

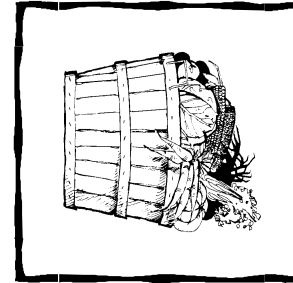
Where do I pick up my box?

In **San Francisco** we deliver to the following sites:

- ***Bernal Heights**—Nebraska and Cortland (Wed.)
 - California**—26th and California (Fri.)
 - Castro**—Hartford and 20th (Thurs.)
 - ***Central Richmond**—22nd and California (Thurs.)
 - Children's Day School**—Staff and Parents only (Thurs.)
 - Clarendon Elementary**—Staff and Parents only (Thurs.)
 - Fort Mason Center (Thurs.)
 - Glen Park (Wed.)
 - ***Haight-Ashbury**—Carl and Clayton (Wed.)
 - Inner Sunset**—6th and Lawton (Thurs.)
 - Lone Mountain**—Stanyan and McAllister (Thurs.)
 - ***Lower Haight**—Haight and Pierce (Wed.)
 - Miraloma Elementary**—Staff/Parents only (Thurs.)
 - ***Mission**—Buddhist Center, Bartlett and 22nd (Thurs.)
 - ***Mission**—23rd and Bartlett (Fri.)
 - ***Mission**—Dolores, Fair Oaks and 22nd (Thurs.)
 - ***Mission**—Modern Times, 19th and Valenica (Wed.)
 - Mission**—South Van Ness at 17th (Wed.)
 - Outer Richmond**—47th and Fulton (Fri.)
 - ***Pacific Heights**—Octavia and Broadway (Thurs.)
 - ***Potrero Hill**—Southern Heights and De Haro (Wed.)
 - ***Russian Hill**—Pacific and Leavenworth (Thurs.)
 - Stonestown**—Winston and 19th Ave. (Thurs.)
 - ***Noe/Mission**—Guerrero and Duncan (Wed.)
 - Urban School—Page and Masonic (Fri.)
 - West Portal**—12th and Taraval (Thurs.)
 - YBCA—3rd and Mission (Wed.)
- See next page for East Bay, Marin, and Central Valley sites!

In the **East Bay** we deliver to the following sites:

- Alameda**—Central Ave. and Morton (Wed.)
 - Berkeley**—Chochmat Halev, members only (Wed.)
 - ***Berkeley**—North Berkeley, Gilman and Santa Fe (Fri.)
 - Berkeley**—Ohlone Park, California and University (Fri.)
 - Berkeley**—West Berkeley, 7th and Bancroft Way (Fri.)
 - Castro Valley**—near Grove Way and Redwood Blvd. (Fri.)
 - El Cerrito**—San Pablo and Manila (Fri.)
 - Emeryville**—San Pablo and 43rd St (Fri.)
 - Lafayette**—off Mt. Diablo, near Chow Restaurant (Fri.)
 - Oakland**—Grand Lake, Lakeshore and Walavista (Fri.)
 - Oakland**—High Street, High St. and Tompkins (Fri.)
 - Oakland**—North Oakland, 55th and Shattuck (Wed.)
 - ***Oakland**—Park Blvd, Hampel and Linwood (Wed.)
 - ***Oakland**—Piedmont, Piedmont Ave at Broadway (Fri.)
 - Oakland**—Redwood Day School, STAFF ONLY!
 - Rockridge**—Chabot and Patton (Wed.)
 - San Leandro**—NE San Leandro (Fri.)
 - Vallejo**—Fleming and Viewmont (Fri.)
- In **Marin** we deliver to the following areas:
- Mill Valley**—Roque Moraes Dr. (Thurs.)
 - San Rafael**—Irwin Street at Anderson (Thurs.)
- In **the Sacramento Valley** we deliver to:
- Davis**—Downtown, 3rd and E St. (Wed.)
 - Davis**—East Davis, near Slide Hill Park (Wed.)
 - Davis: Village Homes**—Bucklebury Street (Wed.)
 - Sacramento: East Sac**—7th and Folsom (Thurs.)
 - Sacramento: Curtis Park**, 21st St. and 3rd Ave. (Thurs.)
 - Vacaville**—north Vacaville (Fri.)
- * indicates waiting list, as of 03/27/09



California Organic Registration #48-0017

Eatwell Farm
5835 Sievers Road
Dixon, CA 95620

Eatwell Farm


Community Supported Agriculture

Weekly Delivery of Organic Produce



If you'd like to eat affordable organic produce, help protect the environment and support a local organic farm, join the CSA at Eatwell Farm. It's an economically and environmentally sustainable way of growing, delivering and eating food.

Organic Food Production... A Growing Reality.

 What people are saying...

"I've been quite pleased with the farm and the variety throughout the seasons. My cooking is now better than ever! Great recipes."
-Kaycie Roberts

5835 Sievers Rd., Dixon, CA 95620

Eatwell Farm

(866) 627-2465 organic@eatwell.com www.eatwell.com



What is Community Supported Agriculture?

Community Supported Agriculture (CSA) is a growing, 20-year old movement in which organic farmers sell directly to consumers, forming a unique community, or partnership with them. In a CSA, subscribers help support small, regional farms by paying in advance for fresh, organic produce delivered weekly throughout the year.

CSA is good for consumers. With CSA, the variety of fresh, delicious food delivered to you is regionally grown using a minimum amount of fuel and packaging. Most importantly, CSAs provide the consumer with a direct connection to the place where their food is grown and the people that grow it. Eatwell Farm's CSA members will have opportunities to visit the farm, get to know the farmers and other members of the CSA community, and learn more about sustainable agriculture.

CSA is good for farmers. Farmers receive a steady source of income and a guaranteed market for their produce, which relieves much of the risk of small-scale farming. And through CSA, farmers are able to plan and pick crops more effectively.



Eatwell Farm's CSA

Eatwell Farm is a 60-acre organic farm and orchard located in Dixon, 70 miles northeast of San Francisco. Nigel Walker and our wonderful crew grow 40-50 different crops certified organic by CCOF. We have been farming organically for 14 years here in California. Located on the Dixon Ridge, we are lucky to have some of the deepest and richest topsoil in the world.



How does it all work?

Every week you will pick up a 1/2-bushel box filled with enough fresh, organic vegetables and fruit to feed two to four people. What is in the box will vary from week to week and season to season, depending on what is ready to be picked. You can count on an interesting selection of familiar and unusual vegetables, fruits, and herbs (wait till you see our tomatoes!). You return your empty box when you pick up your next week's box.

Also included with your box of produce will be a newsletter with pictures and stories of the farm, descriptions of the produce, recipes and educational articles on sustainable agriculture.

There are many opportunities to visit the farm. Among them, each spring we have a Strawberry Festival, and each Labor Day we have a farm dinner and campout. We also host Tomato Tasting events in San Francisco and the East Bay where you get to taste the many varieties of tomatoes that we grow.



How much does it cost?

We recommend you start with a four-box trial subscription, which costs \$108. You may then choose to renew for another 4 weeks at the same price. Or ask for 12 boxes and the 13th is free: this costs \$324. Likewise, 26 boxes cost \$648. The prices are the same for every-other-week service, as is the size of the box; a four box trial would take 8 weeks to complete, 13 boxes would come over 26 weeks, and so on.

Eggs:	None	0.5 dozen	1 dozen	1.5 dozen	2 dozen
4 boxes	\$108	\$124	\$140	\$156	\$172
12 boxes (13th free!)	\$324	\$376	\$428	\$480	\$532
24 boxes (2 free!)	\$648	\$752	\$856	\$960	\$1064



Seasonal Produce Availability (Partial Listing)

	Spring	Summer	Fall	Winter
Apples, pears, Asian pears	██████████			
Broccoli, cauliflower				██████████
Carrots	██████████			
Chard, kale, collards	██████████			
Cherries	██████████			
Corn, peppers		██████████		
Cucumbers, summer squash		██████████		
Garlic, onions	██████████			
Fresh Herbs	██████████			
Lettuce, salad mix	██████████			
Melons (cantaloupe, watermelon)		██████████		
Oranges, lemons, kiwis	██████████			
Peaches, nectarines, apricots		██████████		
Peas, fava beans	██████████			
Potatoes	██████████			
Summer Squash		██████████		
Tomatoes (heirloom varieties)		██████████		
Winter Squash	██████████			



Yes, I Want to Join Eatwell Farm!

We'd love to have you in our CSA!

Our website has all the information you'll need to know to sign up.

Please visit

<http://www.eatwell.com>

Click on the "Join Our CSA" link and fill out our online application.

We will contact you to start your deliveries!

Please note that we currently have a waiting list for some of our sites.

Please see the website for details.

You can also call the farm (866-627-2465) or e-mail us (organic@eatwell.com) with any questions!

Eatwell Farm Pasture-Raised Eggs

We now have fresh eggs laid by hens on our farm. Delivered the same week they were laid, they are gorgeous and delicious. The term "free-range" is not regulated by the USDA, so the only way to be sure you're getting the real thing is to know the people raising the hens.

- Cruelty-free: not de-beaked, never caged, no forced molting
- 100% vegetarian diet
- Naturally brown eggs.
- Chickens roam on the alfalfa pastures, crop residues and in the orchard at Eatwell Farm
- Protected from predators by electric fencing and a guard dog.