

Sticks & Stones Farm

We grow all of our veggies and herbs hydroponically --- vertically, horizontally, upside down, and in a bag system. Our plants never compete for their minerals as we supply all the macro and micro minerals our plants need. Because our plants receive the minerals they need, they are healthy and have great yields.



We enjoy producing fresh, quality, great---tasting produce for everyone to enjoy.

What is a CSA?

A CSA is a bond between the members and the farmer. Both share in the risk and abundance of the growing season. Members pay in advance for their produce to provide the farmer with cash flow to get the season underway. In return the farmer will provide fresh produce to the members throughout the season.

Share the Experience

Members will form a partnership with the farmer to promote land stewardship and protect the local food supply.

We welcome all members to experience the farm throughout the growing season, and learn about hydroponic growing. We also encourage members to share with us the crops that they would like grown.

GE's (GMO's)

Here at Sticks and Stones we do not use genetically engineered or genetically modified seeds or plants on our farm. We purchase seeds from trusted sellers who care.

Genetically engineered seeds have their DNA altered at the most basic genetic level, meaning a scientist may insert the genes of an animal or pesticide into the seed. Genetically engineered seeds, for the most part, are a cross that would NEVER occur in nature. In fact, a lot of the GE seeds are designed to manufacture their own pesticide.

We support responsible agriculture

*Know your Farmer
know your Food*

Sticks and Stones Farm

2015 CSA Delivery Sign-up



P.O Box 186

107 White Oak Road
Center Barnstead, NH

03225

(603) 776-8989

www.sticksandstonesfarm.net

Local High Quality Hydroponic Veggies

The benefits of Hydroponic Growing

Hydroponic growing prevents soil borne diseases, as the plants are grown without soil, in an OMRI approved medium. This eliminates the need for herbicides. The plants have better airflow reducing the risk of disease. The plants can deal with weather variations when grown hydroponically compared to soil. This way of growing also saves water and space.

Crops

Greens: Swiss Chard, lettuce, spinach, kale

Roots: Carrots, beets, radishes

Brassicas: mini cabbage, broccoli raab,

Bulbing: Onions, leeks, scallions

Fruiting: Tomatoes, peppers, cukes, zucs, eggplant, winter squash, summer squash

Legumes: Green beans, sugar snap peas

As a MEMBER, you will be provided with a selection of fresh hydroponic vegetables and herbs for 16 weeks--- from June to October.

We offer two SHARE SIZES: small for a couple & large for big families or vegetable lovers. Of course, there will be times when the harvest will be abundant, just as there will be some crops that are limited in quantity.

We offer two PAYMENT OPTIONS; pay in full upon signup or incrementally. Incremental payments require a down payment of \$150 upon signing. Payments must be completed by June 30th. Share size at the beginning of the season is smaller, with lots of greens, and grows

larger as more varieties and quantities of vegetables become available with the summer growing weather.

We will deliver CSA's if 15 or more shares are purchased from a specified location. Encourage your co-workers and friends to join and we will deliver to you.

Members may cancel one weekly share by contacting the farm at least 48 hrs. before delivery; that share may be made up at the end of the season. Otherwise, if you are unable to pick up a share, you may designate a friend to collect it. Surplus veggies already harvested are donated to the local food pantries whenever possible.

Pasture Raised Meats No Antibiotics or Growth Stimulants

We will be offering the purchase of animals in halves or wholes. This year we will be raising

Pork – Chicken – Beef

If you are interested in any of the above meat, please contact us as soon as possible and place your order, as we will have a limited supply.



CSA SHARE SIGNUP INFORMATION

I would like to be a member in the Sticks and Stones Farm CSA program. I understand that they will do their best to provide all they have promised, and I agree to excuse them from the vagaries of weather and climate.

Signature_____

Date_____

Name_____

Address_____

City_____

ST/Zip_____

Phone:_____

Email:_____

Enclosed is a payment of _____for

[] small 16 week share for \$385

[] large 16 week share for \$550

I am [] writing 2 checks , one with today's date for half the total and one postdated for any date up until **June 30th** for the remainder. We will not deposit until the date on the check. To purchase a share, complete and return to: P.O. Box 186, Center Barnstead, NH 03225.

Shares may be picked up at the farm:
107 White Oak Road, Ctr. Barnstead on:
Please contact us with any questions.
Thank you, Guy & Barbara Comtois