



SUMMER 2017 CSA PROGRAM

Forest City Farms is a small, local organic farm located in Middletown and Cromwell. We are focused on contributing to the local sustainable food community in which we live. On the farm we grow a wide variety of heirloom produce and culinary herbs.

We are excited to announce that we are offering local residents a CSA for a second season.

What is CSA?

Community Supported Agriculture (CSA) is a program that directly links local farmers and the consumer. Consumers pre-purchase a share of the farm's harvest for the upcoming season. This allows the farmer to plan for the exact amount needed for the program based on the number of members signed up for the season, thereby lowering waste and cost. This year we will have a set number of slots for each share size. Once they are sold out, that size share will be closed. In order to guarantee you get what you want, please sign up as soon as possible. Forest City Farms believes that everyone should have access to local healthy food. We have partnered with the City of Middletown to offer reduced rate shares for qualified Middletown residents. If you are interested please complete and return the attached form. If you have any questions, please contact Gabe Russo at forestcityfarms@gmail.com for more information.

How it works?

You the consumer purchase a share. Shares are available in full, half and single share size. A full size share is usually sufficient for a family of four and half shares for a family of two. Your share entitles you to a box of produce which could include, vegetables, herbs, and fruit each week that you will pick up at the farm on River Road in Middletown. Pick up will be on Tuesdays and Thursdays from 4:00 to 6:30 p.m. The items will be what is in season that week. The 2017 summer share will run for 18 weeks starting the week of May 30th/ June 1st and ending the week of September 26th /28th. Multiple shares may be purchased to accommodate larger families or for sharing with family and friends.

Don't forget to check out our website www.forestcityfarms.com and like us on Facebook!



www.forestcityfarms.com

2017 Summer CSA Contract

Yes! I would like to support local agriculture by purchasing a CSA Membership.

Name: _____ Email: _____

Address: _____ Phone: (____) _____

City, State and ZIP: _____

Please list the name(s) of any other person who will be picking up the share:

- 2017 Summer CSA Tuesday pick up runs from May 30th through September 26th or Thursday pick up from June 1st through September 28th (18 weeks)
- Please make checks payable to Forest City Farms
- Pick up will be on Tuesdays or Thursdays from 4:00 to 6:30 p.m. at the River Road Farm Stand in Middletown (located near 1100 River Road)

Share Type (please select one below):

Market Share Based:

- Full Share \$625
- Half Share \$365
- Single Share \$220

Income Based Share

- Low Income* Full Share \$200
- Low Income* Half Share \$150
- Low Income* Single Share \$100
- I plan on paying with SNAP* (\$25 deposit required)

I will pick up my share on Tuesday or Thursday

* If requesting an income-based share, please attach proof of qualifications (See attached)

I understand that my full payment entitles me to a weekly share of the produce harvested by Forest City Farms and the other farms that may supply products for my share. Forest City Farms is committed to producing high quality produce that meets the standards we have set. That being said there are risks involved in agriculture such as weather and crop failure. I understand that as a member of the CSA I share in that risk and accept unforeseen outcomes. Weekly forfeited shares will be donated to a designated local food bank, shelter or family in need.

Signature _____ Date _____

Please sign this form and return with payment to:

Forest City Farms, 20 Shunpike Road, Middletown, CT 06457

If you would like to pay by credit card please contact Gabe Russo at 860-777-5507 or forestcityfarms@gmail.com to arrange payment.

Income-Based Rate Questions and Qualifications

What is the difference between the low-income and market-rate shares?

In order to provide fresh, locally grown vegetables to all segments of the population, Forest City Farms is offering a reduced cost to those who qualify. Both market and low-income shares feature the same amount of produce and varieties every week.

You are eligible for a low-income share if you are part of any of the following programs:

- | | |
|--|---|
| <input type="checkbox"/> Food Stamps/SNAP | <input type="checkbox"/> Child Care Certification |
| <input type="checkbox"/> State Supplement to the Aged, Blind or Disabled | <input type="checkbox"/> WIC |
| <input type="checkbox"/> State Administered General Assistance Program | <input type="checkbox"/> Section 8 Housing |
| <input type="checkbox"/> Aid to Families with Dependent Children
Income (SSI) | <input type="checkbox"/> Supplemental Security |
| <input type="checkbox"/> Connecticut Energy Assistance Program | |

Can I pay with my SNAP/EBT card?

Yes! However, due to regulations regarding SNAP transactions, we are unable to accept payments more than two weeks in advance of the week you'll be picking up your share. We will accept payment on the first week of the pick-up, and payments can be made in either 1 or 2-week increments to pay off your balance. A \$25 deposit is required to reserve your share.

I am not eligible for a low-income share and the market-rate share is too much for me to pay right now.

We understand that certain circumstances warrant a reduced rate and are happy to accommodate those truly in need. If you do not qualify for any of the programs above, but would like to request the low-income rate, please supply a letter describing your hardship or why you feel you qualify for the reduced rate CSA.

What if I can't make it to the farm to pick up my share each week?

Forest City Farms understands that it can be difficult to pick-up shares each week during the allocated times and as such, we are hoping to offer a drop-off service for in-need individuals or families. At this time, the drop-off service is only available to those who qualify for the income-based program and will be coordinated based on the number and location of interested individuals.