

## Farm Where Life is Good

We are farming and living the good life and passing it on to you— a wide variety of fresh produce for your breakfasts, lunches and dinners (and a few snacks in there too!) We grow good food in a healthy environment with sustainable practices while transitioning our land to certified Organic standards. Our land is our home and our way of life; we respect it, work with it and hope to pass it on to future generations richer than when we came to live here. For now, we would love to pass on the vegetables and fruits that the soil, sun, rain and honest labor at Farm WLIG gives us. Have a look at our website, come visit the farm, think about a bountiful spring, summer and fall of good eats, and leave the weeding to us!



Lara and Roger  
living the good life



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Web: <http://farmwlig.locallygrown.net/>

## CSA Produce Subscription 2014 Pricing

Mid-May through September (approx. 18-20wk)

**\$500** — weekly amount feeds approximately  
1 juicer, 2 vigorous or 4 light vegetable/fruit eaters

—Sign up by email/check or online/credit card.—

(Examples of weekly items & amounts available on  
website: <http://farmwlig.locallygrown.net/> )

## Delivery / Pickup options

Weekly delivery on **Wednesdays** for subscription  
members and online market orders.

- Inver Grove Heights, MN
- Woodbury, MN
- NE Metro, various times & hockey rinks  
(special arrangement; inquire w/ Roger)
- River Falls, WI
- Hudson, WI
- On-farm pickup

**\*\*Please see website for addresses and specifics.\*\***



**A fresh, local harvest selected for and delivered to you.**

## 2014 CSA Produce Subscription and Online Market



E-mail: [farmwlig@dishup.us](mailto:farmwlig@dishup.us)  
Tel: 715 426 7582



**Farm Where Life is Good** was found(ed) in 2006 when Roger and Lara stumbled upon it during a

search for their own place to settle. Years of planning and learning led to successful 2012 & 2013 seasons and exciting goals for our 2014 season of growing for market!

This past year we filled our seed-starting greenhouse to capacity; applied our high-output well irrigating the fields and hydrocooling the harvest; put the walk-in produce cooler to good use during the heat of the summer; and saw our new high-tunnel yield some early and late tomatoes and peppers. We added a 1950s Allis-Chalmers tractor to our stable, keeping our trusty 2-wheeled tractor company. We continue to work on closing our nutrient-loop by growing and processing our own compost and mulch; automating our irrigation; and expanding our knowledge and skills for growing out-of-season in the North Country. Our 5 year plan includes expansion of the growing fields to include our lower 8 acres and development of our upper 14 acres into perennial orchards and hay. Ongoing work on the entire 106 acre farm includes the establishment or renovation of existing waterways, wildlife habitats, and native landscapes.

## CSA Produce Subscription

Members receive weekly deliveries of an edible volume of the following produce items throughout the growing season:

### Vegetables

Carrots  
Broccoli  
Green beans  
Cabbage  
Boc choi  
Zucchini / summer squash  
Tomato (cherry/paste/slicing)  
Kale / chard  
Snap peas  
Braising greens  
Brussels sprouts

### Salad fixings

Lettuce  
Radish / turnip  
Salad mix  
Cucumbers  
Spinach

### Herbs

Basil  
Chives  
Cilantro  
Dill  
Oregano  
Parsley  
Sage  
Thyme



### Sauté seasonings

Green onion  
Garlic

Leek

Onion

Shallot

### Starch/side-dish

Potato  
Rutabaga  
Winter squash  
Parsnips  
Celeriac

### Specialty

Peppers (sweet & hot)  
Tomatillo  
Watermelon  
Melon

Your **CSA Produce Subscription** gives you two *great advantages* and one small risk.

**Advantage #1: Members are served first!** You get the best produce, the crop bounties, picked just for you fresh each week.

**Advantage #2:** Averaged over the season, you benefit from the *best produce prices* offered by Farm WLIG.

**Risk:** Farming is by nature *at the mercy of nature!* Crop failures will happen, whether by weather, pests/predators or poor seed germination. Participating in a CSA Produce Subscription shares some of this risk with us farmers; in return, we farmers guarantee to work our darnedest to make this risk as small as possible and share the bounty with members when it comes!

## Online Market

A full season, weekly subscription may not fit your eating needs, so FarmWLIG offers a weekly **Online Market** of our produce, still picked for and delivered to you. All you need to do is initially sign up at our web-market; each week you will receive an announcement opening the market, you then go online and purchase your items, and we deliver them to your drop-site that week in your very own box.



The market option *lets you pick and choose* personal favorites, smaller amounts, or bushels of produce for a weekend of canning!