



If you are close to ending your CSA and were planning on renewing soon anyway, this would be a good time to consider a Ruesegger Farms CSA. If you have been considering a CSA, now is the perfect time to act on it.

### **We offer much more than the typical CSA**

With a standard CSA, you get a box of whatever that farm has every week. With a Ruegsegger Farms CSA, you pick every product every time and you even get to choose when you get your CSA packed. Best of all... you save about 10% on your CSA purchases by prepaying.

### **Items available for CSA include but are not limited to:**

- Grass-fed Beef,
- Eggs,
- Pork,
- Chicken,
- Turkey,
- Lamb,
- Buffalo,
- Fresh Organic Produce,
- Home Canned Jams, Jellies, Pickles, Salsas, Mustards,
- Fresh baked goods,
- Our homemade soups,
- Great Sandwiches,
- Locally made organic laundry soaps,
- Wild caught Alaskan Salmon, local trout, and so much more.

### **Not Familiar with CSAs?**

Community Supported Agriculture (CSA) has become an important connection between local farmers and consumers. Basically a farm offers a certain number of “shares” to the public. While most farms offer shares that include fruits and vegetables, some also offer meats, and canned goods. The consumer purchases the shares, usually before the beginning of the season. At regular intervals the farm supplies product to the consumer, the quantity and variety depending upon production levels.

**Advantages for farmers:\***

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow.
- Have an opportunity to get to know the people who eat the food they grow.

**Advantages for consumers:**

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Usually get to visit the farm at least once a season.
- Find that kids typically favor food from "their" farm - even veggies they've never been known to eat.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.

The CSA offered by Ruegsegger Farms falls into a unique category. Not only can we offer fresh fruits, vegetables, and meats from our farm, our offerings from other farms is also included in the CSA. Additionally, fish, canned goods, and laundry products are rarely if ever offered in CSAs.

The other advantages that differentiate us from other CSAs are that you can choose what you want, when you want it, plus a 10% savings when you prepay.

If you have any questions, don't hesitate to call or email us. We'd be more than happy to answer any questions you may have.

\*Portions adapted from [www.localharvest.org](http://www.localharvest.org)

**For More Information or to Buy Your Ruegsegger CSA Membership****Ruegseter Farms**

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