

## Fresh produce today for a healthy tomorrow!

*Without the use of chemical fertilizers and pesticides, our fruit, vegetables, and herbs cause less stress on your body and help build stronger immunity. They are higher in phytonutrients and antioxidants. Unlike store-bought produce that is picked before its prime and often shipped hundreds of miles, our produce is harvested immediately before it is delivered to you so it tastes better and has more nutrients, including vitamin C, iron, magnesium, and phosphorus.*

*Our animals live in open pasture, and are free of hormones and antibiotics.*

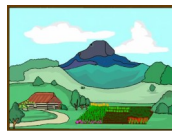
*Buying local, organic produce is better for the environment, too!*



French sorrel is an excellent source of vitamin C.



Imagine having this beautiful salad made from farm-fresh greens and edible flowers!



DOG MOUNTAIN FARM

[www.dogmntfarm.com](http://www.dogmntfarm.com)

7026 Tolt Highlands Rd NE  
P.O. Box 14  
Carnation, WA 98014  
425.333.0833



SKOKOMISH / FARMS

[www.skokomishfarms.com](http://www.skokomishfarms.com)

P.O. Box 557  
Union, WA 98592



Support your  
local farms!

## Join our Community Supported Agriculture Program (CSA)



**Skokomish Valley Farms**

Carnation and Union, Washington

## Where fine food begins

Skokomish Valley Farms brings together the 10-year old Dog Mountain site in the “highlands” of



**Everything is started from seed in our greenhouse. These plant starts are ready to be moved out to the fields.**

Carnation with an established orchard, greenhouses, and growing fields, and a new 750-acre site in the Skokomish River valley near Hood Canal with rich alluvial soils and a milder growing climate. Cindy & David Krepky own and operate the Carnation site and are co-owners and farm managers for the Skokomish site. No chemical fertilizers, pesticides, or herbicides are used. Our seeds are untreated, non-genetically modified, and sourced from independent seed companies. Many varieties are heirloom, open-pollinated types. Our livestock are humanely raised on pasture without hormones or antibiotics. Our carbon footprint is minimized by limited use of gas/diesel-powered equipment. Most of the work is done by our team of draft horses and humans, from plowing to weeding to harvesting. We are actively involved in environmental programs to protect our water resources and have set aside 145 acres in conservation easements. The farm will be certified under the Salmon Safe and Food Alliance programs.



**Mizuna, an Asian green, is a wonderful addition to salads!**

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## Community Supported Agriculture (CSA) Program

We offer over 250 varieties of vegetables, fruit, and herbs, including many heirloom, Asian, and European varieties, to bring you the finest quality produce that will contribute to your health and well being. We offer several sessions from Spring through Fall. As a member in our CSA program, you receive a seasonal selection of freshly picked vegetables, fruit, and herbs. Each share provides enough fresh produce to supplement the diet of a non-vegetarian family of four for one week. Periodically you receive value-added products, such as jam, basil pesto, or goat cheese. Our CSA-members-only website provides nutrition information, storage and preserving tips, and recipes.

### Sample weekly deliveries for each session:

#### Summer Sessions (May-September)

*(min. 10 items each week)*

##### Early

1 lb braising greens (kale, chard, collards), edible flowers, head of chicory/endive, herbs, 3 leeks, head of lettuce, bunch of mustards, pac choi, 1 lb peas, bunch of scallions, 1 pint strawberries, 1 lb turnips

##### Mid-Season

4 artichokes, basil, 2 lbs beans, 2 bunches beets, 1 pint blueberries, head of broccoli, cabbage, bunch of collards, herbs, kale, 1 lb kohlrabi, onions, bunch of spinach, 2 lbs summer squash, 2 lbs tomatoes

##### Late

2 lbs apples, basil, 1 lb beans, 1 lb carrots, bunch of chard, head of chicory/endive, sweet corn, herbs, bunch of kale/mustards, 1 lb kohlrabi, 1 lb eggplant, fennel bulb, 1 lb onions, 2 lbs summer squash, sweet and hot peppers, 2 lbs tomatoes

#### Fall (Sep-Nov) (~ 10 items week)

2 lbs apples, 2 lbs beets, bag of salad mix, bag of dried beans, bunch of kale, herbs, 3 leeks, 2 lbs winter squash

**Please see our website for drop locations, dates, and pricing.**

## CSA Terms of Agreement

I appreciate locally grown produce and want to ensure that it remains available in the Puget Sound area by becoming a shareholder in the Skokomish Valley Farms Community Supported Agriculture (CSA) program. I understand that I am not entitled to substitutions or special requests in my weekly delivery and that the farmers, David and Cindy Krepky, will do their best to provide the produce they propose at the times they estimate. However, as a shareholder in both the bounty and the risk, I understand that nature ultimately decides what I will receive and when I will receive it. I understand there are no refunds, although if I can find a replacement I may transfer my share to another party.

To purchase a share, you can register by mail, online, or call us. We accept credit cards, cash, and personal checks.



## Eggs and Meat

We also offer egg shares in summer. You receive one dozen chicken or duck eggs

each week. For a limited time in late winter/early spring we also have goose eggs.

We established a WSDA-certified poultry processing plant on the farm and now offer rabbit, whole chicken, duck, goose, guinea fowl, and turkey. As members of the Puget Sound Meat Producers Cooperative, we have access to a USDA mobile processing unit for our pork, beef, lamb, and goat as well. Please check our website for pricing and availability.

[www.dogmtnfarm.com/csa.htm](http://www.dogmtnfarm.com/csa.htm)