

## Erie Fresh

It is our mission to increase knowledge and accessibility to safe, nutritious, locally-grown food through urban agriculture programs and community supported agriculture systems for the inclusive benefit of those who visit, work and live in Erie County. We believe that local agriculture plays a key role in the vitality of our community and our regional economy.

## Our Growers

### Riehm Farms

Five generation family farm offering naturally raised meats and a variety of seasonal produce. A unique and cutting edge vegetable and fruit grower. They use nutritionally tested, organic practices on rich Black Swamp soils near Fremont

### Thayer Family Gardens

A family farm growing nourished and well-cared for produce, and pasture-raised beef & eggs near Castalia.

### Heywood Gardens

Potted edibles, cut-flowers and a variety of seasonal produce. Heywood Gardens experiments in rich heirloom crops that are grown for their exquisite taste.

### J.C. Homestead Farms

Naturally-grown hay, vegetables and a variety of naturally-raised meats just outside Bellevue.

### Rachael's Homegrown Produce

Our youngest farmer! From Willard, Rachael offers naturally grown fruits & vegetables to raise money for college.

### Round Rock Farm

Round Rock Farm is run by Mary & Luke Heyman, both 26, in Monroeville. After college, they decided to make their mark on organic farming by acquiring land in the Ohio valley to cultivate for the production of fruits, vegetables, herbs and animal husbandry.

### Healthy Bakes by Catherine

"My mission is to feed anyone who enjoys good food but to do it in a way that doesn't compromise the taste of the food or the health of the person eating it," says Catherine Reiter, an organic grower, baker, artist, plant teacher, mother and lover of real food.

### Berlekamp Farms

Century family farm growing certified organic speltz, oats and feed.

## Why Local?

Why not? Fresh, locally grown foods don't just taste delicious — they are better for you, our community and our planet.



### Low Mileage from Farm to Plate

Most food travels over 1,500 miles from farm to plate. Through the Erie Fresh CSA, all your food is grown right here in Erie County.



### Fresh Taste, Less Waste

Local food usually arrives in markets within 24 hours of being harvested. Fresh foods keep longer — reducing waste in the kitchen, and providing better value for our food dollar.



### Safe, Delicious and Nutritious Food

Because locally grown foods are grown for quality instead of quantity, they are more nutritious, containing higher levels of vitamins, minerals and other nutrients that healthy minds and bodies need. Fresh food means less processing, decreasing risks for food-borne illnesses.



### Prosperous Farmers

Ninety one cents of each dollar spent in conventional food markets goes to processors, middlemen and marketers; while only 9 cents goes to the farmer. Our farmers keep 80-90 cents of each dollar by selling direct to our community, farmers can reduce their costs to offer us fresher, more affordable food. Prosperous farmers keep farming and operate viable businesses that enhance our communities and strengthen our local food supply.



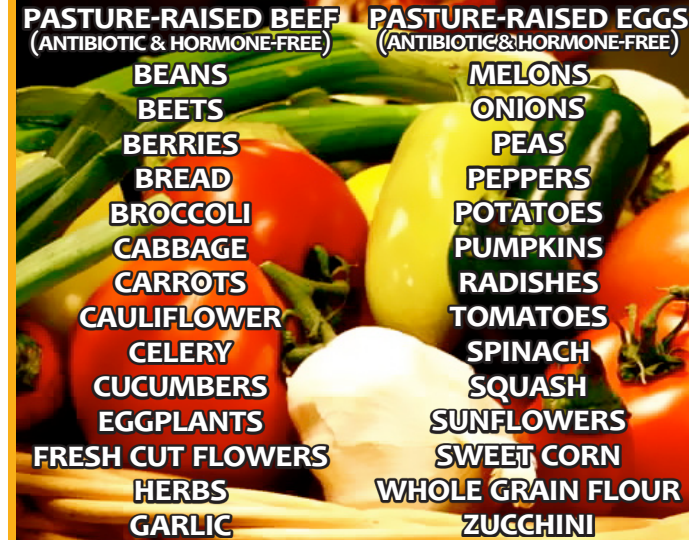
### Thriving Communities

Buying local, a greater portion of our food dollar stays home supporting farms and businesses that make up our local communities and our regional economy. Ohio's largest industry is agriculture, with \$91 Billion in annual profits. But of the food that is consumed by Ohio families, only 2% is actually grown in Ohio. Localizing our food spending would generate billions for our local economy and communities.

COMMUNITY  
SUPPORTED  
AGRICULTURE

## Erie Fresh CSA 2010

LOCALLY & SEASONALLY AVAILABLE



A Program from Erie County Coalition for Local Resources

## Support Our Farmers

Let's GROW Together

Erie  
Fresh

JOIN TODAY!

LIMITED SHARES AVAILABLE

## Eat and Save

How would you like to have fresh produce, grown for quality with you in mind, that is less expensive than shipped-in, store bought food - all the while contributing to the vitality of the community? Through a CSA, the Artisans of the region have come together to offer you the best they have on a weekly basis. We live in one of the most desirable climates for growing over forty different specialty food crops that the average American purchases on a weekly basis from the grocery store. By purchasing these needs through a local CSA program, **you can save up to 30-50% on your food costs!**

## What is a CSA?

The USDA defines a CSA as follows:

*"CSA consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. Members or shareholders of the farm or garden pledge in advance to cover the anticipated costs of the farm operation and farmer's salary. In return, they receive shares in the farm's bounty throughout the growing season, as well as satisfaction gained from reconnecting to the land. Members also share in risks, including poor harvest due to unfavorable weather or pests."*

Two common types of CSAs are single grower and multi-grower. Because our Erie county farming community is working collectively to provide your share, risks for a poor harvest are minimized.

## Erie Culture Extras

With every share, recipes and information on upcoming events, works by local authors, poets and artists will be included.

## Shares Available

We offer several types of shares, so you can pick and choose what suits your family's needs. A 'Family' Share feeds 4-5 people while an 'Individual' Share feeds 1-2 people. Each week, your share will be available for pickup at a designated dropoff point. If you are unable to pick up your share for any reason, we encourage you to share with your friends and neighbors. All unclaimed shares week to week will be given to one of the area homeless shelters.

### 22 WEEKS - JUNE — OCTOBER 2010 fruit and vegetable share

This share is the size of one large paper grocery bag filled to the top with a variety of freshly picked, naturally-grown produce. Nutritious and delicious with all the flavors of the Lake Erie season!

FAMILY \$704  
INDIVIDUAL \$352

### pasture-raised egg share (grass fed)

Raised naturally, happy healthy chickens produce happy healthy eggs that are packed with vitamins, minerals and omega-3 fatty acids. Individuals receive one dozen per week. Families receive two dozen per week.

FAMILY \$132  
INDIVIDUAL \$66

### baked goods share

Enjoy fresh baked whole specialty loaves of bread, from homemade recipes handed down for generations.

FAMILY \$154  
INDIVIDUAL \$77

### cut flower share

Beautiful seasonal flower arrangements will brighten your home every week!

SINGLE \$66  
DOUBLE \$132

### FLEX - SPECIAL ORDER

#### grain share - certified organic spelt flour

Spelt nutrients are easily absorbed by the body as a superb fiber resource with large amounts of B-complex vitamins. Total protein content is 10%-25% greater than common varieties of commercial wheat. Replace this whole grain flour cup for cup in whole wheat recipes. Great for pancakes!

25 LB BAG \$18

#### grass-finished beef

At 50% less saturated fat than grain-fed beef, with heart-healthy omega-3 EFAs and cancer-fighting CLAs, this beef is hormone and antibiotic-free with a succulent, savory flavor to make the best of grilling out this summer! Please contact us for cuts, prices and availability.

## Join Erie Fresh CSA

If you are interested in any of our shares for the upcoming season, contact us for more information by calling 419-290-0442 or filling out the form below and send with check or cash to the following address:

Erie Fresh  
2350 Cleveland Road  
Sandusky, Ohio 44870



2010 Season  
Start: First Week of June  
End: Last Week of October

I would like to subscribe to a...  FAMILY  INDIVIDUAL  
(check all that apply)

- FRUIT & VEGETABLE SHARE  
  PASTURE-RAISED EGG SHARE  
  BAKED GOODS SHARE  
 CUT FLOWER SHARE  SINGLE  DOUBLE  
 GRAIN SHARE

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

EMAIL \_\_\_\_\_



The pick-up location is at the Sandusky Farmers Market. For time and location visit <http://sanduskyfarmersmarket.wordpress.com>

For more information about ECCLR, visit [www.eriewire.org](http://www.eriewire.org)