

S U M M E R 2 0 1 6

Get Fresh Produce

Delivered Every Week For Less Than 20 Dollars Each !



What is a CSA?

CSA stands for 'Community Supported Agriculture,' a method of paying a farm directly for what they are growing nearby rather than what is being grown far away and transported across the country. The produce you buy is fresher and more ripe, organically grown, and causes less pollution to transport to market. Your early payment helps the farmer buy the seed, plant the crop and plan the harvest. Your food comes as nature allows: fast growing crops are harvested first, but crops like squash and broccoli are harvested and delivered later in the season. Each week the produce will vary.

Do you want access to healthier, affordable food?

Healthy Maywood has contracted with a local farm named Kings Hill to receive weekly deliveries of their harvest all summer long in 2016. It's not too late to join in – you can have a box full of fresh, organic and locally grown food with recipes delivered nearby each week for less than \$20 per week. Details inside.



Save the Date!

Deposit by:
April 1, 2016

\$100 Deposit will
reserve your share!

Final Payment:
June 1, 2016

Full payment of
\$400 for all 20
weeks due before
delivery begins.

Pay by Installment
April 1 -May 15, 2016

Pay in \$100 installments
every 2 weeks, or split
the cost and box with a
friend for \$200 total!

First Delivery:
June 2, 2016

1st boxes delivered to
Quinn Center, 1851 S.
9th Ave, Maywood, on
Thursday, June 2.

An Assortment of Produce

Pictured left, the approximate amount in a small share produce box. Produce will vary according to season. The full seasonal list is on page 3.

Nutritional Info and Recipes

Every week, customers of Kings Hill Farm will receive an email with a **produce list** of what will be included and **suggested recipes** for in that week's harvest box.

Small Share Box (Pictured Left)

Each picture shows one small share box of produce – approximately one grocery bag, three-fourths full, which is measured by weight. The box is expected to feed a 2-person household for a week. Pictured left is a stack of the small share produce box.

How Do I Sign Up?

There are two ways to enroll:

- 1) Fill out the application on the next page (page 4) and mail or turn it in with a deposit (check or cash) to:

The Quinn Center
1851 South 9th Ave
Maywood, Illinois
Attn: Healthy Food

- 2) Sign up and make a deposit online at:

www.faithhealthtransformation.org/HealthyFoodMaywood

Or visit the website with questions.

[For more information, call ..]



What We Grow

Product	May	Jun	Jul	Aug	Sep	Oct	Nov	Product	Jul	Aug	Sep	Oct	Nov	Dec
Rhubarb		█						Kale	█	█	█	█		
Asparagus		█						Tomato note	█	█	█			
Greens: Arugula		█	█	█	█			Onion	█	█	█	█	█	
Scallions (Green Onion)		█	█	█	█			Potato	█	█	█	█	█	
Lettuce		█	█	█	█			Cabbage		█	█	█	█	█
Kohlrabi		█	█	█	█	█		Celeriac		█	█	█	█	
Greens: Mustard		█	█	█	█			Garlic		█	█	█	█	
Radish		█	█	█	█			Winter Squash		█	█	█	█	
Turnip		█	█	█	█	█		Daikon Radish			█	█		
Sugar Snap Peas		█	█					Leek			█	█		
Summer Squash		█	█	█	█			Parsnip			█	█		
Chinese Cabbage		█	█					Sweet Potato			█	█		
Beet		█	█	█	█	█		Purple Top Turnip				█	█	
Swiss Chard, Rainbow		█	█	█	█			Brussels Sprouts				█	█	
Kale, Red Russian		█	█	█	█	█		Pumpkin				█	█	
Garlic Scape		█	█					Rutabaga				█	█	
Celery		█	█	█										
Carrot		█	█	█	█									
Bok choy		█	█	█	█									
Cucumber		█	█	█	█									
Cauliflower		█	█											
Eggplant		█	█	█	█									
Broccoli		█	█	█	█	█								
Sweet Corn		█	█	█	█									
Parsley		█	█	█	█									
Thyme		█	█	█	█	█								
Melon		█	█	█										
Green Beans		█	█	█	█									
Pepper: Bell or Sweet		█	█	█	█									

Kings Hill Farm grows 30 to 40 different varieties of vegetables during a given year. Please keep in mind that this chart is meant serve as a guide and not a perfect indicator of everything you'll receive. Factors beyond the farmer's control (no rain, too much rain, etc.) can affect the final outcome of any one crop and the dates of harvest. Kings Hill Farm welcomes visitors and group trips to learn about growing food or for picking flowers and herbs. For more information, see www.kingshillfarm.com.

Sign Up Form

Please fill out the information below and mail to;

The Quinn Center
1851 South 9th Ave
Maywood, IL 60153
Attn: Healthy Food Maywood



**Order today!
Shares are limited**

Name: _____

Street Address: _____

City: _____ Phone: _____

Zip: _____ Email: _____

Payment Method: Cash [] Check [] Check Number: _____

Deposit Rec'd: ___/___/___ [2nd payment ___/___/___] Final Payment: ___/___/___

Please answer this questionnaire to contribute to our before/after evaluation of this program:

- 1) How many people eat regularly in your household (i.e. at most meals?) _____
- 2) Please estimate how many vegetable servings you personally eat daily: ___ Weekly? ___
- 3) How often do you prepare vegetable dishes for main meals, and how many per meal?
Breakfast: _____ Lunch _____ Snacks _____ Dinner _____
- 4) How do you currently get fresh produce? (grocery, food pantry, delivery, garden; if other please note): _____
- 5) If possible, please estimate your food budget for the month: \$ _____
 - a. Do you spend more or less than \$20/week on produce? _____
 - b. Will you be sharing this produce box with another person / household? Y / N
 - c. Would it be easier for you to enroll if the farm accepted LINK as payment? Y / N

