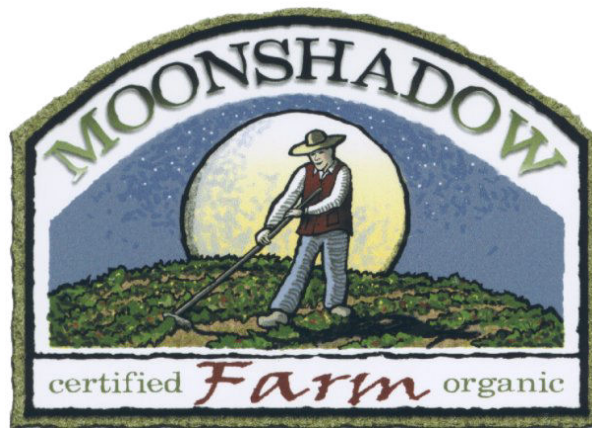


# Join our CSA

...for Weekly Deliveries of  
Local & Organic Vegetables!

Serving Central & Northern WI,  
Fox Valley & Door County



## Enjoy Five Share Programs:

- 1. Vegetable** (Spring, Summer, Winter)
- 2. Organic Fruit** (Summer)
- 3. Local Roasted Coffee** (Summer)
- 4. Local Artisan Cheese** (Summer)
- 5. Local Artisan Bread** (Summer)

## MoonShadow Farm

MOSA Certified Organic

6832 N 128<sup>th</sup> Avenue, Wausau WI 54401

Ph (715) 675-6588 [tornowherb@hotmail.com](mailto:tornowherb@hotmail.com)

[www.DowntownGrocery.com/farm.htm](http://www.DowntownGrocery.com/farm.htm)

**Support a Local Family Farm,  
Become a member of our CSA\***

\*CSA = Community Supported Agriculture

## The CSA Philosophy

MoonShadow Farm operates under the Community Supported Agriculture (CSA) model. CSA is a social model that connects you to your food, the land, and those that tend the soil. CSA is an economic model that allows you to place your food dollars directly in the hands of a family farm, one that assures they use organic practices. Organic agriculture respects the health and nutritional value of your food while being friendly to our environment.

The CSA philosophy creates a food system that adopts practices that emphasize flavor, nutrition, local economy and respect for the land.

There are numerous benefits of a CSA based food system. Besides providing fresh, organically grown produce, a CSA farm provides the non-farmer with an understanding of the challenges and rewards of farming. Members participate in the risks and uncertainties of farming as well as the rewards of a bountiful harvest. Having direct contact with the land can be a spiritually and physically rewarding experience. Family farmers can survive because of a guaranteed market that includes a dedicated community of loyal customers, a steady income, and the freedom to experiment with new varieties and techniques. Belonging to MoonShadow Farm benefits you, your family, the local economy and the environment. Congratulations!

### Member Responsibilities

- o Pick up your share in a timely fashion on day of drop from the designated location.
- o Return your previous box in good condition.
- o Spread the news about our farm.
- o Enjoy freshly grown produce, locally roasted coffees, organic fruits, artisan cheeses & breads, news & recipes.

**Share the Harvest, Join our CSA!**

When visiting Wausau, stop at **Downtown Grocery**, 607 Third Street, Open Daily M-Sa 8-8 Su 11-5, to enjoy Local-Organic Foods including Produce & Eggs from MoonShadow Farm, Cooking Classes, and a World-Inspired Vegetarian Menu for Every Meal!

Learn more at: [www.DowntownGrocery.com](http://www.DowntownGrocery.com)



MoonShadow Farm  
6832 N 128<sup>th</sup> Avenue  
Wausau WI 54401

# Your CSA Share Programs

## 1. Vegetable Share

Select from Five Vegetable Shares:

### 1A. Spring Greenhouse Share

-- 1/2 bushel, 4 weeks, May

Includes a wide selection of gourmet salad greens plus asparagus, rhubarb, radish & eggs.

### 1B. Summer Standard Weekly Share

-- 1/2 bushel, 16 weeks, Mid-June thru October

A mix of freshly harvested vegetables, salad greens, culinary herbs & eggs. Feeds 2 people. Veggies change through harvest, for example:

**Early:** Snow Peas, Yellow Squash, Garlic Scapes, Spinach, Cabbage, Scallions, Lettuce Heads, Strawberries.

**Mid:** Tomatoes, Sweet Corn, Zucchini, Green Beans, Beets, Eggplant, Swiss Chard, Watermelon.

**Late:** Potatoes, Peppers, Garlic, Winter Squash, Leeks, Carrots, Broccoli, Onions, Kale, Pumpkins.

### 1C. Summer Every Other Week Share

-- 1/2 bushel, 8 weeks, Mid-June thru October

Same mix as above but delivered every other week.

### 1D. Summer Large Weekly Share

-- One bushel, 16 weeks, Mid-June thru October

Same mix as above but enough to feed 3-4 people. Some members freeze a portion or split with friends.

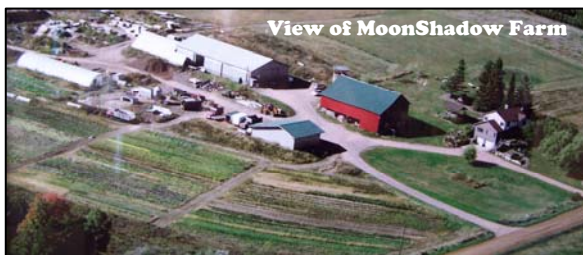
### 1E. Winter Storage Monthly Share

-- Two bushels / month, 5 drops, November thru March

This share includes carrots, onions, winter squash, potatoes, cabbage, kale, beets, garlic, pie pumpkins, salad greens & eggs.

**All shares include a newsletter with farm news and recipes!**

On occasion... We will sell some of our excess produce to market grower friends. At the same time, if we are short, we may buy certain items from them. They will always be organic or grown using sustainable practices.



## 2. Organic Fruit Share

Select from Two Fruit Shares:

### 2A. Weekly Fruit Share

-- 6-8 Types, 12-15 lbs, 16 weeks, Mid-June thru October

Share includes certified organic fruits that can't be grown in the Upper Midwest, for example:

Mangos, Papaya, Pluots, Bing Cherries, Asian Pears, Pineapples, Tangerines, Pomegranates, Grapefruits.

### 2B. Every Other Week Fruit Share

-- Same mix as above but delivered every other week.

## 3. Local Roasted Coffee Share

-- One pound, 16 weeks, Mid-June thru October

Receive a bag of whole bean locally-roasted coffee FT/Organic; such as Sumatra, Kona, Peru, or Blends.

## 4. Local Artisan Cheese Share

-- 2 1/2 lbs., 16 weeks, Mid-June thru October

A mix of 2 1/2 lbs. of artisan/specialty cheeses by local dairies; such as Parmesan, Gouda, Flavored Cheddar.

## 5. Local Artisan Bread Share

-- One loaf, 16 weeks, Mid-June thru October

Includes a loaf of artisan bread baked by local bakers. Breads such as a Baguette, Boule, Multi-Grain Loaf.

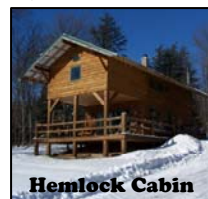
## About Us

We have been certified organic growers since 1997, growing medicinal herbs and market vegetables on our 80 acre family farm near Wausau. Other services at the farm:

- **Rental Hemlock Cabin** sleeps a family of four or more for a relaxing weekend with access to private cross-country ski trails!

- **Tornow Forest Products** offers rough-cut lumber & timbers, paneling/flooring, unique-cut items, and landscape mulch.

- **Call for more information!**



# 2010 Sign-up Form

(please tear-off and return)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Circle Your Programs

|                                      | Before | After  |
|--------------------------------------|--------|--------|
| <b>1. Vegetable Share</b>            | Feb 28 | Feb 28 |
| 1A. Spring Greenhouse                | \$220  | \$240  |
| 1B. Summer Standard Weekly           | \$500  | \$540  |
| 1C. Summer Every Other Week          | \$350  | \$380  |
| 1D. Summer Large Weekly              | \$740  | \$800  |
| 1E. Winter Storage Monthly           | \$740  | \$800  |
| <b>2. Organic Fruit Share</b>        |        |        |
| 2A. Weekly Fruit                     | \$620  | \$650  |
| 2B. Every Other Week Fruit           | \$400  | \$430  |
| <b>3. Local Roasted Coffee Share</b> | \$210  | \$230  |
| <b>4. Local Artisan Cheese Share</b> | \$430  | \$450  |
| <b>5. Local Artisan Bread Share</b>  | \$130  | \$140  |

Total Due \$ \_\_\_\_\_

## Circle Your Payment Option

1. Pay in Full by March 1<sup>st</sup>
2. Pay 1/2 by March 1<sup>st</sup>, pay other 1/2 by May 1<sup>st</sup>

Amount Enclosed \$ \_\_\_\_\_

Balance to be Paid \$ \_\_\_\_\_

Make checks payable to:

MoonShadow Farm  
6832 N 128<sup>th</sup> Avenue  
Wausau WI 54401



## Circle Your CSA Pick-up Site

Wausau Minocqua Eagle River Rhinelander Tomahawk  
Merrill Marshfield Stevens Point Appleton Oshkosh  
Green Bay Egg Harbor Sister Bay Sturgeon Bay

(We will notify you of day and location of drop.)

Please contact us if you have any questions about our CSA Farm Share Programs. Thanks, Blaine Tornow