiland Home, **Greenfield**
402 NE 2nd Street, 5 to 6 pm
- #3 Country Life Center, **Orient**
2773 290th Street, 4 to 5:30 pm
- #4 Pioneer's Carver Center, **Johnston**
7000 NW 62nd Street, 4 to 4:55 pm

Please email anntaylor@wallace.org or call either the Wallace House or the Country Life Center with questions.

2017 REGISTRATION

Name _____

Address _____

City, Zip _____

Phone _____
(best number during pick-up time)

Email _____
(please print clearly)

I am sharing a subscription with:

Name _____

Phone _____

Email _____

SELECT YOUR 2017 SHARES

Spring Share (5 weeks) \$150
Location: #____ *(all locations available)*

Summer Share (18 weeks) \$480
Location: #____ *(all locations available)*

Fall Share (5 weeks) \$160
Location: #____ *(all locations available)*

Winter Share (5 weeks) \$160
Location: #____ *(all locations available)*

Total Cost: _____

Less Deposit (1/2 of total): _____

Balance Due: _____

The deposit is due immediately to hold your subscription. Balance due 2 weeks before the start date (you'll receive a reminder). Mail this form with your check to:

The Wallace Centers of Iowa
756 16th St., Des Moines, IA 50314

Credit/debit card payment is also an option.
Please call 515-243-7063 M-F during business hours and talk to a staff member.