



Why Our CSA?

By joining a Community Supported Agriculture (CSA) program, you purchase a share of a farm's harvest. We are able to offer a wide variety of high quality produce, fresh from our fields on Sweets Corners Road in Penfield. Our knowledge, information and customer service help you get the most out of your experience.

The benefits of joining our program and receiving a steady supply of fresh local produce have included:

- **Improved cooking skills and a healthier, more varied diet (even among kids).**
- **Weight loss and improved overall health. Not only by eating better, but through physical activity in our u-pick fields.**
- **Increased food knowledge through access to a library of information and recipes to help you along the way.**
- **A sense of community and connection with the farmers who grow your food. Get to know us at special member events offered throughout the season.**



U-Pick Opportunities

Many members find our u-pick bonuses to be the most enjoyable and valuable aspect of our CSA. Full and biweekly members are entitled to pick their own flowers, herbs, and extra vegetables for up to 18 weeks, and with **Saturday u-pick hours**, you'll have more time in the fields.

We grow some crops, such as sugar snap peas, green beans, cherry tomatoes and hot peppers, specifically to be u-pick crops.

Some members make multiple batches of pesto, salsa, and tomato sauce with the crops they pick.

These bonuses are not built into the cost of the Grab & Go share because that share is designed for speed and simplicity in mind. Grab & Go members interested in adding U-Pick to their share may purchase an add-on. Choose from either a full season (opportunity to pick on Saturdays for up to 18 weeks) for \$80, or any four U-Pick Saturdays of your choice for \$40.

What We Grow

- Assorted Herbs
- Beans
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Cooking Greens (kale, Swiss chard)
- Salad greens (lettuces, arugula,
- spinach, spicy greens)
- Kohlrabi
- Leeks
- Onions
- Okra
- Snow & Sugar Snap peas
- Peppers
- Potatoes
- Root veggies (beets, parsnips)
- Radishes
- Tomatoes
- Watermelon
- Cantaloupe
- Winter squash
- Zucchini & Summer Squash



- Berries
- Cherries
- Apples
- Grapes



The Wickham Farms 2017 CSA



Full Vegetable, Flower & Herb Share (\$635 for 18 weeks)

Geared toward families or vegetarian couples, this includes eight to 10 items early in the season, and up to 15 choices at the peak of the season. Pickup is a farmer's market -style setup at our farm in Penfield. You'll get to pick your own share with some choices among the offerings. Pickup on a Monday or Thursday between 4 & 7 pm. In addition, you may pick your own flowers, herbs and select bonus veggies on your pickup night as well as Saturday mornings.



Full/Biweekly Share, Week 5

Why Local Is Better

1. Flavor

Many of the vegetables you purchase at the supermarket were grown because they hold up to shipping and have a long shelf life—not because they have the best flavor. We have the luxury of being able to grow the varieties that taste the best.

Further, once vegetables are picked, their sugars begin to turn to starch. For some vegetables, like sweet corn, the flavor deteriorates within hours. Because you get your produce within hours of being picked, your veggies will be at the peak of their flavor.

2. Nutrition

Food begins to lose nutritional value after it is picked. Because most of your produce will be freshly picked, it will have the greatest nutritional content.

3. Dollars in our community

Money spent locally ensures farming stays in our community and preserves local jobs.

Biweekly Vegetable, Flower & Herb Share (\$435 for 9 weeks)

This is the same format as our full share above, but with pickup every other week. In addition, you may pick your own flowers, herbs and select bonus veggies on your pickup night as well as every Saturday morning.



Grab & Go Vegetable Share (\$435 for 18 weeks)

This share is designed for couples, single vegetarians, people new to the CSA experience, and busy people with limited time. A smaller share, it includes six to 10 items, with emphasis on the more common crops. It is pre-packed for speedy pickup at Wickham Farms on Tuesdays between 4 & 7 pm.



Grab & Go Share Week 15



"We love the read and pick story time! My kids love picking fresh veggies and having it for dinner that night! It's a great learning experience."

- Maureen Lynn Morse, via Facebook



"Your purple potatoes make THE best, most delicious and lovely mashed potatoes! My daughter still remembers them with awe!"

- Kathleen Rowland, via Facebook



For more information or to join, visit our website at WickhamFarms.com/CSA.

