

## You have a choice in the food you feed your family

So much of the food available at the grocery store is over-processed, over-preserved and over-priced. This is the corporate food industry at work. Agri-corps grow the most food they can at the least cost to them, which means produce saturated with chemicals and poisons grown in nutrient-depleted soil, or grown with GMO seed. Grocery store produce is picked from all over the world, and the only way it can make the long trip to your store without rotting is by being picked very unripe; before it has **the chance to absorb proper nutrients from the soil (assuming the soil it's grown in has any nutrients left)**. Purchasing your organically grown produce from a local farmer allows you to take back the choice to feed your family nutritious, healthy, and delicious food.

## Benefits

- Enjoy fresh, locally and organically grown vegetables without all the work of tending your own garden.
- Save money! Over a 16 week season, the average price of a box is \$28. You can buy very little organic produce at the store for this price.
- Your food is picked at peak ripeness, and grown in nutrient-rich soil that has never been sprayed with chemicals or poisons.
- Your participation shows you care about the environment by buying food from a farm that only uses land sustainable farming practices which lessens our footprint on this planet.

## From our family to yours

We want to thank you for being a part of something special. The idea behind our farm is to offer organically grown, nutritious and delicious produce at an affordable price, while practicing traditional farming methods that help repair and sustain our planet. We are proud to be able to offer our community a better choice in the food they feed their family while at the same time having a voice against the spiraling dangers in the growing practices of agri-corps and factory farms. **We hope you'll become a member of Green Earth Farm this season!**

-Scott & Kathy



In the over 40 years this land has been farmed it has never been sprayed or treated with pesticides, herbicides or any chemicals or poisons.



## Who's your farmer?

You know who your doctor is, and your dentist, your pharmacist, and your car mechanic. But what could be more important than knowing who grows the food you feed your family? And by knowing your farmer, you know how and where your food is grown, and how fresh it is when you receive it. **Welcome to Green Earth Farm. Wouldn't it be nice to know how and where your food is grown?**

At Green Earth Farm we only grow non-treated, non-hybrid and non-GMO seeds. We handpick over 100 varieties of vegetables, fruits, and herbs that are all natural, organic and of the best quality. This way we have created a total medley that is well balanced, wholesome, nutritious and delicious.

We use traditional farming methods and never spray our fields. As a matter of fact, in the 40 years our land has been farmed, it has never been sprayed with poisons or chemicals. As a Certified Naturally Grown farm, we have made a commitment to organic farming and land sustainability. And you will see and taste the difference in your fresh picked produce!



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## What is a CSA?

Community Supported Agriculture is a community of individuals who pledge support to a farm so that the farmland becomes virtually the community's farm. The farmers and the consumers provide mutual support by sharing the risks and benefits of food production.

Members (shareholders) of the farm pledge in advance to cover the anticipated costs of the farm operation through their CSA membership fee. In return, they receive shares in the farm's harvest throughout the growing season, as well as satisfaction gained from reconnecting to the land and being environmentally sensitive.

Purchasing directly from the farm cuts out the middleman, giving the farmer a fairer price for his crops and fresher, more nutritious food for you, the CSA member. Purchasing your food directly from the farmer gives you back control of what kind of food you choose to feed your family.

## What do we plant?

Beets	Melons	Turnips
Broccoli	Onions	Winter Squash
Brussels Sprouts	Peas	Zucchini
Cabbage	Peppers (Sweet & Hot)	<b>and more....</b>
Carrots	Potatoes	<u>Herbs</u>
Cauliflower	Pumpkin	Basil
Celery	Radishes	Chives
Cucumbers	Salad greens	Cilantro
Eggplant	Spinach	Dill
Garlic	Swiss Chard	Mint
Kale	Summer Squash	Oregano
Leeks	Sweet Potatoes	Parsley
Lettuces	Tomatoes	Sage



## So how does this work?

The growing season is 16-20 weeks (from June to late October) depending on Mother Nature. Our members will pay one price for the entire season. Each week you will come to the farm or one of our pick up locations and receive a box of whatever vegetables have been harvested that day. One box should feed a family of four depending on how much your family likes to eat vegetables. Those who need less may want to split a full share box with a friend or purchase a **bi-weekly half share box**. **If you don't** live close to our farm, get your friends and neighbors to join also, and you can take turns making the trip to Richmond. We also have drop off locations in Gurnee, Crystal Lake and Chicago (at I-90 & W. Lawrence Ave.)

If you are unable to pick up your share any particular week, you can give it to a friend or a neighbor, or ask us to donate it to a local food pantry. *We offer easy sign up online at our website, and pay on-line via credit card or PayPal or you can mail us a check. If you sign up early you can pay for your share over several months, so the earlier you sign up the longer you can make monthly partial payments.*

## What are Heirloom Seeds and why do we use them?

**Most of Green Earth Farm's 100 varieties of seeds come from select heirloom seed companies who offer only non-hybrid, non-treated, non-patented and non-GMO seeds.** Heirloom seeds are original seed varieties handed down through generations of families and farmers. They have become more rare as industrial farming introduces an ever increasing amount of hybrid and genetically modified seeds.

## What does this cost?

Cost of a full share: \$450

Cost of a half share: \$275

Sign up online at [www.greenearthfarm.org](http://www.greenearthfarm.org) and pay via check (mail) or credit card or PayPal on line.

Also available to purchase separately\*

Fresh free-range eggs \$4.00/doz.

Free range naturally raised chicken \$4.50/lb.

Free-range naturally grown turkey\*\* \$7.50/lb.

\* no antibiotics or hormones used—ever!

\*\*turkey available only in November & December



Your produce is picked fresh just hours before you pick it up.



Then packed in your vegetable box, ready for you to take home.