

Yes, I would like to join Bear Hill Farm's CSA for the 2010 growing season and receive my share of the harvest! **Enclosed is:**

My payment of \$540.
 I will make two payments of \$270.
Second payment due by August 1.

PAYMENTS DUE BY March 25

(Make checks payable to Bear Hill Farm)

Please indicate which pick up day you prefer. Pick up time is between 3 PM and 7 PM.

Monday Wednesday Friday
 No Preference

Name _____
Street _____
City _____
State _____ Zip _____
Phone (H) _____ (W) _____
E-mail _____

I will be splitting my share with:

Name _____
Street _____
City _____
State _____ Zip _____
Phone (H) _____ (W) _____
E-mail _____

Please call Anne & Mike with any questions at 978-692-4224.

Return form to:

Bear Hill Farm
14 Davis Road
Tyngsboro MA 01879



14 Davis Road, Tyngsboro, MA
Anne & Mike Gagnon
978-692-4224

bearhillfarm@aol.com

www.bearhillfarmcsa.com

CSA

Would you like to eat more farm fresh, local grown produce?

Would you like to know where and how your food is grown?

Are you interested in supporting small scale local agriculture?

Then consider joining Bear Hill Farm's CSA. By purchasing your "share" you receive a weekly supply of fresh produce from early June until mid October. You'll also receive a weekly newsletter with information on what's happening on the farm, recipes and info about vegetables you may not be familiar with. A share is sized to feed a household of 2 adults and 2 children or 2 vegetarians. To subscribe please fill out the enclosed form and we'll start planning our 2010 harvest.

What is C S A ?

CSA stands for Community Supported Agriculture and puts consumers in direct relationship with the production of their food.

This system provides the farmer with money in the spring for seeds and amendments when cash is typically low. The farmer is guaranteed a market and fair price for the produce.

In return, shareholders receive a variety of fresh picked, high quality vegetables grown using organic methods.

The farmer and the shareholder share in the bounty of the season and the risk of certain crops not doing as well in a given season. Thus, the farmer and the shareholder become partners in the production, distribution and consumption of locally grown food.

How it works!

A large variety of vegetables are planted in succession to provide a continuous weekly supply of fresh produce. By diversifying, the farmer reduces the risk of crop failure. Sustainable growing techniques are practiced, including crop rotation, cover crops and composting.

We also do a large planting of cherry tomatoes and an herb bed which are pick your own.

The CSA will run approximately 18 weeks starting in early June until mid October. Each week we'll harvest your share for you to pick up at the farm on your day.

We encourage our shareholders to visit the farm not only on their pick-up day, but anytime. Come take a walk, have a picnic or visit the animals.

About Bear Hill Farm!

Bear Hill Farm is located in the southwest corner of Tyngsboro, MA, and consists of 60 mostly wooded acres.

We are a diversified family owned and operated farm. The land has been in Mike's family since 1917 when his grandfather came down from Canada and started a dairy farm. Farming skipped a generation with Mike's parents and the fields grew back to woods. We have been busy clearing some of the land to grow produce and the rest is managed for forest products.

We have been raising vegetables and selling them at farmers market since 1993. In 1998 we decided to start the CSA and it has been a great success, well received by our members.

The number of shares are limited so please sign up early.



Contents of a share!

The weekly share will vary from week to week, starting with the cool weather crops such as greens, beets, radishes, lettuce, etc... At the peak of the season we will add crops such as tomatoes, peppers, cucumbers, summer squash, corn and many more. For much of the season the share will contain ten or more different items. The chart will give you an idea of when to expect some of the produce.

We also offer pork and eggs for sale at the farm.

Crop	June	July	Aug	Sept	Oct
Beans			██████████		
Beets	██████████			██████████	
Broccoli		██████████	██████████		
Carrots		██████████	██████████		
Cucumbers			██████████		
Eggplant			██████████		
Garlic			██████████		
Greens			██████████		
Herbs	██████████	██████████	██████████	██████████	
Lettuce		██████████	██████████		
Onions			██████████		
Peppers			██████████		
Potatoes			██████████		
Radish		██████████	██████████		
Scallions	██████████	██████████	██████████	██████████	
Snap Peas	██████████				██████████
Summer Squash		██████████	██████████		
Swiss Chard		██████████	██████████		
Tomatoes			██████████		
Winter Squash					██████████