

# Sustaining the land and the people

## What is Community Homestead?



We are a non-profit organization living and working with people with developmental and other challenges. Forty of us live in six extended family households within walking distance of each other and a 220 acre farm.

## Where is Community Homestead?

Tucked into the bluffs of the St. Croix River we are just ten minutes south of Osceola and about 50 minutes from Minneapolis/St. Paul.

## What does Community Homestead do?

Our activities arise from the practical and human needs of our community life. Life, work and fun here are all therapeutic!

## Together we:

- Manage a *certified organic* dairy farm.
- Grow *certified organic* vegetables, fruit, herbs and flowers.
- Raise beef cows, and pigs.
- Create custom and school furniture in our woodshop.
- Design and make wood products, beeswax candles, cards and paper.
- Bake bread, cookies and wheat-free products using organic ingredients.
- Make pickles, jam, and relish for our CSA and local markets
- Vacation, swim, hike, canoe, dance and celebrate life together!

## Why buy from us?

We provide both certified organic, healthy food for your family and a connection with farm-life, and also support a healthy lifestyle for the developmentally challenged people who live here. Therapeutic for body and soul: a good deal for all!

## And what's in the vegetable box?

You know, only capricious Mother Earth can guarantee what's in the box but here is our best guess:

### June

bunching onions-cucumber- lettuce- salad mix- spinach- radish- broccoli- cabbage-asian cabbage- diakon- fennel- kohlrabi- pac choi shallots- peas- parsley

### July

bunching onions- cucumbers- kohlrabi- lettuce-beans- broccoli- carrots- beets- cauliflower- mini onions- new potatoes-summer squash- zucchini,- parsley- swiss chard -cilantro- dill,-basil- turnips- fingerling potatoes- fennel- shallots- garlic scapes

### August

beans- beets- carrots- corn- cucumber -eggplant -lettuce -melons -onions -peppers -potatoes- summer squash- celery- garlic- tomatoes- zucchini -swiss chard- basil- cilantro-dill -oregano- parsley

### September/October

beets- broccoli- cabbage- carrots- cauliflower- corn- edamame soy beans- fennel -kale- leeks- lettuce -onions -baker and yukon potatoes- winter squash -sweet potatoes -tomatoes -turnips -rutebega -parsnips -leeks -kohlrabi -garlic -diakon -brussels sprouts -parsley -rosemary -thyme -oregano.

### Winter Vegetables

Potatoes- Carrots- Kale,-Parsnips, Celeriac- Broccoli- Brussels Sprouts- Squash- Garlic, and Onions depending, as always, on Mother Nature!

**\*News and recipe ideas included in every vegetable delivery.**



## What is a CSA?

Community Supported Agriculture (CSA) is a locally based food distribution approach that creates a relationship between local growers growing healthy fresh food and local people wanting to eat it. If the weather does not favor a particular crop one season then it will favor another—we can all adapt. You always get the best! The simplicity of box orders enables our people with special needs to be fully involved with the planning, production and packing.



## Visitors and Volunteers

You are not obliged to come but you are very welcome! Whether you want to visit the cows, picnic by the garden, visit the chickens or do a little weeding, feel warmly welcome! There are several organized events each year.

We host school, preschool, church, youth and other groups regularly for a hands on agricultural experience on a “real farm”, or for community service.

We also offer summer internships and one year Americorps positions.

**Billing: phone Lisa 715 294 2071**  
**Anything else: phone Christine 715 294 3038**  
**email [garden@communityhomestead.org](mailto:garden@communityhomestead.org)**  
**[www.communityhomestead.org](http://www.communityhomestead.org)**



*Fresh, Local,  
Certified Organic Produce*

**Community Homestead**



*...a non profit community living and  
working with people with special needs*

**2012 CSA Season**

Community Homestead, 501 280th Street  
Osceola, WI 54020

Phone: 715-294-3038 Fax: 715-294-4805

# 2012 Registration Form

Please Print: if you are sharing a box, fill out 2 forms and send the forms in together

Your Name: \_\_\_\_\_

\_\_\_\_\_

Mailing Address:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

Box Partner's Name \_\_\_\_\_

Please sign me up for the following (*check box*):

**Family Size Vegetable Box** aprox 20 weeks .....\$545  
(Aprox.2 adults, 2-4 children)

**Couples Size Vegetable Box** aprox 20 weeks .....\$425  
(Aprox. 2 adults, 1 small child)

**Singles Vegetable Box** aprox 20 weeks ..... \$260  
(a mini amount of produce for one)

**Bakery Add On** aprox 20 weeks .....\$195

**Gluten Free Add On** aprox 20 weeks ..... \$213

**Fruit Box add On** aprox 8 deliveries. **SOLD OUT** .....\$50

**Winter Vegetable Box** 4 deliveries .....\$150  
Roots, greens and herbs

**Great Eating Winter Box** 4 deliveries..... \$275  
roots, greens, herbs, pickles, jam, bread, muffins or cookies.

Total\_\_\_\_\_

All deliveries are on Wednesday Mornings

Please choose from one of the following pick-up sites by checking in front of the site:

\_\_\_\_ Community Homestead, Osceola, WI

\_\_\_\_ Stillwater, MN (N. Greely St)

\_\_\_\_ Shoreview, (Royal Oaks Drive)

\_\_\_\_ Vadnais Heights (Bear Ave S)

\_\_\_\_ Maplewood (Waldorf School Co Rd B)

\_\_\_\_ Longfellow Neighborhood (31st Ave-by Minnehaha and 35th)

\_\_\_\_ St Paul, (Lincoln Avenue)

\_\_\_\_ Minneapolis, (17th Ave S)

\_\_\_\_ Lake Harriet, (Upton Ave S, off 50th)

\_\_\_\_ Lowry Hill Neighborhood (Humboldt Ave S)

\_\_\_\_ WBOB (West Bank Office Building staff)

Please find enclosed my **total payment** of \$\_\_\_\_\_

and details below of a payment plan set up by Lisa, if applicable.

(715) 294-2071,

**Make checks payable to:**

**Community Homestead**

**We accept visa/mastercard but would prefer a check!**

Send registration with payment to:

**Community Homestead**

**501 280th Street**

**Osceola WI 54020**

*I understand that there are inherent risks involved with all farming and know that while Community Homestead is committed to providing the best, fresh, produce each week for as long as the season allows, particular produce or amounts are not guaranteed...*

*In addition, my online registration gives me access to the website to buy meat, bread, fruit, cookies, muffins, coffee, and crafts, as available year round. I understand that I am responsible for picking up my produce within 24 hours. Purchases from the website are billed monthly.*

## Options for Buying Community Homestead Products

### Vegetable Box

Vegetables & Herbs for a Season (aprox. 20 weeks June-September). A delicious mix of certified organic seasonal vegetables and herbs delivered, in a box, weekly, to a site near you. Choose one of three options; a “family box” (1 and 1/9 bushel) \$545, a “couples box” \$425 (5/9 bushel), or a “singles box” (half the amount of a couples box) for \$260 .

### Bakery Box Add On

a variety of two home-baked loaves from organic ingredients a week plus muffins or cookies (aprox. 20 weeks June-September). Delivered to a site near you. \$195

### Gluten Free Add On

A loaf of bread plus a pack of muffins or cookies or cake, totally gluten and dairy free delivered to a site near you (aprox. 20 weeks June-September). \$213

### Fruit Box Add-On

a selection of organic strawberries, grapes, raspberries and apples delivered as they ripen throughout the season. (8 deliveries \$50)

### Winter Vegetable Box

a family box of roots and greens (about 24lbs) delivered every other week to a site near you from Mid October to Mid December \$150 (4 deliveries in all)

### Great Eating Winter Box

a family box of vegetables plus 2 loaves of bread, muffins or cookies, plus two jars of our best pickles and relishes and a jar of jam. Delivered every other week to a site near you from Mid October to Mid December (4 deliveries in all) \$275

In addition to any, or all, of these options, you get access to our online ordering system. You can order extra items (jam, flowers, bread, cookies, pickles, beef, pork as we have it) and pay for them separately at the end of the month.

**Payment** for a season is due at registration (call: Lisa 715-294-3038 if you need to make other arrangements). We prefer a check or cash but take visa/mastercard.



## Certified Organic

Our Organic farm and garden is certified by the Midwest Organic Services Association inc. (MOSA), which is a USDA accredited third party certification agency. These organic standards lay the foundation for our farming and vegetable production techniques. These techniques include compost production, crop rotation, cover cropping, raised beds, plant variety diversity and hand and mechanical cultivation.

Due to our integrated farming system with our dairy herd and vegetable production, we are able to build the fertility of our soils without the use of synthetic fertilizers. Compost production requires the right balance between nitrogen and carbon in order for the micro organisms to break raw materials such as manure and straw into rich earthy dirt that can directly feed the plants. Having direct access to organic manure and straw from our dairy farm allows us to produce high quality compost.



With twelve acres prepared for vegetable production, we are able to move our crops from plot to plot. This system of crop rotation allows us to control our pest population without spraying pesticides. Since many bacteria and diseases are carried through soils, it is important to rotate crops to clean soil in order to protect them from disease. This rotation also allows us to build up depleted soil through the use of cover cropping. We use a combination of oats and peas, barley, rye, alfalfa and clover for cover crops.

Rather than catering to a wholesale market that requires farmers to grow large quantities of one type of vegetable, the CSA market allows us to grow a diversity of crop varieties. This diversity is instrumental in growing high quality produce ecologically and sustainably. The health of the plants depends on the natural checks and balances that are created through a diversely integrated ecosystem.

Diversity of our products; bakery, fruit, crafts, preserves also helps us sustain the farm and community economy. Our baked goods and preserves are made with organic ingredients (as labeled). Our meat is raised naturally, with plenty of grazing, no antibiotics or hormones and organic feed. (The small scale of our meat operation makes it economically prohibitive to pay for an organically certified butcher.) Our products are all grown, baked, and made right here.