

## Why Buy A Share?

**You directly support** the regional economy and family farmers: When you buy locals, (whether at farmer's market, from a retailer, a restaurant, or by joining a CSA) you are helping to support family farms and your regional economy, then in turn, the demand is created for supplies and services from other companies.

**Freshness and Nutrition:** Locally grown food is normally fresher because it's picked within a few days of your purchase rather than two weeks. The nutritional levels of food are highest closer to the time they are harvested. Organic farmers produce higher quality, nutritional food.

## Help the Environment and Reduce Your Carbon Footprint:

Growing and purchasing locally helps reduce the need for cross-country trucking, which reduces greenhouse gas contributions. Efficient growers of local food can also lessen the emissions of pollutants. Local farming done in a responsible manner is one of the best ways to keep rural communities (and ecosystems) healthy and thriving.

Joining a CSA is a way to share the risks and rewards of farming with the farmer and keep you connected to where your food comes from. By joining a CSA, you help to support your regional economy, and help support local farm families, reduce your carbon footprint, and help preserve the environment and local ecosystems. With each share, you receive information about the farmers, the weather and how it affects farming. We let you know about farm events through a newsletter that is informative and loaded with recipes which include soups, stews, breads, casseroles, main dishes, appetizers—limited only by our imagination.

**HOW IT WORKS:** Pick up your shares on during the set hours on the pick-up day. We recycle all boxes, so return your boxes each week or bring a bag to carry your produce home and leave your box with us! Share your produce with your family, friends, and neighbors! Enjoy your produce and the recipes to prepare meals using healthy foods!



**Simply Wisconsin, LLC**  
Simply Wisconsin, locally owned and operated, delivering  
**Local Organic Affordable**  
produce, eggs, meat, cheese, and preserves.

<b>Wholesale</b> for restaurants, non-profits, community groups & schools.	<b>Online Store</b> products changing with the seasons. <a href="http://SimplyWI.com">SimplyWI.com</a> 608-630-7097 <a href="mailto:simplywisconsin@yahoo.com">simplywisconsin@yahoo.com</a>	<b>Community Supported Agriculture</b> for individuals and families.
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## Our Family of Certified Organic Farmers:

*Crystal Springs Farm, Hillsboro*  
*Elmer Lambright Farm, Hillsboro*  
*Happy Farm, Hillsboro*  
*Happy Valley Farm, Black Earth*  
*Hidden Valley Mushrooms, Wisconsin Dells*  
*Joe Hochstettler Farm, Hillsboro*  
*L & L Greenhouse, Hillsboro*  
*Elmer Lambright Farm, Hillsboro*  
*Floyd Miller Farm, Hillsboro*  
*Lee Farm, Hillsboro*  
*Malek Family Stewardship Farm, Rosholt*  
*Jacob Mishler Farm, Hillsboro*  
*Malek Family Farm, Rosholt*  
*Maple Shade Farm, Platteville*  
*Mark Bontrager Farm, Hillsboro*  
*Meadowbrook Farm, Avoca*  
*Menno Mast, Hillsboro*  
*Nature Nook, Hillsboro*  
*New Century Farm, Shullsburg*  
*Marion Otto Farm, Hillsboro*  
*Pine View Farm, Hillsboro*  
*Pleasant Hill Farm Market, Stoughton*  
*Pleasant Valley Farm, Baraboo*  
*Pristine View Farm, Hillsboro*  
*Scenic Ridge Farm, Hillsboro*  
*Schaefer's Orchard Run, Chippewa Falls*  
*Schrock Family Farm, Hillsboro*  
*Spring Valley Produce, Hillsboro*  
*Tipi Produce, Evansville*  
*Andy Troyer Farm, Hillsboro*  
*Twin Ridge Farm, Hillsboro*  
*Twinhawks Hollow Farm, Hillsboro*  
*V-Greenhouse, Hillsboro*  
*Vernon Schrock Farm, Hillsboro*  
*West Star Farm, Cottage Grove*  
*Whispering Spruce Organics, Hillsboro*

## Other Friends and Producers:

*Bee Pure Honey, West Bend*  
*Cedar Grove Cheese, Plain*  
*Gentle Breeze Honey, Mount Horeb*  
*Pinnacle Pastures, Ripon*  
*WI River Prairie Honey, Prairie du Sac*

# 2010 Chicago Community Supported Agriculture



Local

Organic

Affordable



For more info contact: Deb Hansen

Phone: (608) 630-7097

E-mail: [simplywisconsin@yahoo.com](mailto:simplywisconsin@yahoo.com)

Address: PO Box 6171

Madison, WI 53716-0171

Fax: (608) 237-2082

Web: [www.simplywi.com](http://www.simplywi.com)

**SIGN UP BY PHONE, E-MAIL, FAX, OR SIGN  
-UP ONLINE AT:**

For Google Checkout Users

<http://simplywisconsin.smallfarmcentral.com>

For PayPal Users:

<http://www.simplywi.com/store/233>

# Simply Wisconsin . . . 2010 SUMMER CSA Program

## 2010 SIMPLY WISCONSIN CSA SIGN-UP FORM FOR CHICAGO MEMBERS

Here's what we offer for the summer season . . . Something for everyone!

<b>FULL PRODUCE SHARE—EVERY WEEK for 18 Weeks</b> Our summer produce equals a variety of 8 items per box including one herb item per week. This share includes certified organic produce (fruit and veggie) items only.	\$440.00	
<b>HALF-PRODUCE SHARE—EVERY OTHER WEEK for 18 Weeks (9 deliveries)</b> Our summer produce equals a variety of 8 items per box including one herb item per week. This share includes certified organic fruit and veggie items only.	\$230.00	
<b>BASIC 4 PRODUCE SHARE—EVERY WEEK for 18 Weeks</b> Not ready to jump into a larger 8-item produce share? Try the basic four! A quantity of four staple produce items delivered every week!	\$230.00	
<b>EGG SHARE—EVERY WEEK for 18 Weeks</b> One dozen farm-fresh organic brown eggs delivered EVERY WEEK. Eggs are organic, pastured when available and caged-free. Feel free to order as many egg shares as you wish, especially if you do a lot of baking!	\$75.00	
<b>HALF-EGG SHARE—EVERY OTHER WEEK for 18 Weeks (9 deliveries)</b> One dozen farm-fresh organic brown eggs delivered EVERY OTHER WEEK. Eggs are organic, pastured when available and caged-free. Feel free to order as many egg shares as you wish, especially if you do a lot of baking!	\$40.00	



One of our 2009 CSA summer share boxes—including cauliflower, eggplant, garlic chives, green peppers, and heirloom tomatoes

<b>FULL CHEESE SHARE—EVERY WEEK for 18 Weeks</b> Alternate 1# and 1/2# of great Wisconsin cheeses every week! A great chance to try some of the great Wisconsin cheeses you're always wanted to try, including Cheddar with Roasted Garlic, Cheddar with Tomato and Basil, Raw Cheddar and Goat cheeses too!	\$150.00	
<b>HALF-CHEESE SHARE—EVERY OTHER WEEK for 18 Weeks</b> 1/2# of great Wisconsin specialty cheeses every other week! A great chance to try some of the great Wisconsin cheeses you're always wanted to try, including Cheddar with Roasted Garlic, Cheddar with Tomato and Basil, Raw Cheddar and Goat cheeses too!	\$60.00	
<b>MEAT SHARE—5 Deliveries—MONTHLY</b> A variety of frozen meats (a 12-15# assortment per delivery)—beef, lamb, pork, and poultry products for 5 deliveries—all meats are pastured/grass fed or organic with no antibiotics/hormones.	\$500.00	
<b>PRESERVE/PROCESSING SHARE—5 Deliveries—MONTHLY</b> Includes 6 seasonal processed items and year-round offerings including organic flours, corn meals, maple syrup, honey, pickles, jams, fruit butters, salsas, spaghetti sauce, veggie juices, nuts, dried beans, popcorn, and more.	\$165.00	

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Best Phone to Reach You: \_\_\_\_\_

E-mail: \_\_\_\_\_

FULL PRODUCE \_\_\_\_\_ @ \$440.00 = \$ \_\_\_\_\_

HALF PRODUCE \_\_\_\_\_ @ \$230.00 = \$ \_\_\_\_\_

BASIC 4 SHARE \_\_\_\_\_ @ \$230.00 = \$ \_\_\_\_\_

EGG SHARE \_\_\_\_\_ @ \$75.00 = \$ \_\_\_\_\_

HALF-EGG SHARE \_\_\_\_\_ @ \$40.00 = \$ \_\_\_\_\_

CHEESE SHARE \_\_\_\_\_ @ \$150.00 = \$ \_\_\_\_\_

HALF-CHEESE SHARE \_\_\_\_\_ @ \$60.00 = \$ \_\_\_\_\_

MEAT SHARE \_\_\_\_\_ @ \$500.00 = \$ \_\_\_\_\_

PRESERVE SHARE \_\_\_\_\_ @ \$165.00 = \$ \_\_\_\_\_

TOTAL PURCHASED \$ \_\_\_\_\_

Pay in full by Check today: \$ \_\_\_\_\_

Pay in full by Credit Card today: \$ \_\_\_\_\_

### Extended Pay

Pay 1/2 now and 1/2 due June 1, 2010 (invoice for second pmt) \$ \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Signature: \_\_\_\_\_

To qualify for the wellness rebate, you must purchase any produce share, pay in full and send us the completed wellness rebate form no later than April 15, 2010.

## SAMPLE PRODUCE / BASIC FOUR\* BOXES

FROM SIMPLY WISCONSIN

ALL PRODUCE IS CERTIFIED ORGANIC

### Early Season:

1# rhubarb

2 heads of mixed lettuce\*

1 bunch spring radishes

1 quart strawberries\*

1 bunch chives

1# green asparagus\*

1/2# white button mushrooms\*

1/2# green garlic



### Mid Season:

1 icebox watermelon\*

1 bunch celery

2# mixed red and yellow flesh potatoes\*

1/2# oyster mushrooms

4 large banana peppers

12 ears sweet corn\*

1 bunch dill

2# heirloom tomatoes\*



### Late Season:

1 bunch Tuscan kale\*

1 bunch white salad turnips

3# heirloom tomatoes

1 bunch greentop beets

1/2# shiitake mushrooms\*

1 head green savoy cabbage\*

2# red roma tomatoes\*

1 bunch oregano



\* denotes the items that will likely be in the Basic Four Share for each box

## SAMPLE CHEESES

FROM SIMPLY WISCONSIN

ALL CHEESES ARE ORGANIC OR rBGH and GMO FREE



Organic Raw Milk Cheddar

Organic Monterey Jack

Organic Mozzarella

Non-Organic (rBGH free) Cheddar with Natural Smoked Salmon

Non-Organic (rBGH free) Butterkaese Cheese

Non-Organic (rBGH free) White Cheddar with Chipotle

Non-Organic (rBGH free) White Cheddar with Dill  
Non-Organic (rBGH free) White Cheddar with Tomato & Basil

Non-Organic (rBGH free) White Cheddar with Vegetables & Herbs

Non-Organic (rBGH free) Yellow Cheddar with Horseradish

Non-Organic Goat Cheddar

Non-Organic Goat Jack

Non-Organic (rBGH free) White Cheddar with Caraway

Non-Organic FAARKO (Goat and Sheep's Milk) Cheese

More cheese varieties coming soon

## SAMPLE PRESERVE SHARE ITEMS

FROM SIMPLY WISCONSIN

Jams and Jellies

Flours, Corn Meals

Fruit Butters

Honey

Preserved Tomato Products including Salsas, Tomato Sauces, Canned Tomatoes, and Ketsup

Pickles

Dried Fruits and Vegetables

Dried Herbs

Hickory Nuts

Black Walnuts



## SAMPLE MEAT SHARE BOX EACH MONTH

FROM SIMPLY WISCONSIN

ALL MEATS ARE ORGANIC, PASTURED OR GRASS FED

### Sample 1

2 x 1# beef stew meat

2 x 1# ground beef

2 x 1# Italian sausage

2 packages (1# each) bacon

2 packages (2 each) pork chops

1 package (2 each) lamb chops

2 packages (1" thick) sirloin steaks

2 pasture-raised whole chickens



### Sample 2

1 x 1# ground chicken

2 x 1# ground beef

2 x 1# breakfast sausage

1# summer sausage

2 x 1# Brats

2 x 2-3# Chuck roasts

1 medium ham

3# chicken wings



### Sample 3

1 x 1# lamb stew meat

1 x 1# beef stew meat

2 x 1# ground beef

1 x 1# side pork

1 x 1# bacon

1 x 2-3# pork shoulder or end roast

2 x 8 oz. filet mignon

1 small/medium organic turkey (later in the season)



**TUESDAYS (SCHEDULED AS FOLLOWS: June 15, 2010 through October 12, 2010)**

- 2418 W. Grace Street (4-8 pm)
- 5061 N. Claremont (Lincoln Square) (4-8 pm)
- Luther Memorial, 2500 W. Wilson (4-7 pm)
- Summerdale Cmty Church, 1700 W. Farragut (4-7 pm)
- 737 W. Gordon Terrace (4-8 pm)
- 5056 N. Ravenswood (4-8 pm)
- 6701 N. Rockwell (4-8 pm)
- 5604 N. Kenneth (4-8 pm)
- The Kid's Table, 2337 W. North Ave (3-7 pm)
- 2432 N. Washtenaw (Logan Square) (4-8 pm)
- 2139 W. Homer St (Bucktown) (4-8 pm) (THIS SITE LIMITED TO 30 MEMBERS)

We are encouraging Illinois health care providers to participate in a wellness rebate system, however, it's a slow process and will not be available for the 2010 season, so we have decided to offer wellness rebates to Illinois CSA members ourselves. Granted our rebates are small because we have to keep our own budget in mind, however, we want to give Illinois members and potential members additional incentive to eat healthy by receiving our wellness rebate by joining our CSA. We understand you face the rising costs of health care—our insurance recently increased by over 50% so our family is searching for yet another healthcare provider!

**Our wellness rebates will be issued as \$25 per individual and \$50 per family for the purchase of any produce share.** This offer is extended to anyone in Illinois who has already joined for this season or joins before April 15, 2010. Wellness rebates will be mailed to members within 6-8 weeks of our receipt of the completed rebate form and your paid sign-up.

It's fairly simple to do—download and complete the wellness rebate form (we're going more or less by the honor system regarding insurance information) and mail it to us: Simply Wisconsin, PO Box 6171, Madison, WI 53716-0171. You can send the form along with your sign-up and payment or sign-up/pay for your shares online and mail the form separately.



Simply Wisconsin, LLC

Local

Organic

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Click below to download our wellness rebate form:  
[Simply Wisconsin Illinois Member Wellness Rebate](#)

Complete the rebate form and mail it to us at:  
Simply Wisconsin, LLC  
PO Box 6171  
Madison, WI 53716-0171

Remember, to qualify you must sign up and pay for any produce share selection no later than April 15, 2010.