# WHAT'S IN A CSA SHARE?

When you buy a CSA share you are buying a share of the farm harvest. With each delivery you receive a collection of local farm products that are in season – usually, a box of 7–10 items a week. The amount varies a little as the growing season changes, but it's generally appropriate for 2–3 people. Here's a sample of what a CSA box might contain in each of the four seasons:



**SPRING** Honey, 3 pounds cooking apples, arugula, 1 pound fingerling potatoes, 2 hydroponic lettuce heads, ramps, 1 pound rhubarb, spearmint.



**SUMMER** 4 ounces of goat milk feta cheese, beet bunch, 1 pound red onions, basil, 2 pounds of peaches, 3 cucumbers, 1 zucchini, carrot bunch, 4 ears of sweet corn, 2 bell peppers, 2 jalapenos.



**FALL** 3 pounds Macoun apples, 2 pounds red potatoes, celeriac with tops, 12 radishes, arugula, 1 large eggplant, spaghetti squash, 2 pounds of sweet potatoes, 2 ancho or poblano peppers, brussel sprout greens.



**WINTER** Microgreens, one half pound of goat milk feta cheese, one dozen eggs, half gallon apple cider, jar of red tomato puree, 3 pounds of red potatoes, bibb lettuce head, puffed spelt, fresh tumeric, 1 pound carrots, garlic bulb.





# JOIN PENN'S CORNER CSA

Go to pennscorner.com to sign up.

Please call or email with any questions.
We look forward to hearing from you!

Karlin Lamberto, CSA Manager (412) 586-7577 csa@pennscorner.com

To learn more about our
Pittsburgh based business please visit:
WWW.PENNSCORNER.COM

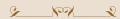


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# A SELECTION OF SEASONAL PRODUCE

# **AT YOUR HOUSE**

EACH AND EVERY WEEK



### WHY CHOOSE PENN'S CORNER?

### FRESH & HEALTHY FOOD

Eat a wide selection of healthy farm products harvested each week specifically for you. Recipes provided weekly via blog posts.

### KEEP YOUR MONEY LOCAL

Support the local economy by keeping your food dollars close to home.

### CONVENIENCE

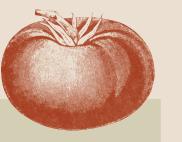
With more than three dozen pickup locations around Pittsburgh, our CSA comes right to your neighborhood or workplace.

### CONTRIBUTE TO SUSTAINABILITY

Help keep farms financially viable and preserve farmland in Southwestern Pennsylvania.

### TRY OUR FLOWER SHARE!

Brighten up your home or office with one of our beautiful flower shares. Members receive a bouquet of beautiful, locally grown flowers with their deliveries. View the Flower Share page on our website for more info.



# CSA BENEFITS EVERYONE

Community Supported
Agriculture is a
mutually beneficial
commitment between
farmers and their
community. Members
of the CSA ensure a
customer base and stable
income for the farmer
throughout the growing
season. In return, the
farmer provides CSA
members with a weekly
share of the best local
produce available year

### CSA SHARE OPTIONS

The 32-week Farmer's Friend Share (our longest share) combines the Harvest and Cabin Fever shares and supplies you with high-quality, local produce from Easter through just before Thanksgiving.

It's three seasons of the best farm food our region has to offer, and our best value!

The Harvest Share runs 24 weeks, from mid-June to mid-November. This share features the full bounty of the summer growing season – sweet corn, heirloom tomatoes, peaches, melons, and much more.

The 8-week Cabin Fever Share runs from mid-April until mid-June. This option is perfect for folks who plan to be gone for the summer or who have large summer gardens of their own. You can expect lots of fresh greens, lettuces, and other non-veggie farm products like cheese & apple cider.

Our Winter Share consists of 9 bi-weekly deliveries and runs from early December until early April. Winter shares include storage produce, greenhouse greens, cheeses and our very own Penn's Corner line of canned goods.

# FARMER'S FRIEND SHARE

32 weeks mid-April through mid-November

\$800 (\$25 per week)

# HARVEST SHARE

# 24 weeks

mid-June through mid-November \$610 (\$25.42 per week)

# CABIN FEVER SHARE

## 8 weeks

mid-April through mid-June \$220 (\$27.50 per week)

# WINTER SHARE

# 9 bi-weekly deliveries

December through early-April \$360 (\$40 per delivery)



Founded in 1999, Penn's Corner Farm Alliance (PCFA) is a cooperative of more than 30 southwestern Pennsylvania family farms. PCFA's farmers are dedicated to providing high quality, fresh produce to CSA members in the Pittsburgh region. Our CSA produce is 100% locally grown. Many of our farms are Certified Organic or Certified Naturally Grown.

In the beginning, PCFA delivered primarily to gourmet restaurants around Pittsburgh. For several years now, Penn's Corner has been making the same fresh food available to individuals and families through the CSA. From gourmet greens to fresh corn from Matthew's Farm and Kistaco's local apples, you will enjoy the bounty of agriculture in southwestern Pennsylvania.

### EARLY BIRD DISCOUNT & PAYMENT PLANS

Discounts available to members that sign up by the end of January. Share price can be spread out via pre-scheduled credit card payments during sign up process.