



CSA 2009



Welcome to S & L Farm! We are a small sustainable farm producing gourmet quality organic produce, free-range, grass-fed chicken and eggs. By joining our Community Supported Agriculture venture you help to support local food production and humane eco-friendly farming.

About Our Farm

We started our farm in Louisburg in 2004 with the idea of returning a neglected parcel of land into a thriving organic farm. Our goal is to be 100 percent sustainable, meaning our fertilizer comes from our livestock, food plots and pastures are mulched in legumes and crop rotations implemented. We strive to create soil naturally rich in organic material and free of pesticides.

Our animals are all free range, and grass/ grain fed. Most are born on the farm and are heritage livestock. Antibiotics, hormones, or unnatural feeds are NEVER used. Insects are controlled by natural methods--we plant herbs with repellent properties such as marigolds and other flowers, attract predator insects and use organically approved products such as pepper spray or diatomaceous earth. The chickens help too! Mulching and lots of hard work tackle weed issues.

2009 CSA Membership

S&L Farm has joined forces with Bob Radcliffe - owner of Lynch Creek Farm (www.lynchcreekfarm.com) in beautiful Rocky Ford, NC. This CSA partnership enables us to bring a wider array of vegetables to our clients and expand our membership. Lynch Creek Farm has been raising grass-fed beef as well as organic produce for local restaurants and markets. We are glad to have Lynch Creek as a partner and look forward to working with Bob.

Our CSA will be divided into two sessions. **Session One** will run from **April 25th 2009 until July 11th 2009**. The fee is **\$250.00 for the session**. We are accepting new members now. Pick up will be at the North Hills Mall on Saturdays between 9am and 12am. We will have a mid-week pick up location in Wake Forest as well. **Boxes which are not picked up will be donated to charity- No refunds for missed weeks.**

As an example, one week might be a quart of strawberries, lettuce, broccoli, carrots, peas, radishes, kale, spring onions, spinach and cabbage. Each box will feed 2-4 people depending on the serving size. Space is limited and we will accept new members on a first come basis.

"Take not too much of a land, we are not out all the fatnesse, but leave it in some heart" - Pliny

2009 CSA MENU

Early Spring: (Accepting New Members) Broccoli, Brussels sprouts, Cabbage, Cauliflower, Carrots, Kale, Leaf lettuce, Onions, Peas, Radishes, Spinach, Turnips, Strawberries, Fresh Herbs.

Early Summer:

Carrots, Corn, Cucumbers, Celery, Eggplant, Green beans, Various Summer Squash, Leaf Lettuce, Peppers, Onions, Tomatoes.

Mid Summer/ Fall: (July- September to be announced later)
Apples, Broccoli, Corn, leeks, sweet potatoes, Cabbage, Leaf lettuce, Parsnips, Peas, Potatoes, Pumpkins, Rutabagas, Tomatoes, Carrots, Turnips, Spinach, Winter squash, melons.

This is our tentative planting schedule – We may add or subtract products depending upon growing conditions. The majority of our crops will be heirloom varieties, grown for their taste rather than their shelf life!

2009 CSA Membership Application

Name: _____

Address: _____

Phone: _____

Email: _____

Please mail checks (\$250.00 for Session I) payable to:

S&L Farm

203 Pleasants Rd.

Louisburg, NC 27549

919-853-3680

Email vintageveggies@embarqmail.com

Website www.slfarm.vpweb.com

We thank you for supporting local farmers and look forward to a bountiful season!

Linda Maggio and Bob Radcliffe