

## DANCING ROOTS FARM 2012

We have been offering weekly baskets of fresh produce to members since 1997. This is also known as CSA or Community Supported Agriculture. With CSA there is a direct link between the farmers who grow the vegetables and the people who eat what we grow.

You join by purchasing a portion, or 'share' of the season's bounty. In return for your financial commitment, we plant, nurture, and tend an assortment of vegetables, herbs, some fruit, and flowers. From mid May to the end October, we harvest produce at its peak of flavor and nutrition in the morning, and bring it to you later that afternoon. Now THAT'S fresh!

As a member, you get to know who's growing your food, and how and where. You can see that your food is free from chemical fertilizers, pesticides and genetic engineering. We all benefit by a system that promotes locally grown, high-quality food.

Joining our farm is ideal if you are trying to eat more seasonally, committed to supporting local farmers, or if you just want to eat more vegetables.

### HOW DOES IT WORK?

Once a week for 24 weeks, you pick up your veggies between 5 and 6:30 at either the farm or Parkrose sites, or between 4:30 and 7:00 at our N/NE Piedmont site. It is generally a festive time during which members are weighing, counting, bagging, visiting and sharing ideas. Someone is always there to help out, answer questions, offer recipes and chat with members.

### What our members say:

*"We eat much more produce and a greater variety of food."*

*"I use fresh veggies more and processed food less."*

*"Because I know who's growing it, I feel great about eating it."*

*"Having the fresh vegetables makes me use them up rather than just eating a can of soup or something else processed."*



## MORE MEMBERSHIP BENEFITS

**An Open Invitation** - All members are encouraged to spend an hour or a day getting to know the pace and the peace of 'your' farm. You can walk the fields, explore the woods, or have a picnic in the orchard.

**Weekly Updates** - Recipes, farm news, food information and more recipes through our blog.

**U-Pick Blackberries** - When in season, bring your own containers and take as much as you could possibly want.

### EXTRA OPTIONS:

**Salad Lovers Share** - For those who can't get enough salad, a beautiful mix of flavorful greens, herbs and flowers for 19 weeks. Pre-bagged.

**Thanksgiving Box** - A one-time bulk box of veggies including: onions, winter squash, potatoes, garlic, cabbage and more.

**Free Range Meat & Eggs** - Fully pastured, antibiotic and hormone free eggs, chicken, pork and turkey are also available from our partners at Terra Farma. Orders taken and filled during pick up or you can pre-order a seasons' worth of eggs.

### THE FARM

Our 10-acre farm is above the Sandy River 18 miles east of Portland, and adjacent to Dabney State Park. To the locals, this area is known as Springdale. In addition to our fields, we have a few acres of woods, tons of blackberries, and lots of refuge for songbirds and wildlife. We bought the farm in the fall of 2002 and spent most of 2003 fixing up the old farmhouse. The fields had sat fallow for over 30 years, so we've been working to create an ecologically sound and productive working farm. Our vision includes year round produce, educational programs, farm-scale composting, and farm animals such as pigs, chickens, goats, ducks, and bees!

## Yes! I want to be a member of DANCING ROOTS FARM - 2012

Name: \_\_\_\_\_

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

Phone : \_\_\_\_\_

E-Mail : \_\_\_\_\_

### PICK UP LOCATIONS (choose one)

- The farm in Troutdale/Corbett (Mondays)  
 Parkrose neighborhood (Tuesdays)  
 N/NE Piedmont neighborhood (Thursdays)

### EXTRAS (optional)

- Thanksgiving Box @ \$85  
 Salad Lovers Share @ \$100

### SCHOLARSHIP FUND (optional)

- \$25 or more for those who cannot otherwise afford membership

\_\_\_\_\_ **Total Amount**

### PAYMENT ENCLOSED (choose one)

- The full amount - \$530  
 \$100 deposit; I'll pay the remainder by June 1  
 \$100 deposit; I'll send \$219 by June 1 and \$219 by August 1 (includes \$8 handling fee)

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Please return this form along with your check to:*  
**DANCING ROOTS FARM**  
29820 E. Woodard Road  
Troutdale, OR 97060

FROM OUR FARM TO YOUR KITCHEN...

arugula  
basil  
beans  
beets  
broccoli  
cantaloupe  
carrots  
cauliflower  
chard  
cilantro  
collards  
cucumbers  
dill  
eggplant  
fennel  
fresh herbs  
garlic  
green cabbage  
hot peppers  
kale  
lettuce  
mustard greens  
onions  
parsley  
peas  
potatoes  
pumpkins  
radishes  
red cabbage  
salad mix  
scallions  
spinach  
sweet peppers  
tomatoes  
winter squash  
zucchini

## WHAT'S IN A SHARE

A weekly share works out to be a good amount for households of 2 to 4 who cook most meals at home.

*Because we're harvesting only what's in season, each week will be just a little different.*

*This is what a basket might include-*

### Spring

1 head lettuce  
1 bunch radishes  
1 bunch carrots  
1 bunch spinach  
1/2 lb kale  
fresh herbs



### Summer

1 head lettuce  
2 lbs tomatoes  
2 cucumbers  
1 oz basil  
2 sweet peppers  
1-2 eggplant  
1 bunch carrots  
1 lb potatoes  
1/2 lb green beans  
2 zucchini  
1 onion  
2 hot peppers  
1 bunch cilantro  
1 cantaloupe

### Fall

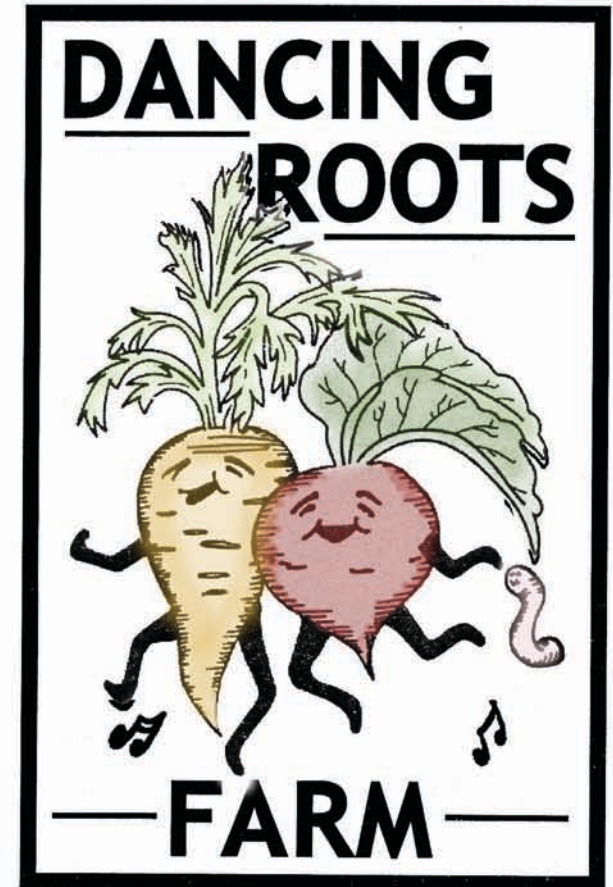
1 head lettuce  
2 lbs tomatoes  
2 sweet peppers  
1/2 lb broccoli  
1 bunch beets  
1 bunch collards  
2 winter squash  
1 head cabbage  
1 bunch parsley

## COME OUT AND VISIT!

*At Dancing Roots Farm you are invited and encouraged to come and visit.*

*We especially love having kids come out to explore and experience the farm. Bring water. wear your boots and plan to get dirty!*

# Start eating healthier today with



Shari Sirkin and Bryan Dickerson

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