

FH
Fruitful Hills
C ~ S ~ A
760 N.E. 48th Ave.
Trenton, MO 64683

Fruitful Hills CSA

A CSA (Community Supported Agriculture) consists of a community of individuals who pledge support to a farm operation, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. (USDA)

Fruitful Hills is a cluster of small, horse-powered family farms located in north central Missouri. Our close-knit Christian community is committed to living and sharing the Abundant Life. This is the second year that you are invited to take part in Fruitful Hills CSA.

Season: *May 20 - October 14, 2010*

Pickup day:

Thursday evenings

5:30 p.m. - 6:30 p.m.

525 Gillis in Columbus Park
(River Market), downtown KCMO.

22 weeks of groceries

\$480 for a full share of produce

or

\$270 for a trial share of produce

plus

A dozen eggs per week: \$70

Four chickens per season: \$36

Balance is due: April 15, 2010

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Membership benefits

Fresher, healthier, tastier food that's delivered fresh from the farm.

The knowledge of where your food comes from and how it is produced.

Taking better care of the environment by supporting organic farms and buying locally.

A more direct connection to the land through farm recipes, newsletters, and annual Farm Day to tour the farm and enjoy some old-fashioned fellowship.

Volunteer benefits for the Core Group: Please consider taking on extra responsibilities for a reduced or free subscription. This group of volunteers is called the **Core Group**.