

Ecotone Herbs
2023 CSA offerings
To sign up, contact: lauren@ecotoneherbs.com

What is CSA?

CSA stands for community supported agriculture. This is a model of farming that directly connects local consumers with local farmers. By sharing in the investment of what it takes to farm, you help with the risk and also receive the abundance. It is an honor to be growing the foods and herbs you eat and work with to nourish your body.

This farm's offerings will be ideal for those who like to think creatively about how we eat, for those who enjoy flavors, trying new things, taking wellness into your own hands, cooking, making, learning... and want to ease into the practice of incorporating herbs into daily life with guidance from a farmer who grows them. By joining in, you will have the opportunity to:

use your hands working directly with herbs

learn how to make basic herbal preparations with confidence

identify some of the culinary & medicinal herbs that are native plants of the Midwest

extend the season with preserved herbs for the winter months

deepen your relationship with plants, and yourself too

Pickup:

- Wednesday afternoons and Saturday mornings during the 4th week of the month
- on farm at my field in Geneva on the Weathered Ways property
- you will receive an email each month that confirms the date & a time window and includes the newsletter of recipes to go with that month's share

Pricing:

- sliding scale, full season and by-the-month options
- see website for a guide to sliding scale pricing and the current prorated price for full season memberships

Full season membership perks:

- 10% farmer's gratitude on any Ecotone Herbs purchase
- free participation in all classes offered

What to expect in each share:

Herbs & Healing Foods CSA

There are 2 size offerings this year – each offering will include a mix of culinary & medicinal herbs and vegetables, and some fruits when available. Both share portions are designed to help you develop your herbal learning and think creatively about the way we eat and nourish our bodies. You will need to supplement the share with some staples like vinegar/oil/honey/alcohol/etc outlined in the recipes, and I'm happy to give my recommendations on where I source the materials I work with.

The full share includes the herbs found in the newsletter recipes. One or two of those herbs will be by the lb to encourage your herbal practice and/or preservation. It's a great portion for those looking to dive in and grow a home apothecary.

The medium share includes many of the herbs found in the newsletter, and you will still be able to make most of the recipes if you choose.

Full share:

1-2 herbs in 1 lb quantities

6-7 herbs & produce by the bunch/pint/quart

1 tea bouquet

+ a newsletter including recipes, preservation tips, & introductions to herbs in the share

Pricing

full season June-October: \$250-\$350 (see website for current prorated price)

a la carte month: \$50-\$70

Medium share:

5-7 herbs & produce by the bunch/pint/quart

1 tea bouquet

+ a newsletter including recipes, preservation tips, & introductions to herbs in the share

Pricing

full season June-October: \$175-\$275 (see website for current prorated price)

a la carte month: \$35-\$55

Just the newsletter:

\$55-\$75

Tea CSA

This share is designed for tea lovers, and for tea-curious folks who don't know where to start. Immerse yourself in a different herb featured each month – fresh, dried, arranged – and enrich your tea practice and herbal experimentation.

1 half lb bunch of a featured fresh herb
1 oz (14 servings) of a dried Ecotone Herbs tea blend
1 tea bouquet
+ a brief write-up introducing the featured herb of the month

Pricing

full season June-October: \$125-\$175 (see website for current prorated price)
a la carte month: \$25-\$35

Fermentation CSA

This share takes the form of a wide range of different fermenting projects each month – you will receive the produce & a recipe and have the opportunity to participate in a hands-on class. 2023's schedule is:

June – lacto-fermented garlic scapes
July – introduction to wild yeasts for beverages, part 1
August – introduction to wild yeasts for beverages, part 2
September – hot sauce
October – sauerkraut

Pricing

full season June-October: \$125-\$225 (see website for current prorated price)
a la carte month: \$25-\$45

Community & Stewardship share

Not everyone in our community has the same access to fresh produce. This farm is committed to making regular donations of fresh produce to food pantries, herbal refreshment to a local food fridge, and opening the fields up to gleaning at the end of the harvest season.

The effects of protecting biodiversity, starting with the soil, weave their way into our lives directly in one way or another as ultimately we're all interwoven. From organizing events for invasive species removal to adopting regenerative and often more-labor intensive practices, this farm is also committed to farming in a way that respects the multitude of other forms of life with which we share our home habitat.

By choosing to take part in a Community & Stewardship share, you directly contribute to these commitments – thank you.

Any amount accepted with gratitude

Work-Trade share

Do you have time and are interested in working with your hands and learning about growing food and medicine? Consider a worker-share position on the farm.

You will receive:

a full Herbs & Healing Foods CSA share

including full season membership perks: 10% farmer's gratitude & free classes

access to the fields for an entire growing season of sampling and herbal immersion

optional: a garden space 10'x25' (up to 250 sq ft)***

In exchange for this commitment:

12 flexible work-trade hours per month, either

4x 3-hour shifts per month, or

3x 4-hour shifts per month

on an agreed upon day (to allow for vacations, etc)

(morning, afternoon, or evening time can be arranged)

***If you choose the optional garden space plot - I will maintain the perimeter, but all watering/weeding/maintenance/design is your responsibility and your playground

Work will include:

Weeding

Washing crates, pots, & tools

Harvesting

Processing fresh & dried herbs

Drying

Preparing growing spaces

Planting

Being outdoors in seasonal conditions (heat, rain, cold, etc)

A note: your wellbeing is the priority. If you are new to physical labor, we will take it slow as you learn how your body works like this. I will provide water. I will also often have tea. I have gloves and some hats/sun protection available that you are welcome to use. You will need to provide your own pair of appropriate footwear – something closed toe with good support. All abilities and ages are welcome – there is a job for everyone on a farm.