



**Belle Meade Montessori School and Farm
Community Supported Agriculture (CSA)
Summer 2018**

Welcome!

Belle Meade Montessori School is located on a sustainable working farm in Rappahannock County. We are a small, non-profit independent school that combines academic excellence and sustainable living. Our school incorporates year round vegetable gardening, food preparation and preservation as well as the care and feeding of our grass-feed livestock, pasture raised pigs, and pastured chickens into our curriculum. We are happy to offer the community a share of our farm goods with a membership into our CSA program. The Summer CSA program will offer shares full of fresh garden vegetables, meat from the farm and eggs from our happy chickens. Occasionally other products such as honey, cut flowers, fruit, herbs, and preserved farm foods may be included into the shares.

This summer our program runs from June 1 through September 28. There will be a total of 18 share distributions, at \$40 per share, for a total cost of \$720. Pick up on Fridays from 4:00 to 6:00 p.m. or Saturdays from 10:00 to 12:00 (or mutually agreeable time) at Belle Meade Bed & Breakfast.

Vegetables

Belle Meade vegetables are grown using sustainable organic gardening practices. They are grown without the use of any chemicals and only applications of organic fertilizers and plant based insect deterrents as needed. The vegetable selection may include a variety of the following: kale, colorful lettuces, spinach, Asian greens, snap peas, carrots, beets, radishes, onions, beans, scallions, summer squash, okra, peppers, tomatoes, cucumbers, corn, eggplant, potatoes, garlic, cabbage, and broccoli. Culinary herbs may include colorful basil, chives, thyme, anise hyssop, mint, lemon balm, sage, rosemary, cilantro, parsley, and fennel.

Meat

Varies depending on availability. Please see www.bellemeade.net/farm for a list of our products. We have grass fed and finished beef, pastured pork and chicken. (non-GMO food)

Eggs

From pastured hens eating a natural diet (non-GMO, no hormones, or antibiotics).

Belle Meade Montessori School and Farm
Community Supported Agriculture (CSA)
Summer 2018

Name _____

Address _____

Phone Number _____ E-mail _____

How did you hear about us? _____

Vegetable, Meat, and Egg Share Cost: \$720

I would like to pick up on:

Friday 4:00-6:00 p.m. _____

Saturday 10:00 a.m.-12:00 p.m. _____

I am paying by: _____ Cash (please pay in person) _____ Check (payable to Belle Meade)