

Join our CSA Program  
exclusively for **The Cliffs at  
Walnut Cove** residents and  
members.

### Community Supported Agriculture

Community Supported Agriculture, often referred to as CSA, encourages a connection between consumer, farmer, and land. As a CSA member you are supporting the growth of local agriculture, an improved environment, and your own personal health. Your participation helps the farmer cover the significant costs of the season. In exchange, you receive a weekly share of the season's harvest.

### Grow With Us!

At Creekside Farm we value our CSA members and strive to provide them with fresh vegetables of the highest quality. In the fields, we are careful to implement growing methods that benefit the land by working with nature and not against it. We grow with the seasons and use practices that eliminate the need for synthetic chemicals, promoting healthy soils and healthy bodies.

### As A Member

As a Creekside Farm CSA member you will discover a new way to enjoy the food you eat. For 26-28 weeks (May-October) we will provide you with an array of fresh produce to share with family and friends. You will receive a regular newsletter with a farm update, and a few recipes to encourage creativity in the kitchen. The pickup location will be on-farm, allowing you the opportunity to explore the fields and engage with your farmer and fellow CSA members.



By becoming a CSA member  
you receive . . .

- A weekly share of fresh, farm vegetables during the local growing season.
- Invitation to regular events and gatherings such as the Fall Harvest Festival, and talks at the farm from our Farm Manager and invited guest speakers
- Farm to Table lunch and dinner events
- Membership in our Seed Saver program, helping to restore and protect the bio-diversity of our seeds and food for future generations.
- The comfort and security of knowing and trusting who is growing your food, where it's being grown, and what specific variety of heirloom vegetable it actually is you're eating, with some provenance as to its history.

CREEKSIDE FARM CSA  
704 Craggyside LN, Arden NC 18704  
[www.creeksidecsa.com](http://www.creeksidecsa.com)  
Email: creeksidefarmCSA@gmail.com



CREEKSIDE FARM  
AT WALNUT COVE CSA



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exclusively for **The Cliffs at  
Walnut Cove** residents  
and members.



Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: (        ) \_\_\_\_\_

Cell Phone: (        ) \_\_\_\_\_

**CSA Share • \$750 by cash/check** for 26-28 weeks: May to Oct. *Share is a commitment for the entire season.*

**Pickup Location:** Creekside Farm CSA – 339 Avery Creek Rd at the Old Red Schoolhouse. Times/day of Week: Wednesday, 3:00pm - 6:00pm

**Please review each of the following:**

I understand I am committing to become a member of Creekside Farm 2018 SUMMER CSA Program. That my payment is non-refundable, and I shall share in the risks and rewards of the Share program. I am comfortable with the fact that I will receive a variety of crops, but I may not get every crop that is on the farm's production list due to crop failures or low yields.

I agree that it is my responsibility to pick up my share each week at Creekside Farm on Avery Creek Road on the designated pickup day, and that any share not picked up during that time will automatically become the property of Creekside Farm CSA, and that there are no refunds or repeats for missed shares.

Please **sign** acknowledgment here:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please **return this with your check**, made payable to:  
Creekside Farm CSA)

704 Craggyside Ln, Arden NC 28704

*We send enrollment confirmations, payment, pickup reminders, & recipes by email. Share slots are sold on a first-come-first-served rolling basis until the program is full for the season.*

*Thank you for joining!*

# CREEKSIDE FARM CSA

## FRESH FROM OUR GARDEN to your table

Produce grown right in your neighborhood that supports local farmers and our farming heritage.



Creekside Farm at Walnut Cove has set aside up to five acres of good bottom farm land to support a Community Supported Agriculture (CSA) program at The Cliffs.

Through seasonal subscriptions, growers provide CSA members with weekly fresh vegetables. The result is the freshest, most flavorful vegetables you've ever tasted. You'll enjoy vegetables that are grown for flavor and variety, and not for uniform shelf appeal, transportation or longer shelf life. Most importantly you'll help to support a more vibrant local farm economy and help to keep some of our local pastoral beauty from turning to non-farm development.



Farm Manager  
Melissa Wickham  
has a degree in  
Sustainable  
Agriculture from  
App State  
University



APPALACHIAN GROWN CERTIFIED

### Why join our CSA?

- Locally grown produce. A CSA share allows you to be close to the land and where your food comes from. Our CSA shares are harvested and delivered the same day, which means vegetables are at their freshest.
- Reducing the amount of food miles your food travels, and the amount of fossil fuels that is used to transport your food. Most vegetables travel 1500 miles to reach your local grocery store.
- For a healthy experience. Simply visiting the farm can be a stress reliever, eating food that is grown organically is better for your health.
- Supporting local farms is important to the community's rural character and pastoral beauty
- It's about interacting with nature, experiencing life on the farm and helping children learn how their food is grown
- Enjoy the community environment where like-minded people share recipes, ideas and experiences, as well as sharing the vegetables!