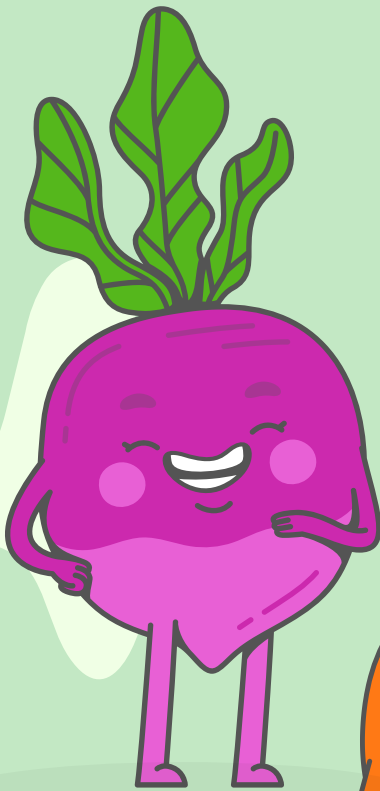


# ALNARP'S FARM VEGGIE BOXES

Become a CSA  
member today!



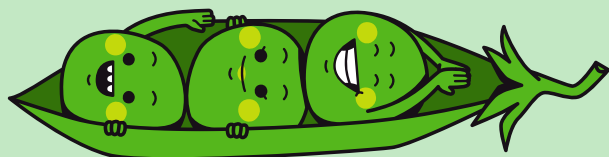
## Who are we?

**Alnarp's Agroecology Farm** is a student-driven farm located by SLU's Alnarp campus. The project was launched in early 2021 and with our first successful season behind us, we come back this year with even more enthusiasm and love for what we do. We provide local residents and students with a **fresh supply of diverse veggies** that is accessible to everyone. We are also an **educational project** that welcomes anyone who wants to learn about sustainable food production.

## What is CSA?

**Community-Supported Agriculture** (CSA) is an alternate model to the dominant form of global production and consumption. CSA is about connecting producers with consumers directly, allowing people to eat local and seasonal food as well as cutting out "the middleman" so that more of the profits go to the producer. Through CSA, consumers receive better quality produce for a better price and producers are not subjected to competing with cheap imported produce and losing out to retailers' profit margins.

CSA schemes also imply that consumers accept the risks that come with farming - if there are storms, pest invasions or other unforeseen misfortunes, a fair compromise is made between producer and consumer through honest and direct dialogue.



## Why our CSA?

By signing onto this scheme, you are supporting **ultra-local food production** that has been grown without artificial chemicals. We produce on **KRAV-certified land** and our techniques are far beyond organic. You are also supporting a student-led organisation that aims to continue to provide this service in Alnarp for many years to come.



## What's in store for this season?

This season's CSA will run for **20 weeks** from June 6th - October 31st. During these weeks, we will bring you a wide variety of produce with a few exciting surprises thrown in along the way. Our vegetables are not like the ones you find at your supermarket - we have carefully selected organic and heirloom varieties which are guaranteed to make your cooking more exciting. The boxes will contain a selection of **5-7 different vegetables** every week.

Check out the **harvest calendar** on the last page to see which vegetables will be available throughout the season.

## Box options

This year we are selling two different box sizes: for 1-2 people or 3+ people. If you are a student from any university, there is a discount for the 1-2 person box. We guarantee that we are generous with our boxes - there is no way that you will go hungry with us!

**Student** (1-2 people): 3,000 SEK for the season (= 150SEK per box)

**Regular** (1-2 people): 3,600 SEK for the season (=180SEK per box)

**Large** (3+ people): 5,000SEK for the season (=250SEK per box)

There is the option to pay in two installments for those who need to split up the payments.

Our prices were decided by comparing the prices of organic supermarket vegetables in Sweden. The value of each box is cheaper than these supermarket prices - but not so cheap that we create unfair competition to fellow farmers.

## Sharing a share

We encourage customers "share a share" to make the responsibility of coming every week a bit easier. You can sign up with a friend and alternate pick ups between you. We just need to have names of both people from the beginning of the season and we remind you to organise yourselves well so that boxes aren't missed.



## Pick up

The first box will be on **Monday 6th June** and the last box will be on **Monday 31st October**. The pick up times are every Monday between **16.00-17.30** from our Mellangård site. If you arrive after 17:30, we will no longer be there but we will leave your vegetables out for you.

## Our location



### Malmövägen 3A-5, Lomma

Pick up is by the field, indicated by the pumpkin. Please approach from Sundsvägen.

There are a few parking spaces by the pick up area, but of course we encourage you to come by bike if you live close by.

## Where do I sign up?

Through our sign up form on our website:  
<https://www.alnarpsfarm.se/csa>

To avoid missing out, sign up quickly as subscriptions are limited!

# ALNARPS AGROECOLOGY FARM HARVEST CALENDER

2022

WW 22

spinach, radishes,  
lettuce, peas, baby  
leaf, garlic, herbs

WW 23

lettuce, radishes,  
turnips, cucumbers,  
green onions, baby  
leaf, dill,  
beans/peas

WW 24

kohlrabi, beets,  
chard, garlic, peas,  
cucumber, dill,  
basil, lettuce,  
fennel, zucchini

WW 25-39

lettuce, carrots,  
beetroot, turnips,  
fennel, onions, leeks,  
beans, peas, chard,  
kale, zucchinis,  
broccoli sprouts,  
green onions, basil,  
parsley, dill, savory,  
cucumbers, tomato,  
corn, squashn

WW 40

lettuce, carrot,  
turnip, cucumber,  
tomato, green  
onion, leeks,  
parsley, chard,  
corn

WW 41

chard, beetroot,  
winter radishes,  
spinach, kale,  
onions, basil, corn,  
squash, mushrooms

WW 42

spinach, carrots,  
kale, green onions,  
winter radishes,  
squash, parsley,  
corn, chard, leeks,  
mushrooms

WW 43

late autumn  
harvests &  
preserves

Pick-up: Monday 4pm-5:30pm  
Malmövägen 3A-5, 23456 Alnarp