

Shares

We offer three different types of shares:

- vegetables
- eggs
- frozen broiler chickens

Vegetables shares begin in early June and run for 23 shares over 24 weeks (no share the week of July 4th), through mid-November.

Eggs are available in half-year/26 week shares: summer (June through November) and winter (December through May). **Chicken** shares are available any time!

We also offer **add-on shares**, procured from other local producers. **Mushroom, bread,** and **coffee** shares run for 26-week summer and winter seasons, like our egg shares. **Fruit** shares run 15 weeks during the vegetables season. When you invest in any of the shares we produce at the Farms, you can enjoy even more local food by also purchasing add-on shares!



How it works

Select the CSA share types and sizes you wish, then decide if you'd like to pick them up or to get home delivery. For home delivery, you must leave out a cooler containing a freezer pack where we can leave your shares if you're not home. Or, select a pick-up site where you can collect your shares the day they're delivered. Each of your shares will be labeled with your name.

About your farmers

While we're not a traditional family farm, our big Farms "family" is a wonderful group! Composed of farm hands, job coaches, farmers who receive job coaching, and others, we are wrangled by Farms Manager Emily Rucker.



Some, but not all, of your Raccoon Forks Farms team!

Raccoon Forks Farms

P.O. Box 42, Adel, Iowa 50003

515/729-8664

rforksfarm@gmail.com

[www.raccoonforks.com/
raccoon-forks-farms/](http://www.raccoonforks.com/raccoon-forks-farms/)



CSA SHARES 2022-23

Community-Supported Agriculture



Food the Way It
Should Be!
Fresh - Healthy - Local
& Chemical-Free!



Become a Raccoon Forks Farms CSA member!

Community-Supported Agriculture (CSA) is a unique partnership between farmers and people who want to purchase fresh, healthy, chemical-free local food, support local farmers, and support the local economy.

- Investment: When you purchase our CSA shares ahead of the growing season, you truly provide "seed money" that we can use for seeds, equipment, repairs, etc. – the necessary things we need in order to raise crops and animals.
- Rewards: Your CSA membership is an investment in the Farms, and you share the risks and rewards of farming with us. In return, we share the season's harvest with you!
- Impact: By supporting Raccoon Forks Farms, you participate in good land stewardship, erosion-prevention, and humane treatment of farm animals.



Why choose Raccoon Forks Farms?

When you invest in healthy, chemical-free, local food from Raccoon Forks Farms, you support two important missions:

1. We provide employment opportunities to people who have disabilities and other barriers to employment. These employees fill valued roles in our operations and receive one-on-one job coaching and the support they need to build skills and be successful on the job.

2. We take pride in farming sustainably. We don't use any chemicals or hormones at the Farms. Instead, we use crop rotation, cover crops, as little tilling as possible, and compost to grow great produce and improve the health and fertility of our soil. Our chickens are cage-free and pastured – we believe that sunshine, grass beneath their feet, and the ability to forage keep them happy and healthy. In return, they give us rich, delicious brown eggs and wonderful meat!



Four ways to order:

- Email us at rforksfarm@gmail.com;
- Call us at 515/729-8664;
- Use the attached order form; **or**
- Go to www.raccoonforks.com/raccoon-forks-farms/ for a downloadable order form

What size shares should you get?

Vegetables: available as full shares and half shares.

Eggs: full shares (1 dozen eggs per week) and half shares (half-dozen eggs per week).

Whole, frozen broiler chickens: 2-5 chickens, depending on their sizes, totaling 15+ pounds. You can order chicken shares any time and receive them in individual or batch deliveries, upon request.

Bread add-on shares: full shares (2 loaves of bread per week); half shares (1 loaf per week); and quarter shares (1 small loaf per week). Shares include a regular rotation of wheat bread, ciabatta, and challah, along with occasional "specials" such as cookies and scones.

Fruit add-on shares: full shares.

Mushroom add-on shares: full shares (quart of mushrooms per week) and half shares (pint of mushrooms per week).

Coffee bean add-on shares – beginning in Summer 2023, we'll be offering add-on full shares of light roast coffee beans! Shares will provide one pound of freshly roasted coffee beans per week.

Payment options:

We thank you in advance for paying in advance! Your investment is a huge help to us in planning and preparing for the farming season to come. You're welcome to pay by credit card (we'll email you a PayPal invoice) or by mailing us a check. We ask that you pay in full, at the time you sign up, for orders totaling \$300.00 or less. If your order is for more than \$300.00, you can a) pay in full at the time you order; or b) pay in 2 to 4 monthly installments, by credit card, according to the schedule below. Please include this information with your order if you choose to pay by installments:

For installments, please check how you'd like to pay:				
Installments:	Payments due by:			
	<u>11/30/22</u>	<u>12/31/22</u>	<u>1/31/23</u>	<u>2/28/23</u>
<input type="checkbox"/> 2		50%		50%
<input type="checkbox"/> 3		33%	33%	34%
<input type="checkbox"/> 4	25%	25%	25%	25%

2022-23 Order Form



Name _____ Email _____ Phone _____ City _____

Share Type		Size	Price	Duration	Delivery	Start Date	End Date
Winter 2022-2023 eggs	<input type="checkbox"/>	Full share	\$104.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
	<input type="checkbox"/>	Half share	\$65.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
Winter 2022-2023 bread add-on	<input type="checkbox"/>	Full share	\$360.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
	<input type="checkbox"/>	Half share	\$200.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
	<input type="checkbox"/>	Quarter share	\$110.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
Winter 2022-2023 mushrooms add-on	<input type="checkbox"/>	Full share	\$320.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
	<input type="checkbox"/>	Half share	\$170.00	26 weeks	Weekly	Dec. 7 or 8	May 31 or Jun. 1
Frozen broiler chickens	<input type="checkbox"/>	N/A	\$60.00	N/A	Upon request	N/A	N/A
Summer 2023 vegetables	<input type="checkbox"/>	Full share	\$675.00	23 weeks	Weekly*	June 7 or 8	Nov. 15 or 16
	<input type="checkbox"/>	Half share	\$420.00	23 weeks	Weekly*	June 7 or 8	Nov. 15 or 16
*No vegetables week of July 4th	<input type="checkbox"/>	Full share	\$104.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
	<input type="checkbox"/>	Half share	\$65.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
Summer 2023 eggs	<input type="checkbox"/>	Full share	\$104.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
Summer 2023 fruit add-on	<input type="checkbox"/>	Full share	\$175.00	15 weeks	Weekly	TBD	TBD
Summer 2023 bread add-on	<input type="checkbox"/>	Full share	\$360.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
	<input type="checkbox"/>	Half share	\$200.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
	<input type="checkbox"/>	Quarter share	\$110.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
Summer 2023 mushrooms add-on	<input type="checkbox"/>	Full share	\$320.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
	<input type="checkbox"/>	Half share	\$170.00	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
Summer 2023 light roast coffee add-on	<input type="checkbox"/>	Full share	TBD	26 weeks	Weekly	June 7 or 8	Nov. 29 or 30
Total: \$			# of installment payments, if using:				

Pick-up/Delivery

You can pick up your shares at one of the sites below or opt for home delivery. Home delivery is available for locations within our delivery zone at an additional charge of \$5.00 per week. For home delivery, you must set out a cooler, with an ice pack or two, where we can leave your shares if you're not home when we arrive.

Pick-Up Sites

Wednesdays

- 3-6 p.m. Raccoon Forks Trading Co., 621 Des Moines Street, Des Moines
- *Des Moines University (3-6 p.m.)
- *Kemin Industries (3-6 p.m.)
- *These sites available to site employees/students, only

Thursdays

- 11 a.m.-6 p.m. Wheatfield Co-op, 413 Northwestern Avenue, Ames
- *Sammons Financial Group (3-6 p.m.)
- 3-6 p.m. Afghan Supermarket, 2600 University Avenue, West Des Moines
- 4-7 p.m. River to River Bakery & Pizza, 109 North 9th Street, Adel

Home Delivery

- Home delivery

Home address: _____