



Farm of Origin: Bonne Sante Farm is owned by Mindy and Marcel, owners of Arugula Deli. Everything you receive is produced organically and sustainably on Bonne Sante Farm. We do not use fertilizers. We do not use pesticides or herbicides. Whenever possible we purchase organic, open pollinated, heirloom seeds. What this means is we are growing from seeds that do not rely on chemicals and fertilizers.

Our top priority is to feed/build the soil. If the soil is healthy, the plants are healthy. If the plants are healthy, you have access to more nutrients and better tasting food. To build the soil we:

- compost animal bedding, restaurant and garden scraps, woodchips, and any other non sprayed organic material we might find. (I love collecting leaves in the fall.)
- cover the ground with wood chips (I regularly beg for branches from tree trimming.)
- use cover crops (They feed the microbes in the soil when we aren't growing vegetables. Some also eliminate pests and diseases.)
- interplant crops (This helps to deter pests and attract a variety of microbes in the ground that feed the plants.)

We maintain a variety of animals on the farm as well. Our cows, pigs and chickens are all given the best lives possible and fed with the best feed we can provide. We purchase organic, soy-free feed for our chickens. Our chickens free range and eat bugs and veggies of their own choosing from sun up to sun down.

All of these practices translate to healthier and tastier food, food that you will consume as a CSA member.

CSA Share Information

Weather Happens: Farming is risky. Sometimes hail in July pummels plants down to the ground. Sometimes a hard frost takes out tomatoes and peppers in June as it did in 2019. Sometimes an early frost in September wipes out the garden and none of the squash or corn ripens. Sometimes we're lucky and weather plays nice. But mostly weather happens. Participating in a CSA means you are taking on the risk alongside your farmer with the hopes that luck is on our side.

Bugs: They're cute. They're crawly. They eat my food! We try to cover plants that pests like to eat *before* they find the plants. We interplant other crops to deter the pests as best as possible. We avoid spraying based on our health beliefs, so occasionally you may find holes or bugs on your produce.

Season: Like other CSAs, based on the growing season in Eastern Idaho, our projected run time is from the beginning of June through the end of September (18 weeks). However, we are currently anticipating an earlier season in 2020. An email and text will go out when we have produce available.

Produce:

- **Temperature:** Produce is picked in the cool of the morning. The temperature of the produce at the time of harvest affects how long it will store. It is then important that you keep it cool.
- **Selection:** We recognize that not everyone likes every vegetable we grow. However, some fruits and vegetables taste different when they come straight from the garden than they do from the store or



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out of a can. So, if there is a vegetable that you haven't liked in the past, we recommend you try our garden fresh version of it. That said, some people just don't like certain veggies. We would like to accommodate by allowing some choice. Produce will be set up on tables with instructions of how many total items you can get off each table (or out of a basket or wagon). What that means (for example) is if you don't like beets, you can get extra carrots or potatoes. We ask that you only take what is allotted and what you will consume to ensure enough for everyone.

- **Quantity:** We anticipate at the beginning of the season there will be less variety and a smaller quantity. At the height of the season everyone will need to become vegetarians. We recommend freezing any produce you can't use. There's nothing better than eating farm fresh produce during the winter. Still worried it's just too much produce? Share with a friend or family member. Better yet, split the share with someone else and take turns picking up.
- **Anticipated Share:** This is a list of everything we plan to grow for the year. We anticipate you will receive some of everything on the list including the herbs. There are other items we are planting but are not sure if we will be successful. Rather than disappoint if they aren't in your basket, we hope our success will leave you surprised to find them there.

Eggs: Each week you will receive a dozen eggs. They have already been washed and will last 30 days on the counter or 2+ months in the fridge. You can also crack them open and mix the egg with a fork and freeze it to use during the winter months for baking. Please return empty egg cartons. We reuse egg cartons until they are no longer usable.

Basket: When picking up your produce, you will need to bring your own baskets, bags or boxes.

Pick Up: When you sign up, you will have the option to select a day of the week to come to the farm and pick up your produce. We ask you to stick to that day each week. This is the day we will harvest your veggies to ensure freshness. If you can't make your day one week, you can make arrangements for someone else to pick it up. As a last resort, contact Mindy 24 hours in advance to arrange for a different pick up day.

Recipes: Our goal is for you to enjoy the produce and the varieties we grow. Whenever possible, we will provide some of our family favorite recipes or descriptions of the produce and how you can prepare it. Keep your phone handy to take a picture if you're interested in them.

Pick up location: At the farm in Shelley(address given upon sign up)

Sign up deadline: May 15, 2020

Cost: \$30 per week for 18 weeks = \$540 + 6% sales tax per share, paid up front

Quantity: Enough vegetables for a family of 4

Questions: mindy@aruguladeli.com

Thank you for your support! Here's to a healthy, happy season!

Mindy and Marcel Gutierrez