



# Fall/Winter 2009/10 CSA Registration

Rev 1: 9/28/09

**A. Contact Information:** *Returning customers only need to complete name field and any new information.*

Member Name		Co-Member	
Street Address		City, Zip Code	
#1 Phone		#2 Phone	
Email 1		Email 2	

**B. Pick-Up Location:** *Pick 1-If you would like information about starting a new delivery location please email us.*

DAY	TRUCK ROUTE	X	TIME	LOCATION NAME	ADDRESS
<b>Wednesday</b>	<b>#1</b>		9:00-9:30am	<b>Spring Hill: Evans Park</b>	Beechcroft/Maury Hill Rds, Spring Hill
			10:30-11:00am	<b>Vanderbilt University: Disciples House</b>	1917 Adelia St, Nashville
			11:15-11:30am	<b>St. Ann's Catholic School</b> Unclaimed shares left in teacher's lounge until 2pm	5101 Charlotte Avenue, Nashville
			11:45-2:45pm	<b>Corporate Deliveries: Farm Fresh at Work</b> WRITE IN PLEASE	
			3:00-3:30pm	<b>Riverside Village/Mitchell's Deli</b>	1400 McGavock Pike, Nashville
			3:45-4:30pm	<b>Eastwood Christian Church</b>	1601 Eastland Ave, Nashville
			4:45-5:15pm	<b>Coleman Park: Community Center</b> Upper parking lot next to the community garden	384 Thompson Lane, Nashville
			6:00-6:15pm	<b>Murfreesboro Farmers Market</b>	312 South Front Street, Murfreesboro
	<b>#2</b>		11:00-2:00pm	<b>Corporate Deliveries: Farm Fresh at Work</b> WRITE IN PLEASE	
			2:45-3:15pm	<b>Montgomery Bell Academy</b>	4001 Harding Road, Nashville
			4:00-4:30pm	<b>Westhaven Community: Resident's Club</b> Unclaimed shares left in the Resident's Club	111 Westhaven Blvd., Franklin
			5:00-5:30pm	<b>Brentwood United Methodist Church</b>	309 Franklin Road, Brentwood
			6:15-6:30pm	<b>St. Matthew's Catholic Church</b> Unclaimed shares left in Church Kitchen	535 Sneed Road, Franklin
	<b>FARM</b>		11:00-4:00pm	<b>On Farm Pickup: Avalon Acres Farms</b>	750 Piney Creek Road, Hohenwald
<b>Sunday</b>	<b>#4</b>		9:00-9:30am	<b>Calvary United Methodist Church</b>	3701 Hillsboro Pike, Nashville
			9:45-10:15am	<b>Belle Meade Plantation</b>	5025 Harding Road, Nashville
			10:45-11:15am	<b>Kingston Springs-The ARC</b>	335 Oak St, Kingston Springs
			1:15-1:45pm	<b>St. Luke's Episcopal Church</b>	309 East Baltimore Street, Jackson
	<b>#5</b>		8:30-8:45am	<b>Otter Creek Church of Christ</b> Unclaimed shares left at Church	409 Franklin Road, Brentwood
			9:30-9:45am	<b>Christ Church Cathedral</b>	136 9th Ave N, Lifeway Lot, Nashville
			10:15-10:45am	<b>Edgehill United Methodist Church</b>	1502 Edgehill Avenue, Nashville
			11:45-12:30pm	<b>Belmont United Methodist Church</b>	2007 Acklen Avenue, Nashville
			1:00-1:45pm	<b>Eastwood Christian Church</b>	1601 Eastland Avenue, Nashville
			2:30-2:45pm	<b>The Factory at Franklin</b>	230 Franklin Road, Franklin



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## C. Schedule of Deliveries

The WINTER schedule will start on **Sunday, Nov. 29<sup>th</sup> and Wednesday Dec. 2<sup>nd</sup>** and will run for 10 deliveries EVERY OTHER WEEK (bi-weekly) with no breaks. We suggest you find someone to pick up your share for you if you cannot make the pickup. We will redeliver missed shares for a \$10 fee.

## D. Farm Share Packages for the Fall/Winter Season

You can build your box customized to your needs. You can choose packages or you can piece it together from individual items. **You will also have an opportunity to buy extra items, including some fresh winter raised vegetables, through a special orders e-mail that goes out before each delivery.**

### 1. Meat and Eggs Package

**Standard Meat Package** – Rotated Cuts \$55.00

*4 Meat Portions, 1 Breakfast Meat and 1 Dozen Eggs*

Enough meat for at least 4 meals for 2 adults along with a breakfast meat and 1 dozen eggs.

**Family Meat Package** – Rotated Cuts \$100.00

*8 Meat Portions, 2 Breakfast Meats and 2 Dozen Eggs*

Enough meat for at least 8 meals for 2 adults (or 4 meals for 4 adults) along with two breakfast meats and 2 dozen eggs.

At the bottom of page 3 you'll have an opportunity to state your preferences (e.g., We don't eat pork) We will fill in with more of the meats you do like.

Examples of "Portions":

*1 Chicken = 1 Chicken (whole) or 1 Pkg (2-3) Breasts or 2 Pkgs 12 Wings or 2 Pkgs (2-3) Leg Qtrs*

*1 Pork = 1# of Pork Chops (2 chops) or 2 Ham Steaks or 2# Roast*

*1 Beef = 1# of Steaks or 2# Short Ribs or 2# Stew Meat or 2 lbs Ground Beef or 2# Roast*

*1 Breakfast Meat = Bacon or Jowl or Sausage Chub or Sausage Links or Hickory Smoked Sausage Links*

*\*Weights are approximates \*\* We will rotate through different cuts so you won't get bored*

### 2. Preserved Harvest Package

*Variety of Canned and Dried Goods, Root Vegetables (and occasional Winter Vegetables) \$50.00*

Throughout the winter you'll receive an abundant variety of foods that were preserved from our Spring /Summer 2009 Harvest. Some of the products you may receive include canned sweet corn, green beans, stewed tomatoes (wonderful for cooking), tomato juice, sorghum, honey, large varieties of jams/jellies/preserves, pickles, apple butter, pear butter, popping corn, corn meal, peanuts, sweet potatoes, winter squash, other winter vegetables as available, homemade pastas and spaghetti sauce. No two deliveries will be the same. We have added a 1/2 portion of the Preserved Goods Package

Example of a Full Package (1/2 Package will be approx 1/2 of this):

*1 Quart Stewing Tomatoes, 1 Quart Green Beans, 1 Quart Sweet Corn, 1 Pint of Sorghum, 1 Pint of Strawberry Preserves, 1 lb of Popping Corn, 1 lb of Angel Hair Pasta, 1 Pint of Spaghetti Sauce, 4 Sweet Potatoes*

### 3. Baked Goods Package

Homemade Amish Baked Goods Package \$20.00

*2 Loaves Wheat (Bakery Style) Bread, 1 Specialty Bread and 1 Dessert Item*

The same great quality all-natural locally baked goods you've come to enjoy. Fanny and her daughters will be baking all through the winter for us. Dessert items will vary each delivery and will include pies, cinnamon rolls, cookies etc. **Sugar free option is available using SLENDA.**



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## E. Build your Package

	Item	Description	Per Delivery Cost	Qty	Extended Price
Packages See page 2 for Details	Family Meat and Egg Package	8 Meat Portions, 2 Breakfast Meat and 2 Dozen Eggs	\$100.00		
	Standard Meat and Egg Package	4 Meat Portions, 1 Breakfast Meat and 1 Dozen Eggs	\$55.00		
	Preserved Harvest Package	Variety of Canned and Dried Goods, Winter Vegetables	\$50.00		
	1/2 Preserved Harvest Package	Variety of Canned and Dried Goods, Winter Vegetables	\$30.00		
	Baked Goods Package	2 Wheat Bread, 1 Specialty Bread & 1 Dessert	\$20.00		
	Baked Goods Pkg-Sugar Free	2 Wheat Bread, 1 Specialty Bread & 1 Sugar-Free Dessert	\$21.00		
Portions	Generic Meat Portion	Rotated Meats and Cuts	\$11.00		
	Chicken	Rotated cuts	\$11.00		
	Pork	Rotated cuts	\$10.00		
	Beef	Rotated cuts	\$12.00		
	Steak Lovers	Rotated cuts	\$13.50		
	Premium Steak Lovers	NY Strip, Rib Eye, Filet only	\$17.50		
Individual Items	Chicken Breast Package	1.25 lbs	\$12.50		
	Chicken Leg Quarters	1.5 lbs	\$5.50		
	Whole Chicken	3 lbs.	\$11.25		
	Beef Roast	2 lbs.	\$10.00		
	Ground Beef (chub)	1 lb.	\$4.50		
	Ground Beef Patties	4 1/4-lb burgers	\$5.00		
	Pork Chops	1 lb. - 2 chops	\$10.50		
	Breakfast Sausage (chub)	1 lb.	\$5.00		
	Breakfast Links	5 large links	\$5.25		
	Bacon (Sugar Cured)	.75 to 1 pound	\$7.50		
	Stewed Tomatoes	Quart	\$5.25		
	Tomato Juice	Quart	\$5.00		
	Sweet Corn	Quart	\$5.50		
	Sweet Corn	Pint	\$3.50		
	Green Beans	Quart	\$5.75		
	Peach Preserves	Pint	\$7.50		
	Other	Write In	\$		
	1 Dozen Eggs	Farm Fresh Brown Eggs	\$4.00		
	6 Cinnamon Sweet Rolls	Homemade Amish Baked	\$6.00		
	1 Generic Dessert Portion	Rotated Amish-Made Desserts	\$8.00		
1 Loaf Wheat Bread	Homemade Amish Baked	\$3.50			

Enter your total delivery cost =

## F. Select your Meat Portion Preferences

I am feeding a family: Please provide more quantity and less variety each delivery.

**CIRCLE Which Meats you DO NOT wish to receive in your Meat & Egg Package**

**BEEF**

**TURKEY**

**PORK**

**CHICKEN**

**LAMB**



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## G. Calculate Your Payment

You can pay two ways... full prepay (get a 10% discount) or "Pay As You Go"

$$\text{Prepay} = \frac{\text{Per Delivery}}{\text{Total Cost}} \times 10 = \frac{\text{Total Cost}}{\text{Total Cost}} - 10\% = \frac{\text{Actual Cost}}{\text{Actual Cost}} + \$25.00 = \text{Payment}$$

$$\text{Pay As You Go} = \frac{\text{Per Delivery}}{\text{Per Delivery}} + \$25.00 = \text{Advance Payment}$$

Note: This pay as you go amount is for mail in registrations. If you bring payment to the first delivery, you need to pay TWO deliveries payment + \$25.

Please enclose check and make check payable to "Avalon Acres Farms"

The membership fee is \$25.00 per season and is **non-refundable**. This entitles you to discounted pricing on your shares (from our regular retail prices) as well as discounts on any additional food you purchase (20% discount on products).

For "Pay As You Go" customers, you must pay a one week advance payment it is applied to the last delivery of the Winter season. It serves as a deposit and assumes you will participate for the entire program. Starting the first delivery, you will pay the "per delivery" charge every week excepting the last delivery of the season at which time your deposit is applied and no money is collected. **If you choose to cancel early, this deposit is forfeited and cannot be used to pay for your final delivery received.**

## H. CSA Member/Farmer Agreement

I, \_\_\_\_\_, commit to membership in the Avalon Acres Farms CSA for the 2009/10 Fall/Winter Season. As a member, I commit myself to supporting the farm with the payment schedule I have indicated above and to picking up my share at the location I indicated in Section B. I fully understand pickups will be every other week for ten deliveries running from November through April 2010. If I am unable to pick up my food I will arrange to have someone pick it up for me. I understand that if I do not pick up my share it will be donated to charity or be reabsorbed back into the CSA collective at Avalon Acres' discretion; I do not expect my share to be saved for me unless I contact Avalon Acres within one day of the missed delivery and agree to pay a \$10 redelivery fee to cover costs of re-stocking, handling and repacking. I understand that I am committing to support the farm for the entire season and that if I cancel I will not expect any refunds whatsoever.

I understand packaging materials are recycled to keep cost down and will do my best to return them that each delivery.

I also understand all of the following: Members support the farm by sharing in the inherent *risks* of agriculture (poor weather, drought, disease, early frost, crop failure, predators etc.) and in the *rewards* of bounty (extra food, heavier shares) from a good season involved in farming. CSA farmers purposely plan for such contingencies, and use growing techniques that protect the harvest, minimize the risk to members and optimize the rewards; growing a wide variety of crops that thrive in different types of conditions. The CSA is built on a relationship of trust between the farmer and the community group. On the whole, members will get a variety of vegetables, eggs and cuts of free-range meats in plentiful amounts (depending on which plan selected), although the share size may vary depending on the weather and season. I accept that there is no guarantee as to exactly what I will receive in my share. The winter season is generally not affected by weather conditions and typically meats are not affected by weather.

Most importantly, I understand my farmers know how much my business means to them. ☺

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

**\* Please include all sections of the registration form when you mail it in. This includes Sections A-H**