



27127 78th Avenue South  
 Kent, Washington 98032  
 253.859.5197  
 shelley@whistlingtrainfarm.com  
 www.whistlingtrainfarm.com

"Oh, so that's what a carrot is supposed to taste like! We're new to the CSA this season and we're so happy! My husband had never had fresh beets. I've never cooked with kale. We like that each week is different and we get to try new foods we've never had before. We like that it's seasonal—no more wondering how long it's been frozen and in boxes at the grocery store. We like that it's local—we're born and raised Southenders and are happy to support local businesses. And, best of all, I know I'm feeding my family safe and healthy food. I just wanted to say thank you."

Corey and Amy Dill

## WINTER SHARES—STRETCHING THE SEASON

### WHY HAVE WINTER SHARES?

Typically, local CSAs (Community Supported Agriculture, or subscription farms) have a harvest season that starts in May or June, but comes to an end sometime around October. We aren't comfortable with the idea that after cultivating relationships with customers, the farms must send everyone back to the supermarket for the winter. In 1997 we started reading about farms in the Northeastern US that offer winter produce to their members, and in 1998 we began our own experiment with winter vegetables. This will be our eleventh year providing a winter subscription program.

### WHAT PRODUCE MIGHT BE INCLUDED IN A WINTER SHARE\*?

ROOT CROPS	BRASSICAS	GREENS	GARLIC & ONIONS	WINTER SQUASHES	OTHER
Potatoes	Broccoli	Swiss Chard	Garlic	Acorn	Fennel
Carrots	Cabbage	Spinach	Shallots	Buttercup	Rosemary
Beets	Cauliflower	various Lettuces	Red Onions	Kabocha	Sage
Turnips	Brussels Sprouts	Arugula	Yellow Onions	Delicata	Parsley
Rutabagas	Kohlrabi	Mâche	Leeks	Gold Nugget	Chervil
Winter Radishes	Kale	Radicchio	Green Onions	Sugarloaf	Dried Herbs
Parsnips	Tatsoi	Escarole		(many more squashes)	Apples
Parsley Root	Bok Choi	Endive		Pie Pumpkins	Pears
Celery Root	Napa Cabbage	Radicchio			

Some of these vegetables require controlled-climate storage, so we've constructed both cold and warm storage areas. Root crops like it cold and damp, squashes and onions like it dry and warmer. Only the hardy greens and brassicas can stand the cold—and they become deliciously-sweet once the weather dips below freezing a time or two. This is especially noticeable in kale and cabbage, and Brussels Sprouts. It is VERY IMPORTANT that before you decide that you don't like these vegetables, you eat them at the time of year they were designed to be eaten. Not only are they beautiful, they are delicious! They bear no similarity to the California-, Arizona-, or foreign-grown versions in the supermarket. We will be filling at least three greenhouses this winter, so we plan on having lettuces, arugula, radicchio, and other tender greens throughout the winter.

### HOW MUCH PRODUCE WILL BE IN THE SHARES EACH WEEK?

We will do our best to include at least one item from each category in the above list in each week's allotment. We no longer try to estimate how many mouths each box will feed, so we have supplied approximate quantities of produce per box. See other side for an estimate of how much to expect in the small and large shares.

\*All crops subject to weather conditions and availability

over...

## YES, I WANT WINTER PRODUCE!

I understand that there is some risk involved in this farming endeavor.  
 But I believe that Mike and Shelley will do their best to provide all they have promised.

- I want to receive 10 weeks of winter produce and I've included \$225 for a **SMALL WINTER SHARE (\$210 before 9/1/2011)** \$ \_\_\_\_\_
- I want to receive 10 weeks of winter produce and I've included \$385 for a **LARGE WINTER SHARE (\$350 before 9/1/2011)** \$ \_\_\_\_\_
- PICKUP SITE PACKAGING FEE of \$50** for pickup at Capital Hill, Columbia City & North Seattle \$ \_\_\_\_\_

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

### I WANT TO PICK-UP MY PRODUCE AT:

**ON-FARM PICKUP:**  The Farm on Wednesdays  The Farm on Saturdays

**FARMERS MARKET PICKUP:**  U District Market on Saturdays  W. Seattle Farmers Market on Sundays

**NEIGHBORHOOD PICKUP SITES ON TUESDAYS:**  Capital Hill  Columbia City  North Seattle (**\$50 FEE APPLIES**)

**PLEASE CALL US IF YOU HAVE ANY QUESTIONS: 253.859.5197 OR EMAIL: SHELLEY@WHISTLINGTRAINFARM.COM**

Please complete this application, enclose payment, & mail to: Whistling Train Farm, 27127 78th Ave. S., Kent, WA 98032

Make checks payable to Whistling Train Farm. Thank You!

NOVEMBER	
SMALL SHARE	LARGE SHARE
1 head Butter Lettuce	2 heads Butter Lettuce
1-1/2 pounds Potatoes	3 pounds Red Potatoes
1 Delicata Squash	1 Delicata Squash
1 bunch Swiss Chard	2 bunches Swiss Chard
1 Yellow Onion	2 Yellow Onions
1 bulb Garlic	2 bulbs Garlic
1 head Broccoli	1 head Broccoli
1 pound Carrots	2 pounds Carrots
1 bunch Parsley	1 bunch Parsley

DECEMBER	
SMALL SHARE	LARGE SHARE
1 head Romaine Lettuce	2 heads Romaine
1-1/2 pounds Potatoes	3 pounds Gold Potatoes
1 Gold Nugget Squash	2 Gold Nugget Squash
1 bunch Lacinato Kale	2 bunches Lacinato Kale
1/2 pound Spinach Leaves	1 pound Spinach Leaves
1 pound Topless Beets	1 pound Topless Beets
1 bunch Turnips	1 bunch Turnips
2 Leeks	4 Leeks
1 bunch Fresh Rosemary	1 bunch Fresh Rosemary

If you will be picking up your produce in person, you will have the option of making substitutions. For example, you can have extra greens if you don't want potatoes, or take extra carrots instead of squash. Pre-packaged box delivery to Capital Hill, Columbia City, and North Seattle will not have this option.

### HOW LONG WILL THE WINTER SHARES LAST AND WHAT WILL THEY COST?

The winter shares will begin when the summer shares end—the first week of November, and will run into January—a total of 12 weeks. If it looks like we will continue to have a good supply of produce past our 12th week, all subscribers will have the option of extending their subscriptions. We will harvest every week, with the exception of the weeks surrounding the holidays. See the schedule below for details.

2011 Winter CSA Pick-Up Schedule									
NOVEMBER					DECEMBER			JAN.	
2	9	16	23	30	7	14	21	28	4
<span style="display:inline-block; width:15px; height:15px; background-color:lightgray;"></span> Double Share option for Thanksgiving					<span style="display:inline-block; width:15px; height:15px; background-color:black;"></span> Double Share for Christmas				
Our week begins with Tuesday. If you pick-up any other day, it will be that day following the Tuesday on the schedule. U District pickup is on Saturdays, West Seattle pickup is on Sundays, Seattle neighborhood pickup is on Tuesdays.									

### HOW WILL YOU PICK UP OUR PRODUCE?

This winter you will have several options for picking up your produce. If you live in the south end or enjoy the drive to the farm, you can pick up at the farm either on Wednesday afternoons between 2:00 and 8:00pm or Saturday afternoons between noon and 5:00pm. If you pick up at the farm you will have just about any options for substitutions that you like because it's easy to run out and pick more. You also have the option of buying eggs.

We will also be selling produce at the University District Farmers Market on Saturdays and at the West Seattle Farmers Market on Sundays, and you are welcome to pick up your produce at our table there. There are no delivery fees, you have the same substitution options that you have at the farm, and you will be able to purchase eggs when available.

We will also have pick-up sites in the Capital Hill and North Seattle neighborhoods, but for pre-packed boxes only. You will be able to pick up your box of produce at these two sites anytime after 5:00pm on Tuesday, or anytime Wednesday. There is a \$50 fee for using these locations so that we can pay for labor and materials in packing the boxes.

Thanks for your interest, and we hope you'll join us this winter!  
Shelley, Mike, Della, and Cosmo



27127 78th Avenue South  
Kent, Washington 98032

"I just wanted to let you know just how much we've enjoyed all the wonderful fruit and veggies this season. What a great job you do. It makes preparing meals so much easier when you know you can open the fridge and find something farm fresh and yummy to work with. We didn't know if we wanted to continue with the winter shares (yucky weather and all that) -- but when it comes right down to it -- how can we not."

Linda and Wally Rice