



Like all of us, people with intellectual disabilities need opportunities to become involved in their communities and earn a living. Yet the supports that make it possible for them to participate fully in work and community are limited. Rural at-risk youth face similar challenges, with few opportunities for meaningful work and community engagement.

Why organic agriculture?

Organic farming offers:

- productive and healthy job choices
- increased local food quality and availability
- preserved water quality and wildlife habitat
- enhanced worker health and safety
- a connection to nature and to nurture

Growing and selling fresh produce teaches:

- independent living and basic job skills
- business planning and marketing skills
- increased social skills and self confidence
- care for the earth, for self and others
- commitment, responsibility and the satisfaction of a job well done

By focusing on each individual's *abilities*, *Left Foot Organics* helps individuals facing many challenges to become productive members of their communities and to bring others to a new awareness of diversity.

Please contact us for more information:

LEFT FOOT ORGANICS
 PO Box 12772
 Olympia, WA 98508
 360-754-1849

info@leftfootorganics.org

We appreciate your support!

State Employees: *CFD # 315757*

Where to Find Us

Left Foot Farm Stand

Fridays 2-6 and Saturdays 10-1,
 June 5 - Oct. 2

at the farm in Olympia, 11122 Case Road SW

Proctor Farmers Market

Saturdays 9-2 in Tacoma, April 11 - Nov.21
 27th and Proctor

Tumwater Town Center Farmers Market

Wednesdays 11-2, May 27 - October 28
 corner of Capitol Blvd. and Israel Rd.

Dupont Farmers Market

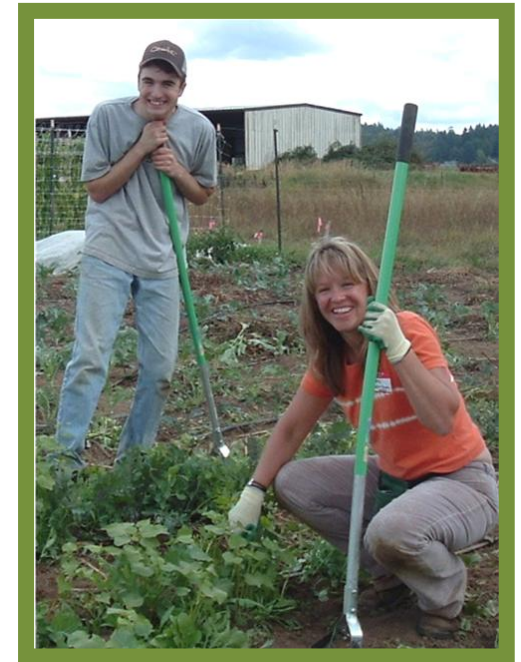
Every other Wednesday, 10-2
 June 17 - Sept.9
 Intel parking lot, Dupont

www.leftfootorganics.org



LEFT FOOT ORGANICS

***Growing Good Food,
 And People!***



Left Foot Organics promotes self-sufficiency, inclusion and independence for people with disabilities and rural youth through meaningful, paid employment and training in the business of growing and selling quality organic food and farm products.

Our Vision

*A world where all people are valued and accepted
in work, civic and social life*

Our Values

*Respect for all people · Respect for the land ·
Diversity · Integrity · Self-determination ·
Participation · Doing your best
Hard work and having fun*

Our Programs

Year Round Employment

- Paid positions for people with intellectual disabilities (16 to 65 years old)
- Support and job and life skills training for success
- Increasing independence and income
- Breaking barriers to greater opportunities for work and community participation

Growing Partners Program

- Rural and at-risk high school youth (15 - 19)
- After school and summer paid employment
- Training and exposure to many different career paths that increase earning potential
- Program Elements:
 - Self*-building skills and personal identity (Spring)
 - Self and Others*- working and learning together to discover the value of diversity (Summer)
 - Self and Community*- demonstrating the power of youth with and without disabilities to create a more inclusive community (Fall)

Volunteer Program

- Volunteer day every 3rd Saturday of the month. Workparty begins at 10, lunch and workshop follow.
- We welcome large groups for volunteer events and farm tours. Call 754-1849 for more information.
- Volunteer positions available *every* day. Harvest with the crew, be a mentor, help with office tasks, or just weed.
- Email volunteer@leftfootorganics.org or call to learn more.

The Farm

Left Foot Organics operates a 5-acre market garden, growing certified organic vegetables and flowers for sale in local markets. Our farm is located on a 65-acre ranch belonging to the Nelson family, at 11122 Case Road, about 5 miles south of Olympia, Washington. The site offers an easily accessible, safe environment for people of all abilities.



What We Do



Program participants and volunteers work together to produce and sell over 50 varieties of certified organic vegetables grown on our farm, from arugula to zucchini, as well as herbs and flowers year round. They also manage our flock of laying hens and sell eggs.

Ways to Support Us

- Produce sales are our *single largest source of revenue* and what make us sustainable.

However, our multiple objectives—growing food *and* people, nurturing plants *and* community—lead us to seek support from many additional sources.

Funding for our programs also comes from:

- grants and tax deductible cash donations
- in kind donations of goods and services

Left Foot Organics is a non-profit corporation with Federal 501(c)3 tax exempt status (EIN#91-2167831).

Sign up for our 2010 CSA!

Join us in creating meaningful work for people with disabilities and rural youth, all growing good food for you!

Summer CSA Season: June 1 to October 31
(flower shares July-October)

Delivery Schedule:

Wednesdays (Tumwater Farmers Market)
Thursdays (Olympia)
Saturdays (Tacoma)

Payment: First payment of **\$150** (\$295 with flowers) due with application. Balance due upon first delivery. *Or pay in full and choose a tote bag or t-shirt, free!*

Name _____

Address _____

Email _____

Phone _____

- Full share.....\$495 (on-farm pick-up \$450)
- Half share...\$275 (on-farm pick-up \$250)
(half shares delivered every other week)
- Flowers.....\$145 (on-farm pick-up \$130)

I prefer to pick up my produce at:

- The farm (Case Rd. and 113th)
- Tumwater Farmers Market (Wednesdays only)
- Westside Olympia (6th and Decatur)
- Downtown Olympia (Fertile Ground Guesthouse)
- Tacoma (Proctor Farmers Market, Saturdays)

Here is my tax deductible contribution to the *Left Foot Organics* "seed fund"

\$100 ___ \$50 ___ or \$ _____

Please mail this form with your check to:

LEFT FOOT ORGANICS
PO Box 12772

Olympia, WA 98508

Thank you!