

# good

# food

## **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 fruit 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.

## **Healthy soil means healthy food**

Grown without chemical fertilizers, pesticides or herbicides – 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. The produce grown via sustainable methods protect our water supply from contamination.

## **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.

## **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 from local farmers the environmental costs associated with the transport, processing and distribution of your food are significantly reduced. Also, there is no pollution or additional cost resulting from transporting food cross-country.

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

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

## **Our Farming Methods:**

### **Chemical-Free & Biodynamic**

At Crème de la Crop family farm, our goal is to be a Certified Organic Grower. However, we do not use all conventional organic methods such as cover crops, manure and compost that can rebuild the soil over a period of time.

We implement Biodynamic and scientific techniques to mend the soil via our soil consultant's recommendations. After they evaluate our soil, we remineralize the soil using organic liquid fertilizers consisting of micro-organisms and other natural products to help cleanse and mend the soil. It has been proven that this method: increases the soil structure; strengthens the plant to be able to absorb more nutrients; makes the plants more resistant to disease, insects, and varying weather conditions – thereby improving the whole ecosystem of the farm. Biodynamic principles also employ a method of planting that works with gravity, subtle energy, and working in harmony with nature. See [www.biodynamics.org](http://www.biodynamics.org)

**Want more information? Email  
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# C.S.a.

## **What Is Community Supported Agriculture?**

Community Supported Agriculture 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 food.

## **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.

## **What do I get?**

Crème de la Crop family farm 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 farm fresh ripe produce and herbs (including heirloom and unique varieties known for their flavor), plus our newsletter about the week’s harvest with applicable recipes. You will save approximately 20 percent off farm stand prices.

Crème de la Crop

**Beyond organic. From our garden to you.**

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