



The Sisters of the Humility of Mary, Villa Maria Farm
Community Supported Agriculture (CSA)
2016 Information

About Us

Villa Maria Farm is situated on 759 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 40 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 third season utilizing a 2000+ sq. ft. high tunnel which is essentially a greenhouse that sits over a garden. This structure allows us to extend our growing season on both sides of the normal growing season. A second high tunnel is being constructed. We also have a small herd of cattle and flock of sheep. This year we are excited to begin our sixth 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

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

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