

## What is a CSA?

**C**ommunity **S**upported **A**griculture is a partnership between local farmers and their community with the goal of promoting and supporting local, all-natural, sustainable agriculture practices that benefit both local families and the environment. Members of the community commit to support a local farmer who, in turn, commits to produce the highest quality all-natural produce possible for the CSA members. By purchasing a membership to the CSA, members are investing in the upcoming season's harvest by purchasing a weekly share of that harvest in advance. CSA members support local all-natural food systems, secure the agricultural integrity of their region and participate in a community building experience by getting to know who grows their food.



## Food Facts

- The average American meal travels 1,500-2,500 miles from grower to plate.
- Eating locally lowers the environmental impact of what you eat; lowering fuel usage and greenhouse gas emissions.
- Eating local foods keeps us in touch with the seasons.
- According to the USDA, more than 20% of all fresh vegetables sold in grocery stores are imported.
- Local foods are fresher and do not contain preservatives that are used to extend shelf-life.



## **Carlea Farms**

Millingport, North Carolina  
[www.carleafarms.com](http://www.carleafarms.com)  
704.463.1882

Naturally Grown Produce



**Eat Locally!**



## **Carlea Farms**

**2010 CSA**



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# Carlea Farms 2010 Community Supported Agriculture Membership

## Why is our CSA right for you?

You will receive a weekly share of fresh, healthy, all-natural, local products that are handpicked within hours of receiving them.

You are supporting a local farm while helping to preserve farmland in your region.

You are also supporting the local economy by keeping your food dollars close to home, as well as protecting the environment by eating low-impact foods.

With the wide selection of fruits and vegetables that you will receive, there will also be exciting new recipes on how to cook many of the products on our website.



## CSA Membership

By purchasing a membership to our 2010 CSA you will receive a bag containing a variety of all-natural sustainably grown produce beginning at the end of April or beginning of May.

Our 2010 CSA **Full Share** membership costs \$400 for a weekly pickup.

Our 2010 CSA **Half Share** membership costs \$200 for pickup every other week. (available for pickup at the Shalom Park location only)

The 1st payment, equal to \$200 (Full Share) or \$100 (Half Share), is due by February 1, 2010.

The remaining balance is due by April 1, 2010.

Those interested in a CSA membership will need to mail their **Application for Membership, Membership Agreement** and a **1st payment** of \$200 (Full Share) or \$100 (Half Share) to Carlea Farms no later than **February 1, 2010**.

More information, the Application for Membership and the Membership Agreement can be found on our website.

[www.carleafarms.com](http://www.carleafarms.com)

## Pickup

You will be able to pickup your CSA bag of fresh all-natural fruits and veggies at 1 of 4 locations weekly.

Tuesday mornings - Matthews Community Farmer's Market - Presbyterian Hospital Matthews (10:00 a.m. to 1:00 p.m.)

Tuesday afternoons - Shalom Park (3:00 p.m. to 6:00 p.m.)

Tuesday afternoons - Charlotte Tailgate Farmer's Market (4:00 p.m. - 7:00 p.m.)

Farm pickup available on Tuesdays.

For more information on pickup locations & times please call or visit our website.



## Weekly Share

Your weekly share could feed one to four people, depending on how you use it.