



The Sisters of the Humility of Mary, Villa Maria Farm  
Community Supported Agriculture (CSA)  
**2019 Information**

### ***About Us***

Villa Maria Farm is situated on 761 acres of land owned by the Sisters of the Humility of Mary and is located near the Pennsylvania-Ohio border near Route 422. The farm encompasses 300 acres and includes nine acres of naturally grown produce gardens. Another 400+ acres of land remains a sustainably managed forest and forested wetlands and includes 60 acres designated as an Audubon Wildlife Sanctuary. As a ministry of the Sisters of the Humility of Mary, the Villa Maria Farm is committed to donating half of its produce to food banks and shelters in Western Pennsylvania and Eastern Ohio.

We operate a year-round greenhouse where produce starts are seeded as well as seasonal flowers including bedding plants, hanging baskets, fall mums, Christmas poinsettias and Easter flowers. This year will be our sixth season utilizing a 2000+ sq. ft. high tunnel and our first season utilizing a comparably sized second high tunnel. High tunnels are essentially greenhouses that sit over a garden. This structure allows us to extend our growing season on both sides of the normal growing season. This year we are excited to begin our ninth year of a Community Supported Agriculture (CSA) program.

### ***Share Information***

Community Supported Agriculture (CSA) consists of a community of individuals who pledge support to a farm where the farmers (us!) and consumers (you!) share the risks and benefits of food production. For the Sisters of the Humility of Mary, Villa Maria Farm, this means we commit to provide you with fresh, seasonal, naturally grown produce, fruit, flowers, and herbs and you provide us with support so that we can continue farming in an environmentally sustainable way!

A farm share means participating in an 18 week growing season, starting on or around mid-June and running through around mid-October *weather permitting*. Selections and quantities will vary throughout the growing season. We will offer a wide variety of naturally grown produce in each share. Optional shares of fresh cut flowers will also be available. If there are items in your share you are not familiar with, let us know! We are happy to provide recipes or ideas about how to prepare it.

Share pick up days will take place at Villa Maria Farm on Wednesdays from 12pm – 5pm and Saturdays from 10am – 2pm. If you have questions or would like more information about the Villa Maria Farm CSA program, please contact John Moreira (Director of Land Management) at (724) 964-8920 x3385 or by email [jmoreira@humilityofmary.org](mailto:jmoreira@humilityofmary.org)

You can choose what type of share best fits your needs. This year we will offer:

<b>Working Vegetable Share \$375</b>	-Will feed 2-4 people over <b>18 weeks</b> -Requires 20 hours work on the farm through the course of the CSA growing season.
<b>Non-working Vegetable Share \$475</b>	-Will feed 2-4 people over <b>18 weeks</b> -Requires no work on the farm. (Although volunteering at the farm is always welcomed!)
<b>Half Vegetable Share \$250</b>	-Will feed 1-2 people over <b>18 weeks</b> -Requires no work on the farm. (Although volunteering at the farm is always welcomed!)
<b>Flower Share \$70 + \$4.20 tax = \$74.20</b>	-Will include a fresh cut bouquet of flowers each week for <b>10 weeks</b> from early July through early September.

To give you an idea of what to expect, here are examples of produce you'll find in your vegetable shares for June, July, August and September: *Subject to change depending on availability and weather.*

**June:**

Salad Mix  
Green Onions  
Summer Squash: Zucchini, Yellow Squash  
Cucumbers  
Lettuce Heads  
Radishes  
Mesculin Greens  
Swiss Chard  
Broccoli  
Snap Peas  
Early Blueberries  
Spinach  
Bok Choy  
Kale

**July:**

Beets  
Onions  
Cucumbers  
Pickling Cucumbers  
Summer Squash  
Early Potatoes  
Eggplant  
Green Peppers  
Green Beans  
Early Tomatoes  
Cherry Tomatoes  
Tomatillo  
Broccoli  
Kohlrabi  
Blueberries

**August:**

Sweet Corn  
Onions  
Summer Squash  
Cucumbers  
Delicata Squash  
Carrots  
Broccoli Sprigs  
Cauliflower  
Slicing Tomatoes  
Saucing Tomatoes  
Cherry Tomatoes  
Salsa Kit  
Potatoes  
Peppers  
Melons  
Green Beans  
Yellow Beans  
Blueberries  
Cabbages

**September:**

Butternut Squash  
Acorn Squash  
Delicata Squash  
Buttercup Squash  
Pie Pumpkin  
Potatoes  
Eggplant  
Peppers  
Salad Mix  
Head Lettuce  
Late Tomatoes  
Hot Peppers  
Broccoli  
Jack-O-Lantern Pumpkin  
Chestnuts  
Apples  
Pears  
Bok Choy  
Melons