

ABOUT THE FARM

Four Winds Farm is a family owned and operated farm located on 24 acres in Gardiner, NY. Jay and Polly Armour have operated a CSA on this land for 15 years.

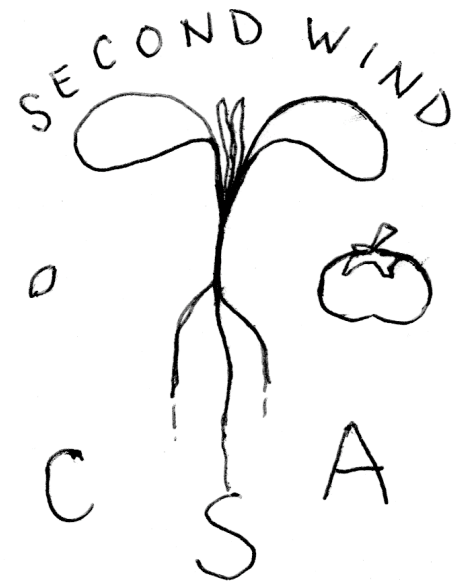
Jay has decided to hand the CSA portion of the farm over to Sam Zurofsky and Erin Enouen, who will breathe into it a SECOND WIND.

With Jay as their guide, they will continue to farm in the tradition of Four Winds, using an organic no-till method. Since tractors are rarely used and all weeding is done by hand or with hand tools, this method of farming leaves a very small carbon footprint. You can taste the difference!

In addition to the CSA, the farm also raises pastured beef and poultry. These animals are treated with kindness and respect and are fed healthy, natural diets.

WE HAVE EGGS AVAILABLE FOR SALE NOW AT THE FOUR WINDS FARM. JUST FOLLOW THE SIGNS!

SECOND WIND CSA
158 Marabac Rd.
Gardiner, NY
12525



A new CSA program
Located at the Four Winds
Farm
In Gardiner, NY

INFORMATION AND
ORDER FORM
2009 SEASON

Sam Zurofsky & Erin Enouen

845-417-5624
SecondWindCSA@gmail.com

WHAT TO EXPECT

Being a member of our CSA provides you with a weekly supply of fresh, local, sustainably grown vegetables.

Our shares cost \$400.

The shares are designed to generously accommodate the vegetable needs of two adults or a small family.

CSA DISTRIBUTIONS

ON THE FARM:

Members may choose between two pickup days.

Tuesdays from 4 – 8 PM

Saturdays from 2 – 6 PM

Pickups begin the first week of June, on the 2nd or 6th respectively.

IN THE COLD SPRING AREA:

Hudson Highlands Land Trust Office

Rte. 9D in Garrison

Wednesdays from 4-7 PM.

\$50 transportation fee. First pick up is June 3rd.

EXTRAS

Apple Shares from Liberty View Farm are available for \$12, which gets you a lot of apples.

Eggs from our flock of pastured hens will be available for \$5 a dozen

During peak tomato season we will be offering free “bring your own jars” canning workshops.

SECOND WIND CSA 2009 ORDER FORM:

NAME:

ADDRESS:

PHONE:

EMAIL:

I would Like:	Number Of Shares	Cost:
Second Wind CSA Share @ \$400 each		\$
Apple Share @ \$12		\$
Preferred distribution day	Tuesday OR Saturday	
Off site in Garrison, add \$50	Wednesday	\$
	Total Amount:	\$
	*Amount Enclosed:	\$

* Send Check through the mail or pay with cash or check in person. Please make checks payable to Second Wind CSA. An initial payment of no less than \$100 is required to hold your space. Any remaining balance must be paid in full no later than the first scheduled pickup unless other arrangements have been made with the farmers.

I understand that:

- My payment entitles me to a weekly share of produce
- I will share the risks and rewards of the season with the farmers and other shareholders
- Due to weather and other variables, I may receive more or less produce than I expect
- It is my responsibility to pick up my share each week during the scheduled pick up time; if I fail to pick up my share it will be discarded
- My payment is non-refundable

Please detach this form and return to:

Second Wind CSA
158 Marabac Rd.
Gardiner NY, 12525

Signed: _____

Date: _____