



# CSA at Sustainable Settings Ranch 2020

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Dear friends of local regenerative Biodynamic agriculture,

**Sustainable Settings Ranch invites you to join us for the 16<sup>th</sup> season of our CSA program.**

The CSA model for small farms is designed to establish a strong relationship between the grower and the consumer. When members pay for their share at the beginning of the season they invest in the farm. Members understand that they take on the risks and rewards of the farming process, one that works with the unpredictable shifts in weather that Nature provides throughout the season. More often than not members reap the bounty of the farm's productivity. For our member's early investment in the farm and growing season, they receive a box of produce each week. The CSA membership is a relationship based on trust in which both the grower and the members share the rewards and risks of growing fresh food locally.

Sustainable Settings Ranch is happy to welcome back Mike Long as our grower. Mike has been with us for 3 seasons. He will be growing a variety of Biodynamic organic vegetables featuring varieties that have exceptional taste and nutritional value. Some of you know Mike is famous for his Georgian Crystal Garlic which has taken the valley by storm! He uses Biodynamic and tried and true organic methods. If you want to know exactly how your produce will be treated from seed to harvest, come by and see for yourself.

**Know Farmers, Know Food.**

## **What you'll get - 16 weeks June 6 – September 26**

As the season progresses the food in share boxes will change while some varieties will remain consistent throughout the growing season.

**One share feeds an omnivorous family of four, or two vegetarians (5-9 items/week). This year our seed collection includes: arugula, salad mix, beans, beets, broccoli, cabbage, our famous sugar sweet carrots, cauliflower, celery, celeriac, culinary herbs, cucumber, garlic, kale, leeks, cabbage, onions, potatoes, spinach, summer squash, squash blossoms, swiss chard, tomatoes and some surprises as well.**

## **Visiting the ranch**

Though not a requirement we highly recommend you make at least one visit to our ranch to meet us and to understand where your food is coming from. You might also like to volunteer on field and harvest days. If so please call to let us know you are coming so we can be sure to schedule time with you.

**Add-ons, we also sell our no-soy no canola eggs, 100% grass-fed meat and produce in our Ranch Store,** you are always welcome to stop by. If it is your first visit to the farm, calling in advance will insure that we can schedule time to visit with you! Thank you for your interest and support in your local foodshed. Be sure to check out our reskilling workshops on our website [www.sustainablesettings.org](http://www.sustainablesettings.org). You'll find bee keeping, veggie fermenting and why Biodynamics is so important to your health and our soil!

*Sustainable Settings is an entrepreneurial non-profit organization that inspires people and communities to embrace integrated solutions for sustainable development. To accomplish this mission we research, design and demonstrate whole-systems strategies in regenerative sustainable agriculture, green development, micro-enterprise, land stewardship and art for daily life.*

Sustainable Settings Ranch    6107 Highway 133    Carbondale CO 81623  
970-963-6107    [www.sustainablesettings.org](http://www.sustainablesettings.org)    [rose@sustainablesettings.org](mailto:rose@sustainablesettings.org)



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Community Supported Agriculture

Please complete this form and return it with your payment to:

**Sustainable Settings Ranch 6107 Highway 133 Carbondale, CO 81623**

**PRODUCE SHARE 16 Weeks, June 6 – September 26.**

- **One share 6-8 produce items each week, \$800 (\$50/week for 16 weeks)**  
 I would like 1 share and have enclosed a \$100 deposit to hold my spot I will pay the additional \$700 by May 1.  
 I would like one share and have enclosed the full payment of \$800.  
 Other form of payment, explain here: \_\_\_\_\_

- **No-soy, No-canola, Beyond Organic Eggs**  
 1 dozen eggs/week (\$12/dozen) – an additional \$192/share  
 2 dozen eggs/week (\$12/dozen) – an additional \$384/share

- **Fruit Share - Organic fruit from Ela Family Farms in Hotchkiss, CO**  
 Fruit shares are 9 weeks from August to early October each week contains approximately 8# of fruit starting with peaches, plums, ending with pears and apples- estimated price \$250  
 Yes, I would like a fruit share! Please send me more info mid-summer.

- **Meat Packs – 100% Grass Fed Organic beef & lamb. You can also call in to add meat to your box. We need to receive orders by Wednesday.**  
 10 lbs ground beef \$12lb - \$120  
 10 lbs mixed prime beef or lamb cuts, no ground, \$18lb - \$180

- **Pick-up and Delivery Days - Pick up at the ranch- Fridays after 4pm, all day Saturdays and Sundays**  
 I will pick up my share AT SUSTAINABLE SETTINGS RANCH.  
 I would like my share **DELIVERED** Fridays around 3pm to my home and will place a cooler outside(describe location). Additional \$320- \$400 (\$20-25/week depending on address) **By signing up for delivery** I understand that a take responsibility for products left outside my door.

**TOTAL ADD-ON COST: \_\_\_\_\_ + CSA MEMBERSHIP COST \_\_\_\_\_ = TOTAL \$**

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

**By signing below, I accept the rewards and risks of the Sustainable Settings Ranch CSA membership.**

Signature \_\_\_\_\_ Date \_\_\_\_\_