

ST. CROIX VALLEY CSA

Twin Cities contact: Liz Talley, Urban Graze www.ugraze.com

liz@ugraze.com 952-201-2330

St. Croix Valley CSA is a community of rural and urban partners working together to preserve a sustainable future of healthy food, a healthy environment, and the family farm way of life. 2020 is our 10th CSA year. We invite you to join us!

- 25+ certified organic, small family farmers near Baldwin, Wisconsin; lifetime growers
- 20+ Twin Cities welcoming drop site location hosts; most family-owned, small businesses
- 300+ awesome and supportive members; very diverse, but strongly united

About our farmers

- Cooperative of experienced farmers, one of region's largest distributors of local, certified-organic produce to grocery stores, co-ops, restaurants, schools. Because of systems already in place, are uniquely positioned to expand CSA capacity
- Heritage, environmental stewards- use only wind, solar and hydro energy; man and horse power. Save winter pond ice for year-round refrigeration in ice houses.
- Generations of saving rare heirloom seed varieties, rotating crops/using cover crops, planting/weeding by hand, humanely raising animals on grass and sunshine. Living in harmony with the seasons and land; working collectively for the common good. Low waste. No chemicals, no GMO's, no animal drugs.
- Grow over 250 seasonal vegetable, fruit, and herb varieties

About our shares

- CSA delivery every Thursday June 25 – Oct. 15, except July 2, due to holiday. Special order extra-large produce and pantry box available on Nov. 19
- Three organic produce share box sizes- ½ bushel, ¾ bushel, 7/8 bushel
- Weekly and bi-weekly delivery options
- 250 produce varieties grown means every box is well-balanced, exciting and colorful, never too much of just one thing; no box ever feels repetitive. Focus is most popular, member-favorite vegetables.
- With so many crops accessible, there's choice flexibility at the farms each week- every box is carefully planned so that the vegetables you get will work well together, for easy meal making.
- Because there are 25+ experienced farmers growing, CSA risk to members is greatly reduced
- ½ bushel shares: approx. 6-7 basic produce varieties- typically 2 "meal" veggies, such as broccoli, green beans; 1 salad green (usually head lettuce, sometimes spinach, cabbage, etc.); 2-4 "misc." veggies for salads/snacks, like peppers, carrots, tomatoes (occasional potatoes, onions, etc.); 1 fruit.
- ¾ bushel shares: approx. 9-12 produce varieties- typically 3 "meal" veggies, such as broccoli, green beans, zucchini; 1 salad green (usually head lettuce, sometimes spinach, cabbage, etc.), 4-6 "misc." veggies good for salads/snacks, like peppers, carrots, tomatoes, radishes, cucumber, green onion; 1-2 infrequently rotating/seasonal items- herbs, potatoes, beets, kohlrabi, fennel; 1 fruit.
- 7/8 bushel shares: same varieties as ¾ bushel shares. Somewhat greater quantity. All items are pre-divided in box, so 2 households can easily share. Either two bags/bunches, or sent in even numbers.
- Inside all produce shares: free bonus gift from farmers' licensed bakery (because they enjoy doing it!)
- November Produce & Pantry share: popular for holidays; special order XL box includes hardy, storage-friendly produce and homemade pantry items like pasta, cereal, pies, breads, rolls.
- Egg shares: St. Croix Valley CSA's are famously good! Gathered within 24 hours of delivery time. Option of 1 dz. or ½ dz., every week or every other week.
- Maple syrup and raw honey for June delivery

Other Features

- Clean, high quality produce; delivered in refrigerated trucks to convenient pick up locations throughout the Twin Cities
- Recipe developer Liz Talley provides dozens of recipes and storage tips in newsletter each week that coordinate with what's in your box- helping you to use all the veggies in your box and establish simple routines for sustaining healthy eating habits. Photos and letters from your farmers included too.
- St. Croix Valley CSA farmers annually donate over ½ ton of produce "seconds" through our Share CSA Program to low income seniors, families and kids. Members can participate by helping defray farmers' distribution costs.
- When you know your farmer, you know your food! Help strengthen community, promote food safety and security, protect farmlands, green spaces, air, water and soil quality; support those who practice environmental stewardship.