

What is a CSA?

Community Supported Agriculture Program

Traditional CSA

The old-school CSA , which began in the U.S. in the 1980's , is simple and basic. Members fund the farm by paying their subscription fee in advance. Then members share equally in the harvest each week. CSA members drive to the farm at a designated time to pick up their box. When the farm has a good year, the members are inundated with produce. The boxes vary depending upon how the crops are doing. Bumper crop of Zucchini? Lots of families start searching the internet for zucchini bread recipes on Tuesday night. Basil coming in fast? Hello, frozen pesto!

We make it extra convenient to pick up your produce by having two Farmers Market Produce Stand locations as well as the option to pick up at our farm. We have a market stand location in Philadelphia and one in West Shore Harrisburg. Our farm direct pick-up option is in southern Lancaster County.

When the growing season is poor, due to weather or pests or some other factor, the members receive a lean return. It is this factor – risk taking – that truly defines the CSA. This means that one bad year will not bankrupt a local farmer, forcing them to either mortgage their future to an industrial conglomerate or to sell outright and find another line of work. In essence, the community is protecting its small farms by guaranteeing its farmers “living wage insurance”.

For many farms this model, the CSA is their only sales and marketing channel. Whatever they grow, they provide for their members. Others may also sell through farmers markets or other channels.

Consumers

As a member of a CSA, you benefit at least as much as the farmer. Your benefits include:

1. **Farm Direct** – you get produce, meat, eggs and meat directly from a local farm, which makes it super fresh, tastier and healthier than typical offerings in a supermarket or online delivery service.
2. **Getting Creative with Produce** – While less control over what you get might be a downside for some, it does have an upside, as you may discover new fruits and vegetables that you may not have otherwise tried. If your kitchen routine is getting a little stale, then maybe a funny looking squash or carrot is just what your inner Julia Child ordered.
3. **Knowing Here Your Food Comes From** – You may also benefit from a close relationship with your local farms. You can meet the farmers and feel good about knowing exactly where your food comes from – and where your money is going.

Why should you buy your CSA from Countryside Family Farms?

Our CSA is designed to give participants with a generous amount of farm fresh, high quality produce each week at a discount rate. We raise much of our own produce in season on our farms. This enables us to provide you with the best quality possible. We also source some of our in-season produce from local growers that we trust. The contents of each weekly share will be determined only by Countryside Family Farms but will offer a variety of different in-season items each week. The variables each week will be partly due to supply, which is influenced by weather and changing seasons. Our goal is to keep the contents of the weekly share changing to encourage you and your family to enjoy fresh produce from our farm each week. We strive to produce chemical free meat and produce. All animals on our farm are raised without drugs or hormones.

Pick-up

Pick-up options are :

- Our home farm at 1736 E. Beaver Valley Pike, Strasburg, Pa. Wed. or Thur, 10AM to 6PM
- Clarks Park Philly Sat. 8AM to 12 Noon
- West Shore Farmers Market Fri. 9AM to 3PM or Sat. 9AM to 1PM
- In need of a different day for pick-up? Call us.

Grass Fed Beef Share

Ever consider purchasing a quarter of grass-fed beef but don't have freezer space? Well, there may be the perfect solution for you. We now have our own grass-fed beef that was raised right here on our farm. To better utilize our grass and to provide you with high quality, our beef is raised without hormones or antibiotics.

You will receive the equivalent of a quarter of beef spaced out over the 17-week CSA period.

Total weekly offerings may consist of approximately 45% ground beef and patties 25% steaks, 20% roasts and 10% other cuts such as chipped steak, short ribs and soup bones.

A quarter beef share is approx. 80 lbs . 17 wk.\$795.00

Fresh Free Range Egg Share

We recently added free range chickens to our farm. This helps us grow better grass and helps control pests and insects. Get our special priced egg add-on, available to CSA members for \$3.99 per week.

Pasture Raised Chicken and Turkey Share

Are you looking for better-quality meat at an affordable price? Try our Pasture Raised Chicken/Turkey Share. These birds are very different than those you can buy at a supermarket. We give them room to roam about on pastures in sunshine where they can eat grass and bugs. We do not administer drugs, antibiotics or medicated feed. Our birds are usually in small groups of 50 to 150, rather than 10,000 of them being confined in a building.

Shares will run for 17 wks. A full share will include about 4.37 lbs of meat each week. The share may include wings, legs and thighs, breasts, breakfast links, sausage, scrapple, etc.

Pork Share

Our pork is mostly raised on our farms. Occasionally we do source some from other local farms that we know and trust. Our pork is different from conventional pork. The flavor and quality are much better than commercially produced pork. We do not use any drugs, hormones or synthetic de-wormers. Our hogs are on a bedded pack or outdoors in woods or pasture.

A pork share runs for 17 weeks. A quarter pork share might consist of 15 lbs. of ham, 5 lbs of chops, 2 lbs roasts and about 10 lbs. of griller, sausage, or scrapple.

How to sign up

1. Call Michael at 717-501-6789 and leave a message.

Or

2. Email us at ourfarm@ibyfax.com.

Be sure to tell us your name, street address, phone # and desired pick-up location. You will receive a call or email verification. Please allow 1-2 days for processing.

Share Options (Please select each one you wish to order)

- Complete Annual Vegetable Share..... \$899.00
- Grassfed Beef Share 17 wk.\$795.00
- Chicken/Turkey Share 17 wk. \$371.45
- Thanksgiving Turkey Share..... \$59.99
- ½ pork share 17 wk..... \$675.00
- ¼ pork share 17 wk..... \$343.00
- Summer season full share 17 wk..... \$364.00
- Summer season small share 17 wk..... \$240.00
- Fall season full share 17 wk \$394.00
- Fall season small share 17 wk \$188.00

Add-on Options (must purchase CSA share to be eligible)

- Free Range Brown Eggs \$3.99/doz. 17 wk. \$67.83
- Duck Eggs \$5.99/doz 17 wk. \$101.83
- Fresh Squeezed Orange Juice – small share 17 wk. \$135.83
- Fresh Squeezed Orange Juice – large share 17 wk. \$280.50
- Dessert Share 17 wk..... \$137.70
- Bread Share 17 wk..... \$68.00
- Sourdough Bread Share 17 wk..... \$152.83
- Gluten Free Cheesecake – small - 2 slices 17 wk. \$187.00
- Gluten Free Cheesecake – large – ½ cake 17 wk... \$459.00

Total of all options selected_____

To order for Special Events, call us at 717-501-6789 (leave message)

How did you learn about our CSA?

Refer a friend and receive 10% off your first 17 week subscription.

