

# Hand Sown Homegrown Heritage Farm & **Community Supported Agriculture**

## **About Us**

We are responsible farmers, eaters, and advocates for small, local, and sustainable agriculture and businesses. Our farm is located in Poulsbo, WA and consists of 1.5 acres. Hand Sown Homegrown is a husband and wife farm that cares about heirloom vegetables, saving seeds, and preserving the world's garden heritage. We treat the soil like a living organism and only use natural growing practices along with open-pollinated and heirloom seeds.

## **Seed Preservation**

Seeds are the first link in the food chain.

Heirloom seeds come from our ancestors, they are seeds that have been selected, cherished, and faithfully passed down through generations of gardeners. Through the generations of plantings, these treasured seeds have gone through thousands of years of adaptation and selection resulting in invaluable genetic characteristics such as the natural resistance to diseases and pests in addition to superior nutritional value, rich flavor, and brilliant color. Today, with the loss of family farms and the growth of agribusiness, agriculture chemical conglomerates are buying out and taking over family-owned seed companies. The seeds of our world heritage are being replaced by patented genetically modified and hybrid seeds, which farmers cannot save.

The current gene altered foods, which have taken over our food supply, come to our plates unlabeled with hardly any safety measures in place. These seeds promote and support the use of pesticides and chemicals in our food, destroy the earth's soil, fuel agribusiness profits, and eliminate genetic diversity. Saving the seeds of our garden heritage is a global issue. Over 167 million acres are currently in GMO seed production. Historic seed varieties are threatened today, not because of any deficiencies, but because they are not suitable for factory farmers and the food processing industry. Sadly, over half our heirloom seeds are predicted to be lost during the next decade.

## **What Is A CSA?**

Community Supported Agriculture, or CSA, brings consumers and farmers together in a relationship of mutual support. CSA is a social model that connects you to your food, the land, and with 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, with farmers you know. Each member makes a commitment to support the farm throughout the season. In return, members receive fresh produce from late spring through early fall..

CSA promotes dialog between farmers and consumers, and encourages a sense of community. Buyers get to see where their food comes from and have a vested interest in the land and the growers. Instead of paying for transporting vegetables an average of 1,500 miles to your plate, you choose to support a local farm, save money, and receive the freshest and most nutritious food available. By joining our CSA prior to the market season you'll be providing the farm with the financial means to get the farming season started.

## **What's new for 2010**

We will be doing an account based system for this year's CSA. You will start out with a balance at the beginning of the season (for example, a large share would start out with \$600). Every week you'll get to choose what you want from what's fresh at our market booth. All CSA members will receive 10% off that weeks market price on all available produce and the items that you select will then be deducted from your balance.

If you choose to pay for items out of pocket, or if your balance runs out before the end of the season, you will still be eligible for the 10% off for the remainder of the season. Any remaining balance on your account at the end of the year will be donated to the farm.

We will be present each week at the Poulsbo Saturday market and at the Wednesday evening Suquamish market.

**We are offering \$100 off the large share price until April 1<sup>st</sup>.  
Get \$600 balance on your account for only \$500!**

**Please fill out the form and send it with a check/money order to:  
Hand Sown Homegrown, PO Box 1425, Poulsbo, WA 98370**

Contact Us- Jared & Sara Hankins

handsownhomegrown@yahoo.com

# Hand Sown Homegrown Heritage Farm & Community Supported Agriculture

twenty weeks, June 5 – October 16, 2010

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Name

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Email

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Address

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Phone

- Large Share:** Feeds a family of four to five people. Cost: \$600 for twenty weeks (\$30 per week).
- Medium Share:** Feeds two adults or one adult and 2 children. Cost: \$400 for twenty weeks (\$20 per week).
- Small Share (NEW!):** Feeds One adult and one child. Cost: \$200 for twenty weeks. (\$10 per week)  
(share sizes are approximate)

## Add on Items:

Honey: Steadman Honey 16 oz. jar

- once a week: \$130    bi-weekly: \$65    monthly: \$32.50

Coffee: Grounds for Change 12 oz. bag

-several blends available, whole or ground beans

- once a week: \$180    bi-weekly: \$90    monthly: \$45

Eggs: Hand Sown Homegrown Heritage Poultry

- open pastured and supplemented with certified organic feed, all heritage breed chickens and ducks.

Chicken

- one dozen a week. \$80
- one dozen bi-weekly. \$40
- one dozen monthly. \$20

Duck

- one dozen a week. \$100
- one dozen bi-weekly. \$50
- one dozen monthly. \$25

**Location:**

Poulsbo Sat.  Suquamish Wed. (6/9-10/20)