

❖ Eat Healthy

Eat more real food. Detach from processed foods.

❖ Try New Varieties of Veggies

Add some adventure to your cooking. Eat food that is in season, all season!

❖ Fresh, High Quality, Superior Tasting Vegetables

The quality and taste of fresh, natural, local vegetables is simply superior.

❖ Support Ecological Education

Provide an opportunity to educate Guerin Catholic students and volunteers about the interconnectedness of God's creation.

❖ Support a Local Business

Be part of a locally-owned farm. Sustain the local food system. Disconnect from "Big Ag."

❖ Know Your Farmer and Where Your Food Comes From

Reconnect with your food. Look your farmer in the eye, visit the growing space, and trust that the food is grown safely and sustainably.

❖ Care About the Environment and How Your Food is Grown

Participate in a greater mission to save our planet. Restore the soil's vitality and reduce your footprint.



St. Isidore Farm's weekly Veggie Box subscription includes a market value of \$33 in sustainably-grown, in-season produce, all grown by Guerin Catholic students and volunteers on Guerin Catholic grounds. Additionally, this CSA program will **allow St. Isidore Farm to donate at least 10% of its weekly produce to target local food insecurity** in our community.

Ready to sign up? Email Mr. Haselhorst at zhaselhorst@guerincatholic.org for registration details! Registration goes live in mid-February!

(More details on back)

The Nitty Gritty Details

We are accepting 21 subscriptions this season! The price is \$627, which accounts for the \$33 market value of your box of produce for the 19 weeks of our 2023 season, but that money does SO much more! The first box pickup will be May 11th, and the last box pickup will be September 14th. The Veggie Boxes will be picked up **each Thursday** at Guerin Catholic.

The CSA Model

This Community Sustained Agriculture (CSA) business model calls for members to **share the risk** of farming. Member families must be willing to support this project, **no matter how successful the season**. This means that fees are paid upfront, with no opportunity for refunds later in the season. In a CSA model, the farm counts on these upfront funds in order to successfully carry out the growing season. CSA memberships often breed great, lasting relationships between families and farmers who share common interests and concerns about caring for Creation. Sometimes we even see CSA family members coming out to work on the farm during busy weeks!

Samples of In-Season Boxes

“THE SPRING BOX” - A typical May box might include...

- Lettuce
- Green onions
- Cabbage
- Carrots
- Spinach
- Beets
- Turnips
- Kale
- Radishes

“THE PEAK SUMMER BOX” - A typical July box might include...

- Potatoes
- Cherry and slicing tomatoes
- Onions
- Lettuce
- Cabbage
- Beets
- Zucchini
- Chard
- Green beans
- Garlic

“THE MATURE BOX” - A typical September box might include...

- Potatoes
- Slicing tomatoes
- Lettuce
- Spinach
- Beets
- Peppers
- Winter squash
- Kale
- Sweet potatoes
- Radishes

Please contact Zach Haselhorst at zhaselhorst@guerincatholic.org or 317-509-7842 if you want more information!

