

ABOUT CITY FRESH

City Fresh seeks to improve access of city dwellers to fresh locally grown food, while supporting local farmers. This connection provides a more just and sustainable food system in Northeast Ohio. Produce for the Fresh Stops comes from local farms. This model reduces our impact on the environment and helps make fresh produce available and affordable for everyone in the community. More at: www.cityfresh.org.



~"Ohio apples taste better!"

THE LEAF COMMUNITY

The LEAF (Lakewood Earth and Food) Community was created by a group of Lakewood volunteers to bring sustainable local food to our residents. Our initiatives include Community Gardening, Community Supported Agriculture, Education and Bulk Buying. Buy local, grow local, eat local, and see how your community can grow. See how you can get involved at: www.leafcommunity.org.

LEAF NIGHTS

Wednesday evenings (from June to October) at the Lakewood Public Library are alive with excitement. The LEAF Community and the Library bring activities, music, artists, food and people together. Shareholders come to pick up their share bags from the Community Supported Agriculture programs. Local gardeners share their harvest samplings.

Shareholder: "LEAF Nights make me so proud to live in Lakewood!"



~"I'm here to find out what we're having for dinner!"



City Fresh Lakewood



www.cityfresh.org

Weekly distribution of locally farmed produce, delivered to Lakewood!

THE LEAF COMMUNITY



www.leafcommunity.org

WHAT'S IN A SHARE BAG?

Your share bag will vary from week to week, depending upon the growing season and what the farmers are picking.

Several servings of vegetables will be available weekly. City Fresh tries to provide at least one herb and one fruit item each week, depending on the season.

City Fresh Lakewood share bags will include information, recipes and announcements about events.

PRICING/SHARE SIZE

City Fresh Lakewood offers two sizes of shares: Family and Single.

Family Share: \$24.00
a full share provides produce for approximately 3-4 people for a week.

Single Share: \$12.00
a half share provides produce for approximately 1-2 people for a week.

Limited income individuals will receive a 50% discount. Ohio Direction card is accepted. Check back for more nutrition programs at the start of the season.

Once we receive your registration form, a volunteer will contact you. We will let you know when the first Fresh Stop will be, and answer any questions you may have.



HOW THE PROGRAM WORKS

LEAF Community volunteer with the City Fresh program staff to operate the Fresh Stop. Volunteers help with the produce delivery, and set up the Fresh Stop. **New volunteers are always welcome.**

The Fresh Stops will be on Wednesdays, for about 20 weeks during the growing season. You reserve your share by pre-paying at least 1 week ahead. This ensures that you have a share reserved for you.

Busy during the Fresh Stop? You may designate a family member or neighbor to pick up your share for you if you are unable to pick up the share during the Fresh Stop.

Going on vacation? You may choose the weeks that you reserve your shares.

Forget to pick up your share? If you forget to pick up your share, it will be donated to a local food pantry.



~fresh picked patty pans

Donate to the "City Fresh Share Fund" to make local produce available and affordable to everyone

SIGN UP FOR SHARES

Complete this form and mail to: the LEAF Community: PO Box 770374 Lakewood, OH 44107. To receive a share the first week, please submit by May 15, 2010.

Name: _____

Address: _____

City/Zip: _____

Phone: _____

Email: _____

Interested in Volunteering _____

SHARE LEVEL

Family Regular _____ (\$24.00/week)

Family Limited Income _____ (\$12.00/week)

Single Regular _____ (\$12.00/ week)

Single Limited Income _____ (\$6.00/week)

Donation, Share Fund _____ (tax-deductible)

Of weeks pre-paying for _____

Total Amount enclosed _____

(Write checks to: LEAF Community)

Eco-Note: Please bring your own bag to the Fresh Stop to reduce our carbon footprint. We will have reusable bags available for sale.

Questions? Email leafcsa@gmail.com