

# Plum Forest Farm

## Community Supported Agriculture (CSA)

Plum Forest Farm is offering Produce Shares for the 2010 farming season.

### What you get:

- Weekly shares of very fresh delicious produce
- A direct relationship with the people who grow your produce and the land where it is grown
- An opportunity to support the local economy and ensure the preservation of island farm land

### Who we are:

Joanne Jewell and Rob Peterson have been working in the fields of sustainable agriculture, organic gardening and pesticide reduction for over 20 years. Both have been garden coordinators at Seattle Tilth and are contributing authors of the *Maritime Northwest Gardening Guide*. We managed Brigit Croft Farm, a CSA in Snohomish from 1993-1998, which had 70 shares and also sold at the U-District Farmers Market.

We moved to Vashon Island in 1999 and have been gradually building Plum Forest Farm towards our vision of a local sustainable farm that provides great food for our community and a great home for us and our two daughters. In 2010 we are jumping in with both feet—for the first time neither of us is holding a part time job in addition to the farm.

### About Produce Shares:

Produce Shares will be available on Tuesdays, starting between mid May and early June and lasting for 20 weeks. A share will be made up of a diverse selection of our best fresh seasonal vegetables along with some berries and plums.

We hope that in the diversity of produce we provide you will discover some new foods, or learn that you like things you didn't know you liked. Our main goal though is not to stretch your tastes but to please you with mostly familiar foods.

### About Plum Forest Farm

Plum Forest Farm is right in the middle of Vashon Island, a mile southwest of the Minglement roasterie. We raise both crops and livestock. In addition to providing eggs, meat, mowing, bug-eating, and other services, the Scottish Highland cows and diverse flock of laying hens provide the manure that we compost with plant materials to create fertile living soil. This soil lives on our flat to gently southward sloping crop field and produces vibrant produce. The farm is named for the enchanted old growth plum forest that we discovered under a wall of blackberries when we came here.

We are gradually restoring a small forest on our land by cutting back invasive weeds and planting native plants. Most of our land is in pasture on which we practice rotational grazing. Using fencing, we allow our cows and chickens access to limited portions of the pasture, then move them frequently to fresh grass.

### Some of what we plan to grow this year

Arugula	Corn	Leeks	Pumpkin
Basil	Cucumbers	Lettuce heads	Raspberries
Beans	Cutting Celery	Onions	Rutabaga
Beets	Dill	Parsley	Salad Mix
Broccoli	Edamame (fresh	Parsnips	Spinach
Cabbage	soybeans)	Peas	Summer Squash
Carrots	Fennel (bulbing)	Peppers	Swiss Chard
Cauliflower	Garlic	Plums	Tomatoes
Cilantro	Kale	Potatoes	Winter Squash

To enter into this season-long relationship with our farm, please choose one of the following options.

1. Purchase a **Produce Share**. You will pick up a bag or box of produce each week at the farm throughout the growing season. We will choose the contents of the bag. The cost is \$500.
2. Purchase **Farm Credit**. Purchase \$540 credit by March 15 for \$500. Then redeem your credit either at our farm stand or our farmers market booth throughout the year.

By pre-purchasing your produce by either of these means, you also help us navigate keeping our bills paid until the main season produce comes in.

### Eggs and Other items:

We sell eggs throughout the year in our farm stand. Purchasers of a Produce Share have the opportunity to sign up for an egg share and receive a dozen eggs each week in your produce bag. During times of year when eggs are less and farm stand customers more abundant, the egg share ensures you first dibs. Cost is \$130 for 20 weeks.

We sometimes contact food producers who provide exceptionally good food (notably a Twisp pear grower and a Lummi Island reef-net salmon fisher) and make their goods available to our friends through our farm stand. We also will offer preservation quantities of certain foods (pickle kit, pesto kit, salsa kit, for example) to purchase during the growing season.

Ask us about buying a share for the Food Bank





Fresh Vashon Island  
Produce Shares

Community Supported  
Agriculture (CSA)

Available for 2010 Growing Season

Plum Forest Farm  
206-463-3518  
home@plumforestfarm.com  
www.plumforestfarm.com



Plum Forest Farm  
20020 107th Ave SW  
Vashon, WA 98070  
www.plumforestfarm.com

### Enrollment Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

( this will be our principle means of communicating about farm activities and logistics)

Please sign me up for:

- A Produce Share
- I would like an egg share too
- \$540 farm credit for \$500
- Neither, but please keep me updated about food availability in your farm stand by sending me an occasional e-mail.

We have limited shares available and expect to fill up. Send a

\$100 deposit to hold your place. We would appreciate at least half

of your payment by the end of March and the rest by the end of

April. Contact us if you need a different payment plan.

