

# —VEGGIES FOR— COOKS just like you.

## FRESH=DELICIOUS

All our vegetables are picked at their peak of ripeness and nutritional value. You never knew summer tasted this good.

## SEASONAL

Let nature (and us) set your table in tune with the seasons, the way veggies taste best.

## RESPONSIBLY FARMED

We farm with rigorously sustainable methods, and even till the earth with draft horses whenever possible.

## PEACE OF MIND

Ever wonder where our food really comes from these days? Wonder no more. You'll know your farmer, and the prime Oregon soil she farms.

## WHAT'S FOR DINNER?

Member-only access to delicious recipes specifically tailored to our CSA by [CookWithWhatYouHave.com](http://CookWithWhatYouHave.com).

## AND ALL FOR JUST \$4.75 A DAY!

Pick up a bag of bounty every week for less than \$4.75 a day for two people, or \$8.65 a day to feed a family of four.



## COME VISIT US

The **Luscher Farm** property is located at 125 Rosemont Rd, just east of Stafford Rd. We host our Thursday CSA pickup in the old gambrel-roof dairy barn. In addition to our CSA, this historic property includes Community Garden plots, a Childrens Garden and the Rogerson Clematis Collection.

The **47th Avenue Farm** started our CSA in 1996 on a double lot in the Woodstock neighborhood of SE Portland. If you are interested in picking up produce at this location please contact us for a SE Portland brochure.

We also farm property on **Grand Island**, an agricultural oasis just south of Dayton, Oregon. We have 38 acres there and we grow a mix of vegetable crops, cover crops and pasture.

You are invited to visit the 47th Avenue Farm at any of its locations. We offer tours, and have volunteer opportunities for folks who want to learn a little more about the place we live and how our food is grown. We are a working farm so please call in advance to schedule your visit.

Questions, or more information:

Lake Oswego Parks & Recreation Department at  
503-675-2549

[www.loparcs.org](http://www.loparcs.org) Search for: CSA

-or-

[CSA@47thavefarm.com](mailto:CSA@47thavefarm.com)

971-645-3293

[www.47thAveFarm.com](http://www.47thAveFarm.com)



2023-24

# WINTER CSA FARM SHARES



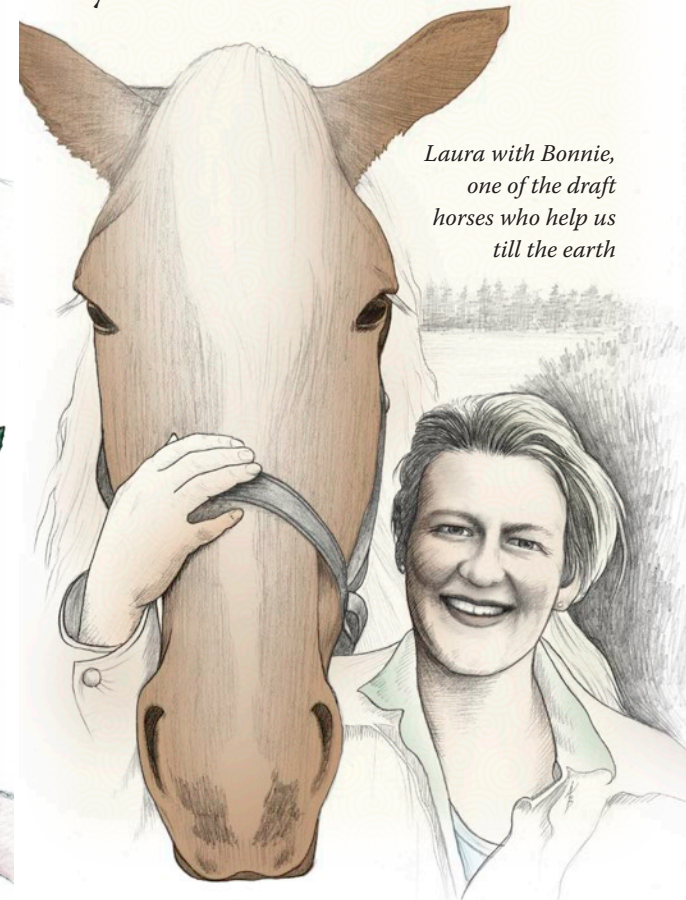
and 47th Avenue Farm

## Treat yourself to fresh, delicious, sustainably- farmed produce from our pioneering CSA



**L**aura Masterson's original inspiration for 47th Avenue Farm was simply to grow fresh, local produce for her friends and neighbors in SE Portland. Since 1996, her commitment to delicious, sustainably-farmed produce has earned her vegetables a trusted spot in Portland's top restaurants and on the tables of families that want the freshest and best.

How about yours? Let us show you around...



*Laura with Bonnie,  
one of the draft  
horses who help us  
till the earth*



# Let the seasons *(and us)* set your table.

## Community Supported Agriculture by 47th Avenue Farm

### THE HARVEST

Here in the Willamette Valley, our winter season starts in November and continues through April, offering a changing menu twice a month as different vegetables reach their peak of flavor. Over the course of the season we grow a myriad of different greens, root vegetables, and herbs. Also included are a wide variety of delicious brassica family crops like broccoli, cauliflower, cabbage, kale and brussels sprouts. And don't forget winter squash, onions, garlic and potatoes that we grow in the summer and store for the winter.

All of our farm properties are managed sustainably using cover crops between vegetable rotations, beneficial insects, drip irrigation and conservation tillage techniques. This holistic farming system improves the tilth and fertility of the farmland. It also protects the woods, wetlands and communities that surround our farms. And it simply makes better vegetables.

### HOW IT WORKS

What would happen if a community *partnered* with its farmers to produce the freshest, most responsibly grown vegetables possible? Well, you'd have a CSA, an inspired model that's served us and our shareholders since 1996.

In "traditional" industrial agriculture, the value of produce is defined almost exclusively by price – not by how fresh or responsibly farmed it is – and that in turn fosters a race to the bottom: to be competitive and make a living, farmers have to cut corners. And in the process, we all lose.

In a CSA, members pay in advance for their share of the season's bountiful harvest. That not only provides financial support to farmers early in the cycle when they need it most, the certainty of income means they can allocate their resources more efficiently and responsibly: toward truly sustainable (and more labor intensive) farming practices, but also bringing shareholders unique, artisanal, and thoroughly tasty produce.

We think you'll love it. You'll stop by our Luscher Farm pick up location twice a month through the growing season to fill a bag or more (depending on the share option you've chosen) of freshly-picked veggies. A list will tell you how much food to take, and there's ample opportunity for sampling and socializing.

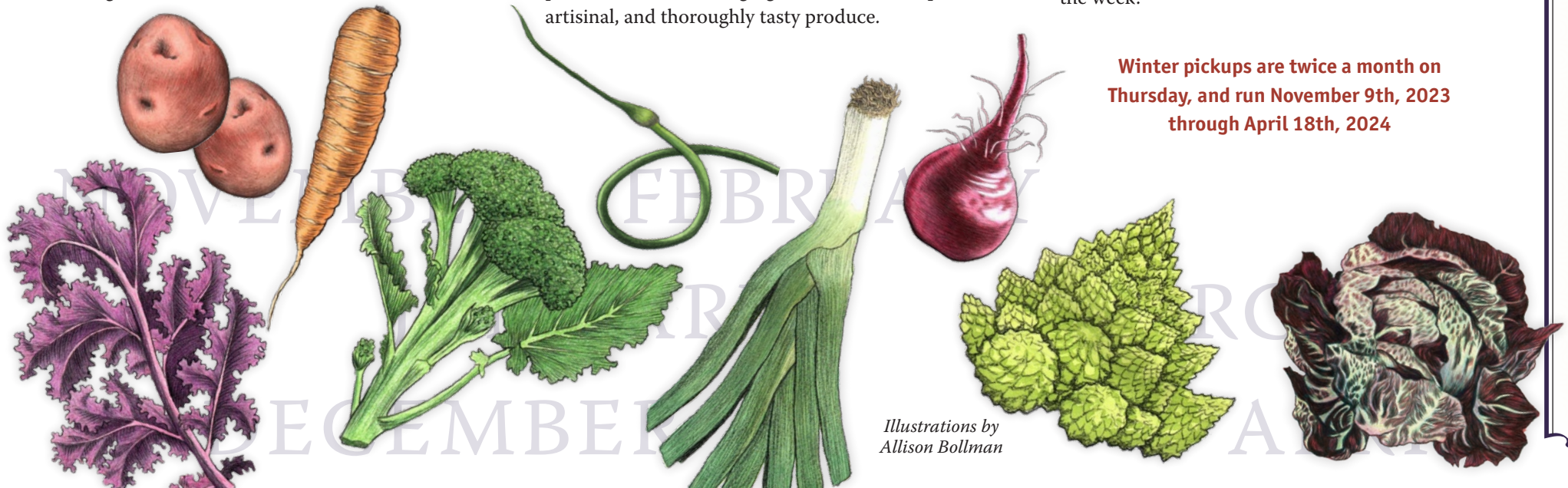
### SHARE OPTIONS

#### HALF SHARE

Every household is different, but in our experience, this share will provide most of the vegetables needed to feed smaller households, including couples.

#### WHOLE SHARE

This share is perfect for feeding a family of four for the week.



Illustrations by  
Allison Bollman

Winter pickups are twice a month on  
Thursday, and run November 9th, 2023  
through April 18th, 2024

## 2023-24 WINTER SHAREHOLDER AGREEMENT

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

☒ Member-only access to  
CookWithWhatYouHave.com \$ **INCLUDED!**

#### RESIDENTS:

\_\_\_ Half Share(s) @ \$795 \$ \_\_\_\_\_

\_\_\_ Whole Share(s) @ \$1,450 \$ \_\_\_\_\_

#### NON-RESIDENTS:

\_\_\_ Half Share(s) @ \$914 \$ \_\_\_\_\_

\_\_\_ Whole Share(s) @ \$1,668 \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_



To assure your place, visit:

**loparks.org**

and type keyword "CSA" in the Search

Or send a check, making it payable to:

**City of Lake Oswego**

**Parks and Recreation Dept.**

PO Box 369, Lake Oswego, OR 97034

**PLEASE NOTE:** While a share entitles you to the bounty of the harvest, it also means a share of the risk. On occasion a crop may fail due to inclement weather, pests, disease, or other conditions beyond our control. Our goal is to bring you, despite these challenges, an abundant and diverse harvest throughout the season.