



LEFT FOOT ORGANICS 2011/2012 Winter CSA GUIDE

Welcome to the Left Foot Winter CSA! We're happy to be bringing you good food and very thankful for your support of our program, providing meaningful, paid employment to people with disabilities and rural youth. We hope this guide will tell you all you need to know about participating in our CSA program, but if it doesn't please don't hesitate to call or email us with your questions. We're here for you!



When you have read the guide, please sign and return the last page to indicate your acceptance of the terms and conditions of Left Foot CSA share membership.

CSA Schedule

Winter Schedule: November 3 to February 11
Delivery Schedule: Thursdays (Farm, Olympia)
Saturdays (Farm, Proctor Farmers Market in Tacoma)

Delivery Times and Locations

Pickup times and procedures vary by location. Note the time listed for your location.

Olympia Thursday afternoons at the farm, westside and downtown pick-up sites. **Boxes are delivered on Thursdays and left out overnight.** At each pick-up site you will find a stack of boxes and a list of share members. The boxes may be covered with wet burlap, to keep the vegetables as cool as possible (or to protect them from frost). All boxes are equivalent—take any box. **Please cross your name off the list when you pick up your box.** The pick-up sites are:

The Farm 11122 Case Rd, 2 miles south of 93rd Ave. just before 113th and Scott Lake. The boxes are *ready for pickup after 3pm* at the farm. They will be under the shed roof on the north side of our building.

Westside 1609 6th Ave SW, corner of 6th and Decatur. Boxes are *ready for pickup after 5pm*. They are on the covered patio in the back, which you enter off of Decatur.

Downtown Fertile Ground Guesthouse, 311 9th Ave SE, behind the library downtown. The boxes are *ready for pickup after 5pm*. They are inside a small shed in the garden in front of the parking spaces in the alley. Enter from the alley.

Tacoma Proctor Farmers Market, Saturdays, 9am to 2pm. **Boxes must be picked up during market hours.** Normally you will pack your box when you arrive at our stand. We will coach you through the packing process and provide a list of contents. This list may vary slightly from the list published in the newsletter, which comes out on Thursday.



Changes in Pick-up Location

Share members are allowed **one free change** in pick-up location. Changes must be requested at **least one full week in advance**. The charge for all additional changes in pick-up location is **\$5 per request**.

Share Members' Responsibility for Pick-up

Please note that you are responsible for knowing your delivery schedule and picking up your box each delivery. If you are unable to pick up your box, your best solution is to have a friend or neighbor pick it up for you. **You are also responsible** for providing information on the pickup location and time to anyone picking up for you.

If you are going out of town and want to cancel your box for a week (or shift weeks in the case of half shares), email the CSA accounts manager at accounting@leftfootorganics.org at least **one full week in advance of your regular delivery date**. Changes requested less than one full week in advance may not be accommodated.

Under any special circumstances or when in doubt, *call!* **If you don't pick up on delivery day and we don't hear from you ahead of time, your box will disappear!** (Sorry, no make-up boxes. Normally our entire harvest is spoken for each week, and vegetables are impatient—they won't wait for you!)

Leave the Box Behind!

Please bring bags with you, transfer your produce directly to your own bags, and leave the box behind! We pack CSA shares in waxed produce boxes we recover from the Oly Food Coop. We reuse them again and again until they wear out. If you forget your bags and need to take the box home, **please remember to bring it back!** Don't put it in your recycling—they don't recycle with other cardboard because they are waxed.

Contact Numbers. The Farm 360-754-1849
 Ann's home 360-754-1928 (evenings)

CSA News

We will send you a CSA newsletter by email every week (whether you are on the schedule to receive a box that week or not). The newsletter is also posted on the website, www.leftfootorganics.org. The newsletter will feature farm news, what's in your box, Left Foot volunteer events and other happenings, and recipes. If you have any favorite recipes for vegetables in your share, please email them to us any time! We always need more recipes.

Things We Reuse

Waxed produce boxes
Clean, dry plastic grocery bags—the type with handles

Things We Do Not Reuse

Twist ties
Plastic bags without handles

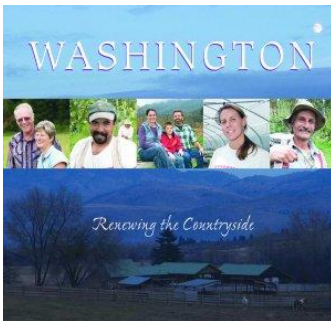


Left Foot thank you gifts for donations



- Tote bags, \$12 donation. The bags are made of sturdy recycled cotton, fair traded from India, and are the best made tote I've seen (sturdy handles, and all seams are finished). They were printed in Olympia by an environmentally friendly, water based permanent ink process.

- T-shirts, \$25 donation. The t-shirts are organic cotton, with our logo on the front and a cool Left Foot reflexology chart on the back. Made in the U.S., and printed locally.



- Renewing the Countryside: Washington, \$50 donation. Left Foot is honored to be among the 43 farms, ranches, and other rural sustainability projects throughout Washington State that are profiled in this beautiful book, full of brilliant color photos and inspiring stories.

- Left Foot Cookbook, \$5.00 donation. They make great gifts. Get multiple copies and give them to friends!



Let us know if you would like any of these thank you gifts when you make a donation, and we will deliver them with your share box.

Eggs



We have brown eggs from our small flock of laying hens. We can take a limited number of standing orders for a dozen every week, available to the first few members who sign up. You can also buy eggs on a first come, first served basis at the farm.

Left Foot's local food network

Frequently we will include information about products from other local farms and processors in our newsletter. These are always products from people we know and trust—cheese from Blue Rose Dairy, lamb and chicken from Oyster Bay Farms, beef and pork from Colvin Ranch, breads and pastries from 8-Arms Bakery. We are happy to be able to link you up with more of the wonderful products of our local food system.



Eat well, and enjoy your local food adventure!

I have read and understand the Left Foot CSA Guide. I understand in particular that if I fail to pick up my box on the delivery day I forfeit my share for that week. Further, I understand that I am sharing the risk of crop failure with Left Foot—if a crop failure occurs, I am not entitled to a refund on my share investment. My signature below indicates my acceptance of the terms and conditions of Left Foot CSA share membership:

Signature

Date

PLEASE SIGN AND RETURN TO:

*LEFT FOOT ORGANICS
PO BOX 12772
OLYMPIA, WA 98508*