

THE BENEFITS

Partnering in our CSA is a seasonal eating adventure from interesting and flavorful varieties of produce from early summer to autumn. Our members enjoy the surprise of opening a box to see what is fresh and seasonally ready each week. In addition, we believe these are also important factors for becoming a part of our CSA:

- Eating fresher / healthier foods
- Connecting with the seasons through food
- Exploring new foods and how to eat them
- Knowing where your food comes from
- Knowing how your food is grown
- Challenging yourself to eat more greens
- Supporting organic agriculture
- Investing in the local economy
- Cutting down on the miles your food travels to your table.

WHAT YOU CAN EXPECT

Becoming a CSA member means purchasing a "share" of the farm's annual harvest - a wonderful bounty of fresh crops. For 18 weeks of the season (June-October), members receive a variety of seasonal produce. We strive to provide a selection of 7-10 different types of vegetables each week ranging from the following:

- Beans
- Beets
- Broccoli
- Cabbage
- Corn
- Cucumbers
- Eggplant
- Garlic/scapes
- Herbs
- Kale
- Leeks
- Lettuce/mixes



- Onions
- Peas
- Peppers
- Potatoes
- Radishes
- Spinach
- Swiss chard
- Tomatoes
- Turnips
- Winter squash
- Zucchini

Visit our website for a visual peek into our boxes. We also provide a weekly e-newsletter, which informs members of the goings-on of the farm, food preparation and storage, recipes, and a touch of food philosophy. This connection helps keep our CSA viable and strong.

JOIN OUR CSA

Community Supported Agriculture (CSA) is a farming model in which members pledge support to a farm at the beginning of the growing season. By joining our CSA, you become a member and share the beautiful bounty of the annual harvest, as well as undertaking the risks of troubled crops when weather or circumstances outside the farmer's control occur. In return, members receive a weekly share of the freshest and best local produce. In this way, farmers and members provide mutual support in the food production creating a true community farm. It is this relationship that inspired us to create our own CSA business 10 years ago!

Trends show people are finally taking an interest in wanting to learn more about where and how their food is grown. By eating locally grown foods, people gain a sense of which crops are naturally in-season as the weeks transpire, and thus come to appreciate eating such foods while they are naturally available. Grocers supply a large variety of produce all year long, many of which are imported from outside our country. And yet, you may notice that those foods do not provide the same freshness, sweetness, or flavorful taste as those foods grown, harvested, and sold in the very same season. We invite you to take part in our CSA! Join our food adventure, and reintroduce yourself to nature and the seasons.

COME EAT WITH US ... LET OUR HANDS FILL YOUR TABLE!



Blue Goose Farm
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2018



BLUE GOOSE FARM CSA

Blue Goose Road, Nicktown, PA
The Largest CSA in the Region

BLUE GOOSE FARM CSA 2018 APPLICATION

Are you a ___ Renewing Member or a ___ New Member?

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Referred by _____

Preferred Pick-Up Site:

TUESDAYS ___ Indiana (2 locations)

WEDNESDAYS ___ St. Benedict ___ Ebensburg (3 locations) ___ Loretto ___ Nicktown ___ Richland (4 locations)

THURSDAYS ___ Altoona ___ Davidsville ___ Johnstown (3 locations) ___ Westmont (3 locations)

Do you know the date(s) of when you are going on vacation so we may mark our checklists in advance? _____

The 2018 CSA fee is \$325 if postmarked by April 1; \$350 if postmarked after April 1.

Mail this form with check to: BGF CSA, 2965 Blue Goose Road, Nicktown, PA. 15762

Please make check payable to: Scott Farabaugh



DETACH THE ABOVE PORTION AND RETURN WITH PAYMENT



WELCOME

We invite you to join us for our 11th CSA Season. We pride ourselves on producing most of the vegetable crops that can be grown in our region...many of the varieties you may not find at local grocers. And we encourage you to try our program and eat the seasons with us!



OUR FAMILY

My wife, Chrissy, and I own and operate Blue Goose Farm. Our 7 children with their small hands offer big assistance in the production of it all. I grew up farming conventional field crops but found my passion with organic produce. I am proud to raise my children in the practice of sustainable farming... that they know where their food comes from and how to grow and maintain their own food.



OUR VISION

We hope to leave this earth better than we found it. Our use of crop rotation, cover crops, and organic methods increase the health of the soil and the food it produces year-after-year. We do not use synthetic insecticides or herbicides. We hope to further educate our members, and our community, about these farming practices, and reconnect our members to the land and food that sustains them.

THE PROGRAM IS THIS SIMPLE...

1. We offer ONE-size share box only. Each week you receive a box that includes 7-10 different types of vegetables. If you are unsure of your initial consumption of food, we encourage you to consider splitting a share with someone to see if our program is for you.
2. We have set delivery days, times, and sites. Members are responsible to pick up their box each week at one of our convenient locations between 3 and 6 PM. (If you forget, you miss out on your share for that week...sorry, no make-ups!)
3. Our pick-up site locations are in these areas:
TUESDAYS - Indiana
WEDNESDAYS - St. Benedict, Ebensburg, Loretto, Nicktown, Richland
THURSDAYS - Altoona, Davidsville, Johnstown, Westmont
4. We request that members bring a tote bag in which to place food items and leave the empty boxes at the pick-up site as they are reused week-after-week.

