



The food we eat is one of the most important things about us. That’s why City Fit! is thrilled to offer City of Portland employees access to discounted farm shares through Cultivating Community.

A farm share or “CSA” (Community Supported Agriculture) is a weekly delivery of local produce comprised of fresh, seasonal vegetables. Cultivating Community’s vegetables are grown in Lisbon, Maine and are 100% chemical free! You may choose an 8 week share for either summer or fall, or the 16 week, full season share and enjoy fresh vegetables from July through October.

<b>2015 CSA Prices</b>	<b>Summer CSA (July &amp; August)</b>	<b>Fall CSA (September &amp; October)</b>	<b>Full Season CSA (July—October)</b>
<b>Single Share (feeds 1-2 people)</b>	<del>\$140</del> <b>\$115</b>	<del>\$140</del> <b>\$115</b>	<del>\$275</del> <b>\$225</b>
<b>Family Share (feeds 4 people)</b>	<del>\$280</del> <b>\$255</b>	<del>\$280</del> <b>\$255</b>	<del>\$550</del> <b>\$500</b>

The prices in red indicate your cost with the City Fit! discount, and a 4 week pay-roll deduction is available (see next page for details). If your department has more than 8 people sign up, Cultivating Community will deliver directly to your site. If not, weekly pick up will be at a convenient spot for employees, dates to be determined.

If you are interested in purchasing a discounted CSA through City Fit!, please reply to this email by April 1st. Your City Fit! CSA representative will contact you for more information on the size and length of your share.





## City Fit! CSA Program FAQ's

- Delivery of your pre-packaged share would be once a week to a spot convenient for city employees.
- Your weekly share would include 7-9 different vegetables, dependent on the time of year and growing conditions.
- A single share is produce for 1-2 people.
- A family share is produce for 3+ people.
- Employees can sign up for a full season (16 weeks) or a half season (8 weeks).
- All produce is pesticide, fungicide and chemical fertilizer free.

Payroll Deduction Options
8 week single share @ \$115—payroll deduction 4 weeks = \$28.75
8 week family share @ \$255—payroll deduction 4 weeks = \$63.75
16 week single share @ \$225—payroll deduction 4 weeks = \$56.25
16 week family share @ \$500—payroll deduction 4 weeks = \$125.00



What and When Are We Harvesting?				
Crop Availability	JUL	AUG	SEP	OCT
Arugula	X	X	X	X
Beans	X	X	X	
Beets & beet greens	X	X	X	X
Broccoli	X		X	X
Cabbage		X	X	X
Carrots	X	X	X	X
Cauliflower	X		X	X
Cucumbers	X	X	X	
Eggplant		X	X	
Herbs (fresh)	X	X	X	X
Kale & cooking greens	X	X	X	X
Leeks				X
Lettuce & salad mix	X	X	X	X
Onion	X	X	X	X
Garlic			X	X
Peas & pea greens	X	X		
Peppers		X	X	
Potatoes		X	X	X
Radish	X		X	X
Spinach	X			X
Squash (summer)	X	X	X	
Squash (winter)			X	X
Tomatoes		X	X	