WHAT IS A CSA?
You become a Community Supported Agriculture (CSA) member by purchasing a subscription for a share of the harvest from a local farm. In return, you'll receive just-picked produce and more throughout the growing season directly from your farmer.

Your share is conveniently delivered to a pick-up site near you. Each share contains fresh seasonal produce (and perhaps meat, eggs, honey or other extras) along with a farm newsletter and recipes.

Community Supported Agriculture (CSA) is much more than just a weekly delivery of food. It is a powerful investment in your health, your family’s health, your community, and your local economy.

WHY BUY DIRECTLY FROM THESE LOCAL FARMERS?
» Enjoy fresh, tasty and healthy food throughout the growing season.
» Get to know your food, where and how it's grown, and the people who grow it.
» Expand the variety of vegetables you eat.
» Support the local economy and ensure fair compensation for small family farmers.
» Encourage sustainable growing practices that protect our soils, water and health.

SUGGESTED QUESTIONS TO HELP YOU FIND A CSA FARM:
You’ll find many of the answers in this handout. There is also contact information for each farm to learn more.

» Locations, days and times of your pick-up sites?
Do you offer home delivery?
» What is the length of your season / number of deliveries?
» Describe the sizes, contents and costs of your shares. How many people would each feed? Do you have a policy for holding or skipping shares when I’m on vacation? Any choices about what’s in the box?
» Options & extras. What’s offered besides produce? Do you have an online or farm store? Do you offer Market Shares to be used at a farmers market?
» Payment. Do you offer worker shares (the option to work in exchange for my CSA box)? Payment (installment) plans? Have a financial Assistance Fund? Can I use a credit card or electronic / online payment?
» What are your growing and production practices? For example, certified organic? Sustainably grown?
» Can I visit your farm? Do you have open houses? U-pick days?
# 2021 GUIDE TO LOCAL FARMS

<table>
<thead>
<tr>
<th>FARM</th>
<th>FARM DESCRIPTIONS</th>
<th>TYPES OF SHARES</th>
<th>EXTRAS</th>
<th>PAYMENT</th>
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</table>
| Full Harvest Farm, LLC  
Terry Vlossak & Chuck Frase  
Hartford, WI — 262-673-6760  
fullharvestfarm@gmail.com  
fullharvestfarm.com | Full Harvest Farm is USDA, certified organic. All the produce in our CSA boxes comes from our farm. We offer weekly Couple, Family and Worker Shares as well as Every-Other-Week Couple Shares. Pickup Sites are: Brookfield, Menomonee Falls, Wauwatosa, Waukesha, Delafield and our Farm. Join us for our 20th season! | Weekly Family Share,  
Weekly Couple Share and  
Every-Other-Week Couple Sized Share | CSA members can purchase extra produce using the farm’s CSA software or reschedule deliveries | Check  
Payment Plan  
Worker Share  
Credit Card/Online  
Assistance Fund |
| LotFotL Community Farm  
Tim Huth & April Yuds  
Elkhorn, WI — 920-318-3800  
april@lotfotl.com  
lotfotl.com | LotFotL’s CHOICE CSA program is the first of its kind in the Upper Midwest. We make CSA work for you. You decide what to take and what level to participate. Choose from locally produced veggies, fruits, meats, eggs, cheese, bread, etc. We are certified organic, and we work with other local, sustainable producers. | Weekly Choice (Veggies or Veggies Plus which adds eggs, cheese, and bread)  
Flexible schedule (Part-time Produce)  
Add a meat option to any program  
Winter Choice CSA programs (home delivered) | In season bulk fruit (blueberries, peaches, cherries, etc.), bulk veggies for processing (tomatoes), and turkeys and other meat packages sold online. | Check  
Payment Plan  
Worker Share  
Credit Card/Online  
Assistance Fund |
| Three Sisters Community Farm  
Kelly Kiefer & Jeff Schreiber  
Campbellsport, WI – 920-533-3042  
threesisterscsa@gmail.com  
threesisterscommunityfarm.com | Three Sisters Community Farm grows certified organic, garden-quality vegetables and delivers picked-to-order CSA boxes to homes and businesses in the greater Milwaukee area. | One size box (with a choice of 8 items on average) available every week or every-other week. | Eggs | Check  
Payment Plan  
Worker Share  
Credit Card/Online  
Assistance Fund |
| Turtle Creek Gardens LLC  
Janet Gamble  
Delevan, WI — 262-441-0520  
farmmanager@turtlecreekgardenscsa.com  
turtlecreekgardenscsa.com | We are committed to the practice of whole-systems regenerative farming: Healthy soil, healthy plants, and healthy animals grown locally with hard work and love = healthy people and a healthy world. We grow vegetables, herbs, and pastured pork and beef. Certified organic by MOSA, USDA, and The Real Organic Project. | Summer Full Share every week or every other week  
Fall Share  
Egg Share weekly or every other week  
Meat Share | Online Farm Store weekly during the 18-week Summer CSA season and every-other week the remainder of the year. Free delivery to any CSA site; home delivery available with a minimum order. Delivery sites vary with season. | Check  
Payment Plan  
Worker Share  
Credit Card/Online  
Assistance Fund |
## 2021 GUIDE TO LOCAL FARMS

### Winterspring
Caleb Trainor & Roxanne Hanna
West Bend, WI — 262-689-9938
caleb@winterspringcsa.com
winterspringcsa.com

Our crew members have dedicated our lives to practicing symbiotic relationships with the land to meet the needs of the community. For us, food is the foundation of that relationship. Using sustainable, regenerative and organic practices we practice what we preach. We are nestled near the Milwaukee River just outside of West Bend.

<table>
<thead>
<tr>
<th>TYPES OF SHARES</th>
<th>EXTRAS</th>
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<tbody>
<tr>
<td>Small and Full Shares, weekly and biweekly options for each Fall Shares Flower Shares</td>
<td>Eggs, Mushrooms, Flowers</td>
</tr>
</tbody>
</table>

### 2021 CSA PICK-UP SITE LOCATIONS

<table>
<thead>
<tr>
<th>FARM</th>
<th>GREATER MILWAUKEE AREA</th>
<th>OUTSIDE MKE AREA</th>
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<tbody>
<tr>
<td>Winterspring</td>
<td>X X X X</td>
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<tr>
<td>Full Harvest Farm</td>
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<tr>
<td>LotFotL Community Farm</td>
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<td>X X X X</td>
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<tr>
<td>Three Sisters Community Farm</td>
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<tr>
<td>Turtle Creek Gardens</td>
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<td>X X</td>
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<tr>
<td>Grafton, West Bend, Newburg</td>
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<td></td>
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<tr>
<td>East Troy, Genesee, Lake Geneva, Whitewater</td>
<td>X</td>
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