

## COMMUNITY SUPPORTED AGRICULTURE

means subscribing to local farms and farmers to share the bounty and the uncertainty.

Fruitful Hills has fed Kansas Citians for 11 years. We have a good track record for dealing with drought, storms, a devastating house fire, nasty insects, voracious raccoons, and seeds that just didn't take.

If we didn't have enough radishes for all shares, for example, we picked wild berries or supplemented with herbs or honey. We gave good value even when nature didn't cooperate to fill our shares to perfection.

Subscribers didn't go without, but unlike a grocery store, they did have to be flexible. In a CSA, everyone shares nature's rewards along with her risks. You are not a consumer or a customer.

### ***You are a partner.***

If you would like produce, meat, and dairy on a regular basis in your neighborhood or business, consider coordinating a CSA delivery site. This can complement the wellness activities in your organization. Contact us to see if you are in our delivery area.

### ***Winter CSA Offerings***

We plan to supply broccoli, kale, potatoes, kohlrabi, cauliflower, chard, radishes, squash, lettuce, garlic, cabbage, Asian greens, spinach, onions, beets, sweet potatoes, carrots, turnips, brussels sprouts, rutabagas, celeriac, celery, parsley, parsley root, and more! You can expect small amounts of home canned vegetables like dill and sweet pickles, beets, salsa, and strawberry jam. A taste of fermented products is on the agenda. All shares included soil-grown lettuce and greens last winter.

In addition, you will have the opportunity to order cornmeal, wheat flour, popcorn, homemade noodles, apple butter, honey, sorghum, maple syrup, applesauce, and more!

#### **Contact: Aaron Eugene Martin**

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Winter 2020/2021 CSA Nov. 4–April 21  
Delivering on Wednesdays

*From Our Fields To Your Home*



*Using Sustainable Farming Practices  
With Your Family's Health in Mind!*

### *Winter 2020/2021 CSA*

- *Local Vegetables & Fruits*
- *Pastured Eggs*
- *Pastured Broilers*
- *Pastured Pork*
- *Raw Dairy Products*
- *Raw Goat's Milk*

*Plus a newsletter by the farmers, with recipes, and an invitation to visit our close-knit Christian community of horse-powered family farms*