

Swallow Crest Farm



Community Supported Agriculture 2012 Season

**Subscribe to a Season of
Fresh Produce!**

**Serving Northwest Montana
Families Since 1998**

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What is community supported agriculture (CSA)?

In its simplest terms, CSA consists of a **partnership between an agricultural producer and its consumers**. The producer is the local farmer. Consumers, known as members, receive a portion of the farm's produce each week throughout the season while providing enough money in early spring to meet a farm's operating expenses.

How is food grown on our farm?

As concerned land stewards, **we strive to implement the most sound practices to enhance soil, air, water and our wildlife resources** while providing you with a variety of high quality, healthy food. Most of our operations are done by hand, with a small tractor used for cultivation. **We enhance soil fertility by applying composted animal manure and systematically rotating produce crops with cover crops every year.** This process helps to restore essential soil nutrients while also providing habitat for honeybees and other beneficial insects.

Our farm is home to many **swallows** (thus our farm name), bluebirds, and bats that provide good biological control of insect pests. **In previous years**, our farm has been certified by the Montana State Organic Program that follows the USDA Organic Standards. Due to increased certification costs **we no longer certify**, however, **we continue to follow those same strict guidelines** our CSA members expect.

Montana has a short growing season. Nevertheless, we try to grow everything possible here that people like to eat. **We also cooperate with other farmers** to make more organic and

locally grown foods available to our subscribers. These have included organic or grass fed beef, organic sweet cherries, nectarines, and peaches. Opportunities to purchase additional foods will be announced during the season.

Produce Shares

As a subscriber to our CSA you will receive flavorful, in-season garden vegetables and fruits starting in mid-May and continuing for 22 weeks through mid-October. With subscriber's input we have created a full produce share that should provide enough for a family of four. Our CSA program also offers a **two-person share** for couples or individuals. **This smaller portion is 6/10 of the full share amount.** If subscribers wish to split a share, please arrange to do so with a friend, family member or co-worker. See our produce distribution chart showing estimated amounts and production dates.

Farm Tour Day

It is a unique opportunity to know each family we grow for and we look forward to strengthening this relationship in the years to come. Each year we host a family farm day so subscribers can visit the farm to see where and how their food is grown.

Swallow Crest Farm is located about 6 miles north of Bigfork. **This marks our 15th year of operation for our produce farm even though the homestead dates back to 1889.** Swallow Crest Farm began with 5 families in 1998 and is expected to serve about 120 families in 2012.

Apprenticeships and Work Trade Opportunities

Our apprenticeship program is designed to give two interested individuals the knowledge and experience to begin their own farms. It runs each year from mid-March through October. We also provide work trade opportunities for a few subscribers interested in working with us on a part-time basis in exchange for their food shares.

Interested in work trade? Please call me to discuss options.

Our Guarantee

Your satisfaction makes our continued relationship possible. If you are not content with our variety and quality, please give us feedback. If we still can't provide the service you wish, we will give you a **prorated refund**. We hope you will come to see our farm as your farm, and as an investment in your future health and community.

PLEASE NOTE! Interest in our CSA has increased over the years. We **prefer** to provide past customers with a subscription first, because you are the community members that have made us successful. We therefore allow what is hopefully a sufficient time period for your registrations and payments. We have also provided some **options for payment plans**. Your pre-season payments provide us with the working capital necessary to purchase seeds, supplies and labor to put the 2012 season's crops in the ground.

These are the pick-up locations and days available.

<u>Weekday</u>	<u>Location</u>
Wednesday	Bigfork
Thursday	Farm Lakeside Kalispell

All are late afternoon deliveries. Exact times and locations will be announced.

Payment Options

Option A: One Payment

Cost: Full share: \$525

Two-person share: \$350

Full payment due by March 1, 2012.

Option B: Two Payments

Cost: Full share: \$550;

Two-person share: \$365

Half of payment due by

March 1, 2012:

(Full: \$275; two-person: \$182.50).

Remaining balance due July 23, 2012

(Full: \$275; two-person: \$182.50).

Please call me if you need a different payment plan!

Please make all checks payable to:

**Julian Cunningham
Swallow Crest Farm
389 La Brant Road,
Kalispell, MT 59901**

Subscription Form

Name: _____

Address: _____

City/Zip: _____

Email: _____

Phone: _____

Share size (circle one):

Full share

Two-person share

Payment option (circle one): **A** **B**

Pick-up location (circle one):

Farm

Bigfork

Kalispell

Lakeside

Amount enclosed

\$ _____

Comments: _____

Please list any **additional**, locally grown/produced food items that your family would like to locate in 2012:
