

2010 MEMBERSHIP

The Annual Happy Heart Farm Membership Fee is used for ongoing capital expenses, like equipment and greenhouses. It is your financial support of the Happy Heart Farm. It is a separate, nonrefundable fee. Receipt of your Membership Fee holds your space for the Summer Vegetable Share, Working Member Share, Split Share, and all Additional Shares.

SUMMER VEGETABLE SHARE

The Full Share (satisfies 2 adults) is a weekly pickup of a share from May to November.

The veggie share fee is due by the first pick-up in late May. If you can pay this in advance, kindly do so.

WORKING MEMBER SHARE

A Working Member's Share requires a commitment of 3 hours per week throughout our planting and harvesting schedule (March-November). A discount is applied from the full share price. There is a limited number of working member shares each year. If you are interested in the Working Membership Share please speak with Dennis immediately.

SPLIT SHARE

If you are planning to split a share with a friend or a neighbor, please have one person responsible for payment. HHF needs the email addresses of both parties. Each party is responsible for the Annual Membership Fee.

"Thanks so much for the opportunity and honor to be a working member"
~ 2008 Member ~

ADDITIONAL SHARES

These shares are an extra cost to the summer vegetable shares and prices will be posted on our website in May.

MUSHROOM SHARE

Offered by Hazell Dell Mushrooms. Varieties include button, oyster, shiitake, portabella and lion's mane. 6 weeks (fall).

FRUIT SHARE

Offered by Ela Family Farms in Paonia. Includes peaches, pears, plums and apples. 11 weeks. Approximately 47 pounds of fruit.

JUICE SHARE

Offered by Big B's Orchards in Paonia. A variety of apple juice blends with apricot, pear, cherry, ginger, and apple cider. 6 weeks (fall).

HONEY SHARE

Local delicious organic honey offered by several beekeepers from the Northern Colorado Beekeepers Association. Sizes include: Honey Bears, Pints, and Quarts. Available in late summer.

SPRING/FALL BERRY SHARE

Raspberries, strawberries, and blackberries. Grown by Garden Sweet in Fort Collins. 6 Weeks

EGG SHARE

Organic eggs grown by Stan Wamhoff, our neighbor and tractor repair man. Delicious eggs with large yolks and colored shells!

RAW MILK SHARE

Enjoy the best tasting milk with the cream still on top! Available as cow shares offered by Lugene Sass at N. Taft Hill Dairy.

WHAT'S IN A VEGETABLE SHARE?

SPRING distributions provide abundant colorful lettuces, spinach, mixed greens and radishes.

MID SUMMER distributions include fresh basil, summer squash, cucumbers, cauliflower, tomatoes, peppers, melon, and corn.

FALL harvests include winter squash, pie pumpkins, carrots, beets, broccoli, napa cabbage, spinach, and kohlrabi.

For more details about types and quantities of vegetables see our harvest archive on the website.

STAYING CONNECTED

For efficiency purposes most communication is done via e-mail. We send out monthly newsletters with farm updates, events, and recipes to all members. This information is usually posted on the website as well.

We are looking forward to a fun and productive season. See you in the spring!

Sincerely,

Dennis and Bailey Stenson
970.482.3448
info@happyheartfarmcsa.com



**For more information visit us online at:
www.happyheartfarmcsa.com**

COMMUNITY SUPPORTING AGRICULTURE

(CSA) is a social model which connects you to your local food, the homeland, the local economy, and to your local farm family. The Happy Heart Farm grows biodynamic produce for our sharing membership, and offers shares of other local and regional farm's food products. In return, our sharing members participate in the risks and uncertainties of farming as well as sharing the bountiful harvests of food and the joys of food culture. They place their food dollars directly in the hands of the local farm families, casting their economic vote for:

- HIGHEST QUALITY, CHEMICAL FREE PRODUCE, FRESH AND FULL OF LOVE.
- LOCAL ECONOMY AND ECOLOGICAL STEWARDSHIP.
- RECONNECTION OF THE COMMUNITY TO THE HOMELAND.

Biodynamics is our practice of careful land stewardship which incorporates organic methods with celestial timing and re-creational soil building practices. The results: taste, nutrition, beauty, abundance, community growth, health, sustainability and the celebration. The goal: a vibrantly living farm, and a community sharing and nurturing that abundance.



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HAPPY HEART FARM

COMMUNITY SUPPORTING AGRICULTURE

COLORADO'S FIRST CSA FARM

CELEBRATING OUR 27TH YEAR!

Mission Statement

Happy Heart Farm is a Community Supporting Biodynamic farm and educational center inspiring community spirit through earth stewardship and celebration.

“We received so much benefit in terms of health and enjoyment from our membership... Coming to the farm every week, knowing we were supporting our health, the health of our planet, and the health of our fellow farm members was fabulous!”

~ 2009 Members ~

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