

# Free Bird Farm

## CSA Membership Form

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

Address: \_\_\_\_\_

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

E-mail address: \_\_\_\_\_

*(If you're splitting a share, please include names and contact information for both members.)*

We've extended our CSA season to 22 weeks—  
starting 1st week of June, ending last week of October.

**Full-season share: \$430**

**Payment due by April 30, 2009.**

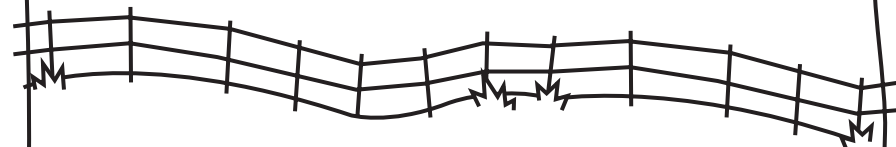
Please send this completed form and a check to:

**Free Bird Farm**  
497 McKinley Road  
Palatine Bridge, NY 13428

For more information contact Ken or Maryellen at:  
518-673-8822 or [freebirdfarm@frontiernet.net](mailto:freebirdfarm@frontiernet.net)

*Thank you for joining our CSA.  
We'll send a reminder of the first week's  
share date by e-mail.*

# Free Bird Farm



## 2009 CSA

Weekly produce—

*fresh, local, organic*

*Ken Fruehstorfer & Maryellen Driscoll*

497 McKinley Road - Palatine Bridge, NY 13428 - 518-673-8822  
[freebirdfarm@frontiernet.net](mailto:freebirdfarm@frontiernet.net) - [www.freebirdfarmny.com](http://www.freebirdfarmny.com)

**Free Bird Farm** is a small-scale, diversified farm committed to strict organic and sustainable growing practices. Located in the Mohawk Valley, we grow more than 60 varieties of vegetables and herbs and raise all of our animals—laying hens, chickens and beef herd—on pasture without antibiotics. We're a family farm, run by a husband-and-wife team, with more than 15 years of farming experience.

### What's a CSA?

CSA stands for Community Supported Agriculture. It's an increasingly popular way to support local farms and get unbeatably fresh produce on a weekly basis. Members sign up and pay in advance of the growing season—securing their “share.” This enables the farmers to plan their season's crops efficiently—planting a diversity of vegetables and harvesting without waste.

Our CSA season runs from the first week of June until the last week in October (22 weeks).

### Why join a CSA?

These are the top 5 reasons why members enjoy our CSA:

- Freshness—salad greens that hold up all week, peppers that never tasted so sweet, corn picked just hours before pickup
- Abundance—lots of vegetables to snack on and cook with
- Health—each week's share is an inspiration to eat healthier than ever
- The element of surprise—discovering what's in each week's share (kids and adults really like this)
- Relationship—knowing where and how your food is grown and who is growing it

### What's in a share?

Our shares are meant to supply enough vegetables for a veggie-loving family or couple who love to cook.

A sample week's share at summer's peak: tomatoes, mixed baby salad greens, fresh garlic, green beans, cucumbers, basil, fresh bunching onions, potatoes, and carrots.

A sample week's share in fall: mesclun mix, broccoli, spinach, potatoes, winter squash, beets, shallots, cabbage, garlic, thyme.

We grow some less common vegetables and varieties but tend to focus on what's most familiar and loved. And each week we post what's in a share at [www.freebirdfarm.blogspot.com](http://www.freebirdfarm.blogspot.com). We also provide cooking tips and links to related recipes.

Concerned that a share might be too much for your household? **Split it with a friend or neighbor. Many members do just that.**

### How does it work?

Starting the first week of June, members pick up their veggies at the farm or a central distribution location in their community (**contact us or see our website for days and locations**). Chicken, eggs and ground beef are also available on a pre-order basis. If you can't pick up your share, arrange for a friend or other member to pick it up. If you're going away and can't find someone who'd like to use your week's share, simply let us know in advance.

### Sustainable Agriculture

We believe in having a diverse farm for many reasons. It creates a healthy ecosystem; makes it possible to farm in a truly sustainable manner, and is at the heart of why we are able to consistently raise high-quality food. We never apply chemical herbicides, pesticides or fertilizers to our land. We treat our animals with care and respect.

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