



2010 CSA

Sol to Seed Farm is now accepting members for its 2010 Community Supported Agriculture season. We grow an abundance of vegetables and herbs, here on our farm, located in the Snoqualmie Valley. We use natural, sustainable methods only. No synthetics, herbicides, pesticides or GMO's. Our farm is a member of the Certified Naturally Grown co-op of farmers, which uses the USDA Organic Standards as a starting point, and seeks to provide an alternative certification to its members. You can read more at www.naturallygrown.org. CSA members will receive a box of fresh vegetables each week during our growing season. All of our vegetables and herbs are grown on our farm; we do not supplement items from other sources.

Season -

Our CSA season will start June 16th and end October 27th. This is a 20 week session; however, weather will dictate the exact start/end dates. Box Pickup is on Wednesdays and we offer several locations, which you can find on our website: www.soltoseedfarm.com

Price -

Your full CSA subscription will cost \$600, which breaks down to \$30 per box. Our boxes will contain enough produce to satisfy a typical household of 2 adults and 2 children, or 2 members with a vegetable centered diet. We are also offering a smaller box at \$400, which should satisfy 1 adult with a vegetable centered diet. The early spring/summer boxes will be lighter than the mid summer/fall boxes. This is simply due to our growing season. Overall, your share will even out, in terms of value, as the season progresses.

Payment -

CSA payment can be made in full or in two equal portions – first payment should be made by June 16th and the second by July 31st. You can either pay by check or visit our website: www.soltoseedfarm.com and pay by credit card using our secure checkout.

Questions/Comments:

Matt and Deanna Tregoning / Owners

Email: soltoseedfarm@gmail.com

Phone: 425-273-1232 or 425-273-1252

Website: www.soltoseedfarm.com

If mailing a check, please send to: Information you should provide:

Sol to Seed Farm
415 W Snoqualmie River Rd NE
Carnation, WA 98014

Name _____

Email _____

Phone _____