

Our 2019 CSA Program is Here!

Sign Up by February 15th!



FIRST LIGHT FARM
CERTIFIED NATURALLY GROWN

We are a Greenwood business run by Greenwood residents, with the mission of helping support the health, sustainability, & community of the neighborhood that we're a part of too! With delicious food!

We would love nothing more than to harvest you a bag of veggies each week of our 20 week CSA (Community Supported Agriculture) program running from mid June to the end of October! We offer 3 different sizes to cater to your household's unique diet:

- **Big Family Appetite CSA** - \$45/week includes up to 12 different vegetables that our fields tell us are ready that week
- **Medium Normal CSA** - \$35/week includes up to 9 different vegetables that our fields tell us are ready that week
- **Couples & Individual CSA** - \$20/week includes up to 6 different vegetables that our fields tell us are ready that week

But wait, there's more! If you also join as a Farm Member **for \$35/year, you can CHOOSE which veggies you get each week!** There's also many more benefits to signing up as a member, including the option to add on to your order mushrooms, eggs, herbal teas, & pasture raised meats (all seasonally available) all locally grown! You'll also get discounts on summer educational classes, have the option to tailor your order with bulk purchases, have access to our u-pick fields when it's closed to the public, enjoy the farm as your special place of renewal and community, and many more!

Each week we will do our best to give you a diversity of offerings so that you won't get overwhelmed by the same foods. We have pick up sites in Greenwood & Ballard, or you can choose to pay an additional \$5.00/week for delivery to your door!

Please contact Farmer Jane (Lister-Reis), First Light Farm co-owner, at firstlightfarm84@gmail.com if you have any questions or if you'd like to sign up! We look forward to hearing from you!

To learn more about First Light Farm, visit our website at www.upickseattle.com. Or come check out our farm in Carnation (once we open to the public in June) at **1202 W Snoqualmie River Rd NE, Carnation!** We strive to bridge the communities that we consider our family with the bounty of food which Mother Nature provides. We hope you'll consider our small local farm as an alternative source for your veggie needs, & we'd love to see you out there this summer to share Mama Nature's beauty!

"First Light Farm produce is more than organic.

I care about the food I prepare for my family, and knowing that Don and Jane infuse the vegetables I'm bringing to the table with their love, care and reverence for the earth that nurtured those vegetables is important to me. We've been the enthusiastic recipients of First Light Farm vegetables for 4 years and can't say enough about how much we enjoy them." -Debra Revere, Farm Member

**Where Healthy Soils =
Healthy Families = Healthy
Communities**