

2019 LEAP FARM SHARE

A weekly selection of the freshest local food available, sustainably sourced directly from trusted farmers within 100 miles of Roanoke

What is a Farm Share?

Farm Shares, or CSAs (Community Supported Agriculture), is much more than a weekly box of food – it's a powerful investment in your health, community, and local economy. CSAs first started as a way for consumers to connect directly with farmers. Community members help offset farmers' pre-season input costs (e.g. seeds, soil amendments, equipment), and provide the security of a stable market outlet. In exchange, those community members get a "share" of the bounty throughout the growing season.

LEAP is committed to building resilient local food systems -- which means we help keep local farmers farming and expand opportunities for local eaters to get the best quality, freshest food available. In an aggregated CSA or Farm Share, the central organization (in this case, LEAP) aggregates or brings together produce from multiple farmers, with an emphasis on transparency and sustainability, and packages them together for the Farm Shareholder (you!). LEAP does not grow the food, but we work with a network of trusted local farmers (within 100 miles of Roanoke) to provide a variety of the best in-season food available each week! Aggregation enables farmers to spend more time doing what they do best - growing food! – and less time driving from farm to market and/or running a farmers market booth. As a consumer, aggregation often makes it easier to get a wide variety of local produce than is usually possible from a single farm.

Taking part in a Farm Share means you're buying the freshest, tastiest food. Varieties are grown for quality, flavor, and diversity – not shelf life. Farm Shares connect you with the land and our local farmers, teaching you about the fluctuations of seasonal farming: bumper crops and crop failures, spring sparsity and summer bounty are all reflected in what's available when and for how long in your share.



Besides the weekly box of the freshest food available, participating in a Farm Share teaches you where your food comes from, how it's grown, how to prepare it. It encourages healthy eating habits, cooking at home, and introduces you to new ingredients. You keep your food dollars local and support responsible, sustainable, small family farms. You'll be joining a community of conscious eaters, investing in good, clean food and the creation of a safe, community-based food system.

How does it work?

Each week during the season, LEAP curates a selection full of the highest-quality, freshest produce that our network of farmers are harvesting that week. We bring the “shares” to a pre-determined pick-up location at a pre-established time. This year’s pick-up locations are:



1210 Patterson Ave. SW Tuesdays, 3 – 6pm



1850 S Jefferson St SW Tuesdays, 3:15 – 6:15pm



1510 Williamson Rd NE Wednesdays, time TBA

Sharers pick up each week at their pre-determined location and time from **April 30 until October 23**. There are two vacation days built into the season (one for Winter Share). Simply notify the Farm Share coordinator at least a week in advance of your planned absence. If you don't select vacation days, your default vacation days will be the last two weeks of the season. You may choose not to take vacation days, and pay for the additional shares.

You'll receive an email each week to remind you of pick-up, let you know what's in the share for the week, who grew it, and some recipe ideas.

If you don't pick up your share, the food will be donated to a local non-profit.

Farm Sharers must register and pay to reserve their share before the **April 15 deadline**. We have a limited number of shares available, so be sure to register before the program fills up! Early Bird bonus: pay by March 29 and get a free \$10 gift certificate to any LEAP farmers market!

Shares may be purchased individually, or doubled for larger households. Egg shares, however, **MUST** accompany another share (fruit, veggie, or medley).


Shares are not customizable (exception: Vegetarian or Gluten-Free for Winter Shares).

All shares are **HALF PRICE** with your EBT card/SNAP benefits (“SNAPshare”). Talk to us to set up a payment schedule. SNAPshares may only be picked up at the West End Farmers Market.

Please contact the Farm Share coordinator with any questions!
FarmShare@LEAPforLocalFood.org or
540-492-5311.




What comes in the Farm Share each week?

 **Veggie Share:** 40+ varieties of vegetables throughout the season. The majority of each week's share will be staple crops, with occasional specialty crops sprinkled in to expand your horizons (we'll send out recipe ideas!). 95%+ will be certified Organic or grown using regenerative practices. Designed to satisfy 2 moderate veggie-eaters. The price is **\$470 for 24 weeks**, for an average weekly cost of just under \$20. A typical weekly share might include the following:

Spring: 1 bunch kale, 1 bulb fennel, 1 lb. asparagus, 1 bunch bok choy, ½ lb. garlic scapes

Summer: ½ lb. lettuce mix, 1 lb. onions, 3 lbs. potatoes, 1 lb. tomatoes, 1 lb. green beans, 1 bulb garlic


Fall: 1 bunch kale, 1 head broccoli, 1 lb. half runner beans, 3 lb. sweet potato, 1 lb. parsnips

 **Fruit Share:** Enjoy our local cornucopia of berries, tree fruits, melons, and more. Enjoy a few jars of jams and preserves in spring and fall. Organic, regenerative, and low/no-spray practices preferred whenever possible. Designed to satisfy 2-4 people, with the option to can/preserve some throughout the season. This share starts two weeks later than the veggie, medley, and egg shares, for a total of 22 weeks. The price is **\$345 for 22 weeks**, for an average weekly cost of ~\$15. A typical weekly share might include:

Spring: 3 pints blueberries

Summer: 1 pint blackberries, 2 lbs. nectarines, 2 lbs. peaches


Fall: 3.5 lbs. apples, 3 lbs. Asian pears


 **Medley Share:** A selection of fresh, seasonal produce, in an approximate ratio of 60% vegetables and 40% fruits. We always prefer produce grown using organic and regenerative practices, when available. Share size should supplement if not satisfy a household of two, with a few chances for preservation or canning. Share price is **\$605 for 24 weeks**, for an average weekly value of ~\$25. A typical share might include:

Spring: 1 bunch kale, 1 bulb fennel, 1 lb. asparagus, 2 pints blueberries

Summer: 1 lb. beets, 1 leek, 4 ears sweet corn, 1 pint cherry tomatoes, ¼ lb. shiitake mushrooms, 1 lb. nectarines, 1 pint blackberries

Fall: 1 bunch kale, 1 cucumber, 1 lb. Italian beans, 3 lbs. sweet potatoes, 2.5 lbs. apples, 2 lbs. Asian pears

 **Egg Share:** A dozen extra-large brown eggs, "fresh-squeezed" by Weathertop Farm's free-ranging pastured hens. Antibiotic- and hormone-free. Price is **\$130 for 24 weeks** comes out to just over \$5 per week. Egg Shares may ONLY be purchased in combination with one of the above shares.

 **Winter Share:** A local spread of seasonal goodies which includes a dozen eggs (~10%), fruits and veggies (~60%), and a smattering of other value-added products like meat, cheese and dairy, baked goods, preserves, and more (~30%). Vegetarian and Gluten-Free options available. Cost is **\$285 for 7 weeks** (one vacation day built-in to an 8-week period). Average value of a weekly share is just over \$40. A typical share might include: Eggs, 1 lb. Ground Beef, ½ lb. cheese, ½ lb. spinach, 1 lb. beets, 3 lbs. potato, 1 bunch parsley, 1 lb. onion, 3 lbs. apples

How do I sign up?

Register online at www.LEAPforLocalFood.org/Farm-Share! Registration closes April 15th. The program does fill up; we have a waiting list, as needed. Pay in full by March 29, and get our Early Bird Bonus: a \$10 gift certificate to any LEAP Farmers Market! Questions? Contact the Farm Share coordinator at farmshare@LEAPforLocalFood.org or 540-492-5311.