



**COMMUNITY SUPPORTED
AGRICULTURE**

Willow Wisp Organic Farm

Greg Swartz and Tannis Kowalchuk

Greg has been farming in the Upper Delaware River Valley for ten years. Tannis is the Artistic Director of NACL Theatre in Highland Lake, NY. Our son Simon, was born in 2008 and he is already in love with tractors. In 2007 we purchased our very own farm and 2010 marks our second year of full production! We are very excited to be creating this farm and to welcome the community to be a part of it.



Community Supported Agriculture

Community Supported Agriculture (CSA) is a way to join farmer and eater in a more direct, sustained way. You buy a share in the farm's harvest and you come to the farm to get a seasonal mix of fresh produce. By supporting the farm in this way, you share in the bounty, gain connection to the farm where your food is grown, and become part of a community.

Summer Share ~ June 4 to November 26th

Over 50 varieties of vegetables, herbs, and cut flowers are included in your share. You will have a choice of usually 6 to 10 items per week and the offering evolves with the season. When you come to the farm to pick up your share, vegetables will be displayed as if it were a farmstand. You take as much as you feel you can use! Are you having guests for the weekend? Take more. Are you going away for part of the week? Take less. Some items will have a limitation on quantity, some won't. Some items will be U-pick (e.g. peas, beans, etc).

Pick up your food at the farm weekly on:
Fridays between 5pm and 8pm

\$575 (deposit or full payment required by
April 16, 2010. *Payment options available*)

Winter Share ~ December 3 to May 27

Helping you to eat locally and seasonally all year long! Winter share includes more than a dozen vegetables which will be stored in the root cellar just for you (everything from potatoes to carrots, cabbage to onions, and radishes to parsnips). The roots will be supplemented with greens from the greenhouse when available .

Pick up your food at the farm every two weeks on
Fridays between 5pm and 8pm

\$400 (deposit or full payment required by
Sept. 1, 2010. *Payment options available*)

Work Shares are available!

INVESTING IN THE FARM

By joining our CSA you are helping us to grow high quality food for our community. Over time we will be adding fruit and value-added products to our offerings.

Located in the Upper Delaware River Valley, we grow a diverse mix of vegetables, herbs, and cut flowers. Tended with care our valley bottom soil grows delicious and nutrient-dense produce. As farmers, we take the long view that while growing food, we should always be improving our soil, increasing the farm's biodiversity, and contributing to our community. We do this by using cover crops, crop rotation, and creating insect and wildlife habitat. **We use no pesticides, herbicides, or synthetic fertilizers.**

. Greg Swartz and Tannis Kowlachuk

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