

## Your Farmers

Seth Kroeck and Maura Bannon have been growing food at Crystal Spring Farm since 2004. Seth began as an apprentice on a farm in California in 1997 and has learned from talented farmers around the Northeast before settling at Crystal Spring. Maura supports the farm business operations, runs Farm Camp in the summer, and is developing a medicinal herb garden. We have two young children who help us on the farm.

Each season we hire a group of bright, energetic apprentices to work with us on the farm. The crew trades hard work for farm training as they explore their dreams of becoming the next generation of organic farmers.

## How the Farm Stayed a Farm

Crystal Spring Farm was saved from development in 1997 through the efforts of the Brunswick - Topsham Land Trust and the generous support of the people and businesses of Brunswick. The commitment of the Brunswick - Topsham Land Trust to local agriculture allowed us to form a lease for this historic farm in the fall of 2003. We are grateful to the communities of Brunswick and Topsham who have provided the support to save Crystal Spring and many other farms and open spaces in the area. It is our hope that by growing good food for the local community we can help preserve and enhance the quality of life for everyone.

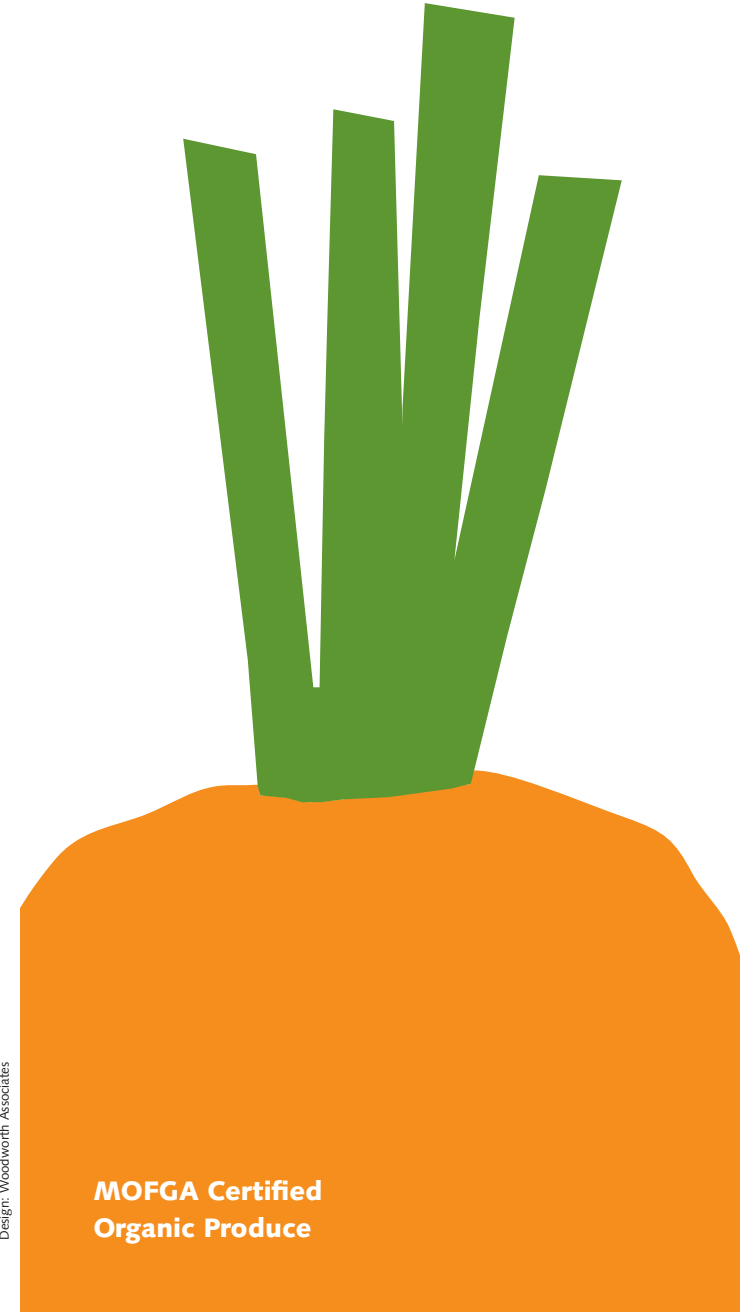
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**Crystal Spring Farm**  
COMMUNITY SUPPORTED AGRICULTURE

Design: Woodworth Associates

# Crystal Spring Farm Greater Portland Fresh Organic Produce CSA



**MOFGA Certified  
Organic Produce**

## What is CSA?

CSA is a simple relationship between the farm and its community. Families and individuals become shareholders/members of the farm by purchasing a share of the harvest each year. Membership supports the costs of growing over 50 different crops, which the farm then distributes back to the shareholders in abundance each week from June through the end of October.

## Why CSA?

### Value

For less than \$1.50 per pound you receive local, fresh organic vegetables, from arugula to zucchini.

### Transparency

You know exactly where your dollars go, who grows your food, and how.

### Health

Purchasing a CSA share promotes a vegetable-filled diet. You make the commitment in advance and find fresh organic vegetables in your kitchen, increasing your likelihood to eat healthily. A diet high in vegetables and whole foods increases your energy and decreases your risk of disease.

### Relationships

Joining the farm brings an increased connection to the land & its cycles, the farmer and farm community. You are a vital part of the local food economy. The farmers, personally knowing their customers, are committed to distributing only the highest quality food.

## What is in a Share?

A single share is designed to meet the fresh vegetable needs of 2 adults. The size of each week's share will vary depending on the season, between 4 and 10 pounds of vegetables every week. Each week's offering is different as new crops come into season. We strive to bring as much diversity and quantity to your weekly

share as possible and will constantly push the envelope of what is possible to grow in our short growing season.

## How is the Share Distributed?

Each Wednesday afternoon the boxed share will be delivered in the Portland area. Join an already established drop-off point or create your own site with as few as five other shares.

## Vegetables, Fruits, and Flowers & When to Expect Them in Your Share

Vegetables	June	July	Aug.	Sept.	Oct.
Asian Greens	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱
Beets		🌱🌱🌱🌱🌱🌱🌱🌱		🌱🌱🌱🌱🌱🌱🌱🌱	
Broccoli	🌱🌱🌱🌱🌱🌱🌱🌱				
Brussels Sprouts					🌱🌱🌱
Cabbage	🌱🌱🌱🌱🌱🌱			🌱🌱🌱🌱🌱🌱	
Carrots		🌱🌱🌱🌱🌱🌱🌱🌱			
Chard	🌱🌱🌱🌱🌱🌱🌱🌱				
Cucumbers		🌱🌱🌱🌱🌱🌱🌱🌱			
Eggplant			🌱🌱🌱🌱🌱🌱		
Flowers		🌱🌱🌱🌱🌱🌱🌱🌱			
Herbs		🌱🌱🌱🌱🌱🌱🌱🌱			
Kale	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱
Leeks	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱
Lettuce/Greens Mix	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱
Melons			🌱🌱🌱🌱🌱🌱		
Onions/Scallions	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱	🌱🌱🌱🌱🌱🌱🌱🌱
Parsnips					🌱🌱🌱
Peas		🌱🌱🌱		🌱🌱🌱	
Peppers			🌱🌱🌱🌱🌱🌱		
Potatoes				🌱🌱🌱🌱🌱🌱	
Pumpkins				🌱🌱🌱🌱🌱🌱	
Radishes				🌱🌱🌱🌱🌱🌱	
Rutabagas				🌱🌱🌱🌱🌱🌱	
Shallots				🌱🌱🌱🌱🌱🌱	
Snap Beans		🌱🌱🌱🌱🌱🌱🌱🌱			
Spinach	🌱🌱🌱			🌱🌱🌱🌱🌱🌱	
Summer Squash		🌱🌱🌱🌱🌱🌱🌱🌱			
Sweet Potatoes				🌱🌱🌱🌱	
Winter Squash				🌱🌱🌱🌱🌱🌱	
Strawberries	🌱🌱🌱				
Tomatoes			🌱🌱🌱🌱🌱🌱		

## The Crystal Spring Farm Experience

We welcome you to the farm on Sundays July through September to pick flowers, herbs, peas, beans, and more in our UPIC field. We also welcome you to get your hands dirty during one of our several volunteer work days. In July we host a farm tour for Portland members. A weekly newsletter filled with recipes, storage tips, stories from the fields, and details on farm visits accompanies your share.



## Crystal Spring Farm

COMMUNITY SUPPORTED AGRICULTURE

## How to Join

Please complete this form and return it with your payment to:

Crystal Spring Community Farm CSA  
277 Pleasant Hill Road  
Brunswick, Maine 04011

Name(s)

Address

Phone

Email

## Cost

The cost of a share is \$345. Full payment is preferred but a deposit will hold your share. Create your own payment plan with the balance due on June 1. Extended payment plans are available upon request.

- Full payment of \$345 enclosed.
- Deposit of \$ \_\_\_\_\_ enclosed towards payment plan (as stated above).

Please tear off panel