



What is CSA?

Community Supported Agriculture (CSA) is a growing way for consumers to buy locally-grown, seasonal food directly from a farmer.

Most people who sign up for a CSA program want to eat healthier, gain a better understanding of where their food comes from, and build a relationship with the local farmers who grow it.

CSA programs also help farmers maintain a stable source of income to help cover early season expenses.

At Coveyou Scenic Farm Market we offer several CSA options or shares. A “share” is defined as a weekly box of mixed farm-fresh produce. The produce in a given week’s portion varies based on what is ready to harvest from the fields.

In the spring, members reserve their preferred portion/share, with a deposit, and in June or July (depending on their choice), begin to pick up their weekly share of produce at the farm.

5 Tempting Reasons To Join A CSA

1. **F**east on farm-fresh produce picked ripe, free of synthetic pesticides and rich in flavor and vitamins.
2. **E**xpand your cooking knowledge and skills. Weekly recipes are provided featuring items within your box of fresh produce.
3. **A**cquire a new taste for vegetables—some of which you may not have ever eaten before. Enjoy reasonable portions of a vast array of produce.
4. **S**ave! The cost of a weekly share saves 20% on average compared to buying the same items in our farm market. It’s also a better value as you receive a fresher/higher quality.
5. **T**ie to your community’s heritage. Several farms in the Petoskey area are 100+ years old. This year Coveyou celebrates 138 years.

What’s the best CSA share for me?

Each standard share consists of 6 to 12 different seasonal items that are harvested fresh from the fields—from our farm to your table in less than 24 hours. Choose the best share based on your family size and intended use/consumption...

Premium Box - Best for:

- A family of 3 to 5
 - Or a young family/new mom making their own baby food
- Often times there is enough to preserve/freeze small amounts for winter months
 Premium Full Share: \$250 Deposit + \$225 at first pick-up

18 Weeks: June 19th thru October 16th

Premium Summer Share: \$150 Deposit + \$140 at first pick-up

9 Weeks: July 3rd thru Labor Day

Pantry Portion - Best for:

- 1 to 2 Adults

A Pantry Portion member receives their CSA share every week over the same time period as a Premium share.

Pantry Full Share: \$150 Deposit + \$150 at first pick-up

18 Weeks: June 19th thru October 16th

Pantry Summer Share: \$100 Deposit + \$90 at first pick-up

9 Weeks: July 3rd thru Labor Day

Simple goodness down to our roots

Coveyou Scenic Farm Market • 231-348-1278 • CoveyouScenicFarm@gmail.com, CoveyouScenicFarm.com

FAQ on Coveyou's CSA

Q: Is everything that Coveyou Scenic Farm Market grows organic?

A: We are not certified organic, but **we grow all crops without the use of synthetic pesticides.** We use many organic techniques where we can avoid the use of sprays. If we need to spray to control a pest **we only use organically approved materials.** We work hard to minimize any pests that may be harvested with your produce, but we still recommend careful washing and inspection. Note: we still use *some* conventional fertilizer while working year-to-year to gradually increase the nutrient base in the soil. It is our long-term goal to remove what little conventional fertilizers we do use.

Q: Does Coveyou use preservatives or chemical sprays to improve the shelf life of our vegetables?

A: NO! This is better for your health but requires more thoughtful use of your share.

Q: Do you supply recipes or cooking suggestions?

A: Yes, each week we will send you a short e-mail summarizing what's new on the farm, what produce is in your box that week and a short list of recipes for you to consider. We also have a more expansive list of recipes on our website. We also welcome receiving recipes from you that we can share with others.

Q: Do CSA members need to do any work on the farm?

A: No. We do all of the work in growing and harvesting your vegetables and fruit. All you need to do is enjoy!

Q: Do I need a container?

A: No, we will provide a reusable box each week for you to transport your share in. We do require that you return the box the following week.

Q: Can I choose the vegetables I want in my box each week?

A: Each CSA Share received the same fresh box of vegetables. Unfortunately, we are not able to pack each box to your individual tastes.

Q: What if I/we can't eat it all before the next pick-up date?

A: We provide tips on canning and freezing to preserve for future months in our weekly newsletters. It is also highly recommended that you identify a neighbor, friend or family member who will take items that you do not want or will not be able to use.

Q: What if I/my family ends up wanting more vegetables than what is provided in my purchased share?

A: A) Additional produce will be available for purchase at our farm at pick-up or, B) You may upgrade from a Half- to a Full-Share for a pro-rated fee.

Q: What if there are vegetables that I/we haven't tried before?

A: Be open to new things and try the recipes that accompany the related produce.

Q: What if I cannot pick-up my share?

A: Logistically we need you to adhere to your pick up day. We strongly advise that you find a friend who can pick up your box for you on days you cannot.

Q: When can I pick up my share?

A: Distribution days are:

Tuesdays from 11:00 AM - 6:00 PM. Shares will be available on the farm in the barn. If you are unable to pick up your share prior to closing time please call us.

Q: Can I pick up my share at one of the Farmer's Markets that we participate in?

A: Due to the limited capacity of the vehicle we use to transport produce to the farmer's markets we are unable to deliver shares at Farmer's Markets.

Q: When is the payment due?

A: Because we are offering a limited number of shares each year. Full-payment is always welcome; however, a minimum is due with your application to secure your spot with the balance due upon the first pick-up. Please contact us with any questions prior to submitting your application.

Q: Do we forfeit our share if we're away on distribution day?

A: In short, yes. If you are away or are unable to pick up your share you may send somebody in your place; however, we are not able to carry forward share balances. Please notify us in advance if you expect to be out of town and that no one will be able to pick up your share. This will minimize waste.

Q: How do the shares vary throughout the growing season?

A: The season starts slowly. Shares will consist mostly of greens and early season root vegetables in June. As we get into July the volume and variety in your share boxes will increase.

Q: What about herbs and specialty vegetables?

A: We look forward to providing you with a variety of all the produce we grow and a sampling of some of the fruit. We will occasionally put in some herbs as well. Please feel free to suggest new items. We look forward to trying new things as much as you do. NOTE: We do not include flowers or Christmas decorations in the CSA.

Q: How can I contact the farm for more information or to get an application?

A: Applications can be found in the CSA section of our website CoveyouScenicFarm.com. Please feel free to contact us by phone at 231-348-1278, ask for David or Kathy. You can also reach us by e-mail at: Coveyoufarm@gmail.com. We will e-mail an application to you that you can then return through the mail.



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Approximate Production Schedule

We grow a number of varieties of nearly every vegetable on this list. For example, even though “Peppers” shows up once, we grow over a dozen different varieties including green, red, yellow, orange, chocolate and purple bell peppers, multiple red sweet peppers and a wide range of hot peppers.

Please be aware that the first few weeks may have a limited variety of produce. Variety improves as the season progresses. We are proud of our quality and the broad diversity we provide. However, in the event of a crop failure we may be able to supplement shares with some produce items from other local farmers.

	June	July	August	September	October
Vegetables					
Peas					
Broccoli Raab					
Spinach - Swiss Chard					
Kale/Collards					
Lettuce					
Various Greens					
Radish					
Scallions Onions					
Broccoli					
Beets					
Chinese Cabbage					
Kohlrabi					
Turnips					
Fennel					
Zucchini Squash					
Yellow Summer Squash					
Beans					
Sweet Corn					
Cucumbers					
Cauliflower					
Tomatoes					
Onions					
Potatoes					
Basil/Parsley					
Eggplant					
Peppers					
Carrots					
Leeks					
Cantaloupe					
Sweet Potatoes					
Cabbage					
Pumpkins					
Gourds					
Winter Squash					
Brussel Sprouts					

Note that not all items may be successful in the field.

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