

PLEASE MAKE CHECK OUT TO

FIRST LIGHT FARM

And mail to:

First Light Farm
c/o New Meadows Market
P.O. Box 166
Topsfield, MA 01983

Or drop off in addressed envelope to

New Meadows Market
19 Main Street
Topsfield

*THANK YOU FOR
SUPPORTING LOCAL
AGRICULTURAL!*

By joining a CSA

- You eat very fresh produce, much of it harvested just hours before you pick it up.
- You know from where, by whom and how your food is grown.
- You support a method of food production and distribution that acknowledges environmental sustainability as mandatory for long-term economic sustainability.
- You participate in a movement where humans can have a say over what would otherwise be left to unconscious market forces; rebuilding an economy where decisions are made as if people mattered.

\$600 per season per Share

A share feeds 2-4 people (between 10 and 30 pounds of produce per week).

Share a Share?

For those who are not around all summer or feel a share is more than you need, we recommend joining with a friend to split a share. You may split it in half each week or alternate picking up from week to week.

There are many opportunities for cooperation.

Farmer Mike Raymond
1-781-710-6749
mraymond_99@yahoo.com

New Meadows Market
1-978-887-2005
newmeadowsmarket@comcast.net



First Light Farm CSA

Community Supported Agriculture

Local & Fresh Organically Raised Produce

Brought to your table by

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

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History

New Meadows Market is excited to work with farmer Mike Raymond to help him market a 50 share CSA. Mike will be farming in Hamilton and his vegetable shares will be distributed through New Meadows Market.

Originally from Beverly, Mike brings over 15 years of organic farming experience to your table, including seasons farming in VT, MA, AR, and CT. Having sold produce through CSA's, farm stands, farmers markets, and wholesale markets, he prefers the CSA model because it focuses on people and food, not consumer units and commodities. Local support motivates him to grow the best food he can, and the vision of people enjoying his crops inspires him to keep planting. With the needs of the land and local community as a guiding hand, CSA has the potential to evolve independently of the global economy.

CSA, which stands for Community Supported Agriculture, refers to a direct relationship between an individual (or family) and a farm. In the off-season, an individual buys a "share" of the farm's harvest, becoming a "member" or "shareholder" of the CSA. This helps the farmer get through the spring planting crunch by providing income before the actual harvest. Later, during the summer and fall harvest, the farmer can devote more energy to growing and less to selling their crops. In return for supporting the farm, members received a box full of freshly harvested vegetables each week of the season.

Members of *First Light Farm's* CSA will receive a mix of fresh, organically raised vegetables, fruits & herbs weekly over an 18-20 week season starting in June & ending in late October. Your share will be boxed up & be available on your designated day (either Monday or Thursday) at *New Meadows Market*, Topsfield from 3-7 pm. You may let a friend pick up your share if you are unable.

What to expect

The example of a typical season's harvest schedule described below gives an idea of what to expect. Each week the selection of vegetables will vary slightly, according to our harvest.

June: Various lettuces, arugula, radish, baby beets, spinach, scallions, peas, chard, kale, garlic-scapes, broccoli and cabbage.

July: Lettuce, arugula, radish, turnips, carrots, beets, summer squash/zucchini, kale, chard, potatoes, garlic, onions, cabbage, and annual herbs such as cilantro, dill, and basil.

August: Lettuce, arugula, radish, turnips, carrots, beets, summer squash/zucchini, kale, chard, potatoes, garlic, onions, cabbage, cucumbers, beans, tomatoes, peppers, eggplant, melons and annual herbs such as cilantro, dill, basil.

September: Lettuce, arugula, radish, turnips, carrots, beets, summer squash/zucchini, kale, chard, potatoes, garlic, onions, cabbage, cucumbers, beans, tomatoes, peppers, eggplant, melons and annual herbs such as cilantro, dill, and basil. Also, early fall brings broccoli and some winter squash and sweet potatoes.

October: Lettuce, arugula, radish, turnips, carrots, beets, summer squash/zucchini, kale, chard, potatoes, garlic, onions, cabbage, cucumbers, beans, tomatoes, peppers, winter squash, spinach, broccoli, cabbage, cauliflower, leeks and annual herbs such as cilantro, dill, and basil.

During the heat of summer, quantities of the cool season crops such as lettuce, arugula, and broccoli tend to decline, just as heat loving crops such as melons and eggplant decline as we move in to fall. During August and September, certain bumper crops usually provide opportunities for sauces and canning. Every season is unique.

First Light Farm 2008

CSA

Share Agreement

___ Please reserve a Share (\$600)

Payment Options (payable to First Light Farm)

___ I am enclosing a deposit of \$300.
Balance is due by June 15, 2008

___ I am enclosing the entire amount.

Pick Up

I prefer to pick up my produce on

___ Monday (3-7 pm)

___ Thursday (3-7 pm)

*Pick up days will be split,
first come first choice of days.

I understand that there is no guarantee on the exact amount of produce I will receive for my share price. I understand if I fail to pick up my share during the pick-up hours, I forfeit that week's share.

Signed _____

Date _____

Shareholder name _____

Address _____

Town/State/Zip _____

Telephone _____

Email _____

Share partner name _____

(if applicable)

Please tear off this section and mail to
address on reverse side.