

Common Good Farm invites you to join us in our 18th season of growing good food through good farming! We are certified organic & certified Biodynamic®/Demeter & one of about 150 such farms in the US. The certifications are a reflection of our striving to grow the highest quality produce, eggs & meat through soil vitality & conscientious farming practices. We use biodynamic & organic seeds as available, focusing on open-pollinated & heirloom varieties. We're a mom & pop operation; all is grown by Everett Lunquist & Ruth Chantry. **The 2014 Farm Offerings are:**

- ★ **Summer CSA Shares:** 12 week season.
- ★ **NEW! Extended Summer CSA Shares:** 15 week season.
- ★ **Fall CSA Shares:** Single harvest in the fall – see box below right.
- ★ **Organic eggs:** Year-round on farm & at Open Harvest in Lincoln.
- ★ **Pastured Beef & Pork:** from grass fed animals on pasture; by pre-order for late autumn butcher. Contact us for a form.
- ★ **Produce, plants & herbs:** On farm in season. Spring plant sale is late April – mid-May... visit commongoodfarm.com for more info!
- ★ **Old Cheney Market** – find us at market from season opening - mid-July.

We provide much that is delicious & hopeful in CSA & sustainable farming:

- ★ stewardship of our human, animal & plant communities
- ★ growing & providing the most local, delicious, nutritious foods we can
- ★ preserving & creating wildlife habitats with farmer as land steward
- ★ small, family farming that is supported by the community

What is CSA? CSA is community supported agriculture & is a dynamic farm movement more than twenty years old, summed up as *share the bounty, share the risk...* or perhaps better said *in sickness & in health*. CSA engages farmer & consumer in a relationship in which consumer members pledge annually to pay a share of the farm's economic needs & in return receive a share of the produce in weekly harvests, as well as other farm-specific benefits. Early pledges & payments provide funds for expenses incurred before harvesting begins & throughout season. We are the longest running & oldest CSA in Nebraska... we do other farmy things but it is still the heartbeat of our farm!

2014 CSA Details Members support the farm paying a share of the budget & receive a share of the season's harvest as a weekly harvest box, picked-up from a delivery site or on-farm. Included with harvests is a delightful newsletter sharing farm news, recipes & produce info. Harvest shares are c. 10 - 12 lbs/week over the season. Season is mid/late May – early August. We offer 12 weeks of harvest for the summer share & 15 weeks for the extended summer share. As is the nature of farming, there are variables beyond our control. Generally this is adequate for a family of 4 or 2 vegetarians; remember, this is just a guideline. Too much? Find a partner & share the harvest (see form: \$20 partner fee). Summer CSA cost is \$360. Extended Summer CSA is \$450. A signed pledge form & deposit (\$180) or full payment reserves a share. Suggested deadline is February 15. Early pledges are important & help with planning! Subsequent payment for the balance is due by June 1, 2014. 70 shares are available for 2014. Harvest pick up on-farm or locations in Lincoln, Mondays or Thursdays from 3:30 PM – 6:30 PM.

More than Great Food!

- ★ **Hands-on & a place** - Come visit the animals, weed, picnic, enjoy the view.
- ★ **Spring meeting** - Meet, greet & peek at the season.
- ★ **Field days, potlucks & events** – field work & potlucks in May, June & July
- ★ **Newsletter** – Weekly, with recipes, news & more.
- ★ **Lending library** – Cooking & gardening.

Supporting Members Like the great idea, but can't use the produce? Pledge \$30 or more to support our efforts. You'll get invites to field days/potlucks & the weekly newsletter via e-mail... and of course, our thanks!

Shared Commitment We are excited about farming for people we know & pledge to do all we can within the constraints & variables of Nature & circumstances to provide a steady & bountiful supply of fresh herbs & vegetables through the harvest season. You pledge to pay your commitment in full, pick up your harvest box weekly, eat the goods & enjoy! If you volunteer & participate more, even better!

From the Field in 2014

- ★ **Late Spring:** Leaf lettuce, Swiss chard, snap & snow peas, scallions, spinach, Chinese Bunching Cabbage, baby turnips, radishes, herbs. Other possibilities: broccoli, arugula, bok choy, rhubarb, cabbage, mizuna.
- ★ **Early Summer:** Carrots, onions, summer squash, tomatoes, cucumbers, beets, peppers, potatoes, garlic, herbs. Other possibilities: kale, lettuce, kohlrabi, cabbage, hot peppers, eggplant.
- ★ **Extended Summer** : more of the good stuff...potatoes, cucumber, onions, Swiss chard, bell peppers, hot peppers, eggplant, tomatoes, zucchini.
- ★ **Eggs:** Our own certified organic – add-on for CSA delivery or at the farm.
- ★ **Beef & Pork:** butchered in late Autumn ; pre-order required. Contact us!

Questions or Info 402.783.9005 or farmers@commongoodfarm.com
Visit our website at www.commongoodfarm.com

CSA Pledge Form Contact us for a pledge form or at commongoodfarm.com.

★ **Fall Harvest Share** – Join in to receive a one-time harvest of larger quantities! The Fall CSA Share of (mostly) storage items aims to include potatoes, winter squash, onions, sweet potatoes, garlic, leeks & other goods. We estimate this will be 70 lbs. & will be priced at \$150. \$50 deposit holds a share! We will contact you later in the season with additional details.



Certified Organic by
Stellar Certification Services



Certified Biodynamic by
Demeter Association

Find common good farm's
goods in the Lincoln area:

- On farm & through our CSA: For farm-gate purchases, by arrangement or chance. U-pick by arrangement. Eggs available year round! Meat by order each Fall.
- Old Cheney Road Farmers Market: Sundays, 10 am – 2 pm. We vend from opening day through mid-July, often returning in October
- Our Plant Sale: late April – mid May each year. See commongoodfarm.com for dates!
- Open Harvest throughout the year: seasonally for veggies & herbs & year round for our wonderful eggs!
- Branched Oak Farm: find our eggs in their on-farm store on Tuesdays & Saturdays.

common good farm 2014



**12 week Summer CSA
15 week Extended Summer CSA
Fall Harvest CSA
Organic Pastured Eggs
Pastured Beef & Pork
Annual Spring Plant Sale**

**commongoodfarm.com
raymond, NE**