



## Welcome to Solid Ground Farm's CSA!

Being part of Community Supported Agriculture means that you're truly part of our farm. As a member, you share in the risks and rewards of the season, and your financial support early in the season helps buy seeds and supplies to grow your veggies. We'll see you every week June through October, when you come to get your share and the latest farm updates. You get to eat super-fresh, organic produce grown sustainably with a whole-farm, whole-planet mindset. As your farmers, we are so grateful to have a personal connection with the families we are feeding. We are really looking forward to 2019.

### Free Choice CSA

We offer a free choice model, where you get to pick what's in your share each week, selecting from a variety of available veggies, using a simple point system. We'll usually have about 15 items available to choose from. You will be able to choose 7 or 9 units of those items. A unit may be a few pounds of tomatoes, a big bunch of kale, a bag of salad mix, a pumpkin, etc. We like the free choice model because the biggest concern we've heard over the years from CSA members is that there's always certain items that go uneaten – after all, everyone's taste is different. When you get to make your own decisions about what you take home, you get to enjoy your choice of healthy, delicious food that's fresher than anything you can find in the grocery store.

### So, what does this look like?

One week, you might choose to take home a hefty load of tomatoes along with some onions and cilantro to make a giant batch of your signature salsa. Another week, it could be three types of cooking greens, carrots, beets, kabocha squash, garlic and hakurei turnips. Sometimes, you may feel adventurous and try something new, other weeks, you can stick the familiar staples. We look forward to giving you a chance to be yourself while eating with the seasons.

### Optional add-ons

We also have a number of add-on share options in addition to the veggie share, including eggs, fruit, mushrooms, maple syrup, and coffee. These items are sourced from other great farms in the area. You can find descriptions and pricing of each at [solidground.farm/csa-optional-shares/](http://solidground.farm/csa-optional-shares/).

## Solid Ground Farm CSA Membership Form

Site (choose one):

- Kingston (on-farm) (Tues)     Kingston (on-farm) (Sat)  
 Uptown Kingston (Fri)     Catskill (Fri)  
 Saugerties (Fri)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Share Size (sliding scale price):

- 9-point share - \$575-650  
 7-point share - \$475-\$550

Optional Add-On Shares (see website for details):

- \$132 weekly free-range eggs (\$6 per week)  
 \$70 mushrooms (ten weeks)  
 \$50 (gallon) or  \$30 (half gal) maple syrup (one-time)  
 \$275 (full 4 month) or \$75 (1 month) weekly flower share  
Specify month (June-Sept) \_\_\_\_\_  
 Interested in fruit share (more info TBA)

Total amount due: \$ \_\_\_\_\_ Total amount enclosed: \$ \_\_\_\_\_

*Cash or check only.*

*A minimum payment of \$100 is required to reserve your share. Total amount is due by the first distribution, but early payment allows us to purchase important necessities for the start of the season!*

**Please mail this form and your check to:**

Solid Ground Farm  
205 Hidden Vally Rd  
Kingston, NY 12401