
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.

What Else Do We Offer?

Each week when you come to pick up your share we will have a selection of exceptional local food products for sale like milk, cheese, eggs, and our own natural pasture-raised lamb. In addition this year we will offer fish shares through Port Clyde Fresh Catch. Ask us for more information.

Thank You for Supporting Our Family Farm!



Crystal Spring Farm

COMMUNITY SUPPORTED AGRICULTURE

Crystal Spring Community Farm
277 Pleasant Hill Road
Brunswick, Maine 04011
207.729.1112

www.crystalspringcsa.com
info@crystalspringcsa.com

Crystal Spring Farm Brunswick 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 organic vegetables harvested the same day you bring them home, 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 2-3 adults. The size of each week's share will vary depending on the season, between 4 and 18 pounds (11 pounds average) of vegetables every pick-up. 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?

Members come to the farm to pick up their fresh vegetables once a week on Tuesday or Friday from 2:00 to 7:00 p.m. You are welcome to come either day in any given week, but just once each week.

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

Our members enjoy the weekly ritual of coming to the farm. We grow a UPIC field where you and your family can come and pick summer favorites like strawberries, snap beans, flowers, and culinary herbs. Visit with our farm animals, enjoy cooking demonstrations, field walks with the farmers, volunteer work days, and a public trail system.



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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 \$525. Full payment is preferred but a deposit will hold your share. Create your own payment plan with the balance due on June 1st. Extended payment plans are available upon request.

- ☐ Full payment of \$525 enclosed.
- ☐ Deposit of \$ _____ enclosed towards payment plan (as stated above).

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