

good

What Is Community Supported Agriculture?

Community Supported Agriculture (CSA) is a system in which consumers purchase produce in advance, directly from the local farmer – securing the market, thus bringing together community members, farmers, and agriculture land to create a more intimate and healthy relationship between people and the source of their food. You know where your food comes from; eat in harmony with the seasons - enjoying a balanced and varied diet of healthy natural fresh local food.

What do I get?

Crème de la Crop offers two types of produce shares “Standard Market” and “Epicurean”. Each is available as a full share or half share. A full share typically satisfies the needs of two vegetarians, or four people on a mixed diet. Your weekly share will contain an assortment of fresh ripe produce and herbs (mostly heirloom and unique varieties known for their flavor), plus our newsletter about the week’s harvest with applicable recipes. You will save about 20% off farm stand prices.

Being part of a CSA Community

Working together to meet goals. Your yearly pre-season purchase is a reservation & commitment of a limited share harvest that enables the farmer to have funds for supplies, seeds, soil, labor, fuel, etc., and to be able to plan for the harvest based on the community needs.

Want more information?

Email cremedelacrop@msn.com,
or visit us online at: www.cremedelacrop.com

food

We are not a typical CSA Program

With the unpredictability of Northwest Indiana’s climate and Global Warming, we have found it tricky to forecast when we can get the crops planted. On occasion at the end of June when we first start harvesting produce, what comes out of our fields are mostly leafy greens, radishes and peas. Knowing that this will not satisfy the needs of our members we will outsource vegetables that are Certified Organic to supplement the weeks offering. Some crops are very labor intensive to harvest and maintain by hand. For example most root vegetables and beans are typically mechanically harvested. In order to continue farming and to pay our staff fair wages we will farm out organic produce that is too costly for us to grow/harvest. Our goal is to provide our members with ample produce at a fair price so that you can provide your family with wholesome nutritious meals.

Healthy soil means healthy food

Grown without chemical fertilizers, pesticides or herbicides since 2004 – Crème de la Crop uses advanced, natural growing techniques that improve the soil health and plant structure. Our plants produce more, are naturally resistant to common pests and are more tolerant to a variety of weather conditions. The result? Healthier food, free of toxins. And produce grown via sustainable methods protecting our water supply from contamination.

Keep it close to home

A tomato usually travels about 1,500 miles from where it is grown to your salad bowl. When you buy food from local farmers the environmental costs associated with the transport, processing and distribution of your food are significantly reduced along with less pollution or additional costs resulting from transporting the food cross-country.

**We're not just growing produce,
We are nurturing the community**

Educating and celebrating healthy food and healthy farming provides opportunities for families to share and learn. And when you purchase locally grown food, a greater percentage of your money is reinvested in our local economy. By participating in community supported agriculture (CSA), you are doing your part to ensure the survival of a small local farm, thus providing a source of fresh, wholesome food – now and for the future.

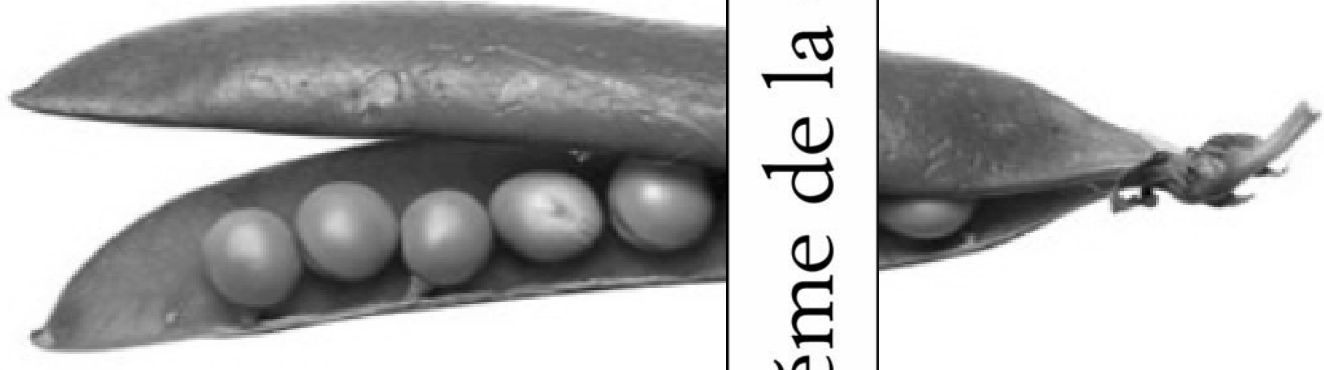
TRUE OR FALSE?

The produce you buy at the grocery store is just as nutritious as the produce sold at an organic farmer's market.

False. While any produce may be better for you than no produce, the manner in which fruits and vegetables are grown can make a big difference in the amount of vitamins and minerals they contain. The average organic crop has approximately 10-20 percent higher nutrient levels than comparable conventional crops, and at least 10-20 percent less toxins.

DID YOU KNOW?

Only about 10% of the fossil fuel energy used in the world's food system is used in production. The other 90 percent goes into packaging, transportation, and marketing.



Crème de la Crop

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