



FITNESS FARM INDIANAPOLIS

Community Supported Agriculture (CSA)

Fitness Farm 2018 Season

2525 W. 44th St., Indianapolis, IN 46228

Contact: Sarah Adams

Program & Wellness Coordinator

s.adams@cbhi.org or 317-459-0149

What is Community Supported Agriculture?

A CSA is an agreement between us, the farm and you, the customer or community. The community supports the farm and in return receives the fresh fruits (and vegetables) of the labor during the agreed season and at an agreed cost.

What are the benefits of a CSA?

The benefits to CSA members are: the very freshest, healthiest and best produce locally produced and priced lower than grocery store organic prices. Members get the very best and first every week, before harvests for markets or any other deliveries. Members do not have to shop; all the produce is selected based on what is currently ripe and ready.

The benefits to the farm are: upfront or periodic payments that can be used to purchase seed, soil amendments, tools, water, etc. The risk of farming is shared by the farm and the CSA members. The farm knows exactly how much and what to harvest every week and has a guaranteed outlet for that produce.

How does it work?

CSAs operate differently depending upon the farm and the agreement. For Fitness Farm, we offer a couple "seasons" a short one of 10-weeks and a long one of 20-weeks, with the possibility to extend depending upon weather and crop health. Members sign up and make their first payment prior to the season starting. Each week during your season, you receive a box/bag/basket of produce from Fitness Farm to pick-up on Wednesday afternoons/evenings at the new barn.

Sounds great--How do I sign up?

Sign and return the CSA agreement with your first payment by contacting Sarah Adams, Program & Wellness Coordinator via email at: s.adams@cbhi.org.



FITNESS FARM

INDIANAPOLIS

Fitness Farm Community Supported Agriculture (CSA) Agreement

Member Name: _____

Member E-Mail Address: _____

Member Phone: _____

Alternative Pick-Up Person(s)--Optional: _____

Season Length:

- FULL SEASON (20 weeks, extendable) \$360 _____
- HALF SEASON (10 weeks, extendable) \$200 _____

Payment Options:

- **FULL Payment** (all of your season at once, extendable) \$360 or \$200_____
- **2 Payment Plan** (1/2 of your season upon signing, 1/2 before 1st pick-up)
\$180 or \$100_____
- **3 Payment Plan** (1/2 of your season upon signing, 1/4 before 1st pick-up and the remainder after 5 weeks) \$180 or \$100_____

Agreement: Fitness Farm will...

1. Grow produce in accordance with Sustainable Practices, without the use of chemical fertilizers, pesticides or enhancements.
2. Provide the freshest first picking of any produce available on any given week of your season, field-washed and properly packaged.
3. Communicate any necessary crop updates which could affect its ability to provide produce on a weekly basis. This could include but is not limited to: adverse weather, crop failure, pest damage, etc.
4. In times of bounty, Fitness Farm will offer bulk discounts to Members.
5. Use all payments directly in service of the CSA agreement.
6. Use safe handling procedures when harvesting, field washing and packaging produce for the CSA.

7. Extend the CSA season as crops and growing conditions allow on a weekly or monthly basis and allow the Member to extend their season to the same length.

I, the Member, agrees to...

...pick up my produce each week on the specified dates. I understand if I fail to pick up my produce within 3 days, Fitness Farm will donate it to a worthy cause and I will receive no additional credit for that week's produce.

...make my payments in a timely manner as spelled out in the agreement, or agree to have my membership suspended until timely payment is made. I understand failure to pay for my share forfeits any and all produce missed. No "back shares" can be provided.

...no refund of a canceled season. I understand my payments have already been used by Fitness Farm to purchase necessary equipment, seed, labor, etc. to grow my produce and those funds are no longer accessible to me or the Farm in currency form.

...receive the produce Fitness Farm harvests that week as a sufficient share of my membership. In the event of crop disturbances, some weeks' shares can be less than others. Likewise in times of bounty, Fitness Farm will offer bulk discounts to Members.

...return any previously used bags/baskets/boxes for re-use in a future week.

...hold harmless Fitness Farm, its staff, directors.

I _____ certify I am over the age of 18 and have read and understand this agreement between Fitness Farm and Me.

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Signed: \_\_\_\_\_ Member Name (Printed): \_\_\_\_\_  
Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Farm Representative: \_\_\_\_\_  
Date: \_\_\_\_\_