



**Belle Meade Montessori School and Farm  
Community Supported Agriculture (CSA)  
Summer 2019**

Welcome!

Belle Meade Montessori School is located on a sustainable working farm in Rappahannock County. We are a small, non-profit independent school that combines academic excellence and sustainable living. Our school incorporates year round vegetable gardening, food preparation and preservation as well as the care and feeding of our grass-feed livestock, pasture raised pigs, and pastured chickens into our curriculum. We are happy to offer the community a share of our farm goods with a membership into our CSA program. The Summer CSA program will offer shares full of fresh garden vegetables, meat from the farm and eggs from our happy chickens. Occasionally other products such as honey, cut flowers, fruit, herbs, and preserved farm foods may be included into the shares.

This summer our program runs from May 10 through September 6. There will be a total of 18 share distributions, at \$40 per share, for a total cost of \$720. Pick up on Fridays from 4:00 to 6:00 p.m. or Saturdays from 10:00 to 12:00 (or mutually agreeable time) at Belle Meade Bed & Breakfast.

**Vegetables**

Belle Meade vegetables are grown using sustainable organic gardening practices. They are grown without the use of any chemicals and only applications of organic fertilizers and plant based insect deterrents as needed. The vegetable selection may include a variety of the following: kale, colorful lettuces, spinach, Asian greens, snap peas, carrots, beets, radishes, onions, beans, scallions, summer squash, okra, peppers, tomatoes, cucumbers, corn, eggplant, potatoes, garlic, cabbage, and broccoli. Culinary herbs may include colorful basil, chives, thyme, anise hyssop, mint, lemon balm, sage, rosemary, cilantro, parsley, and fennel.

**Meat**

Varies depending on availability. Please see [www.bellemeade.net/farm](http://www.bellemeade.net/farm) for a list of our products. We have grass fed and finished beef, pastured pork and chicken. (non-GMO food)

**Eggs**

From pastured hens eating a natural diet (non-GMO, no hormones, or antibiotics).

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Name

\_\_\_\_\_

Address

\_\_\_\_\_

Phone Number \_\_\_\_\_

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

How did you hear about us? \_\_\_\_\_

**Vegetable, Meat, and Egg Share Cost: \$720**

I would like to pick up on:

Friday 4:00-6:00 p.m. \_\_\_\_\_

Saturday 10:00 a.m.-12:00 p.m. \_\_\_\_\_

(or a mutually agreeable time)

I am paying by:

\_\_\_\_\_ Cash (please pay in person)

\_\_\_\_\_ Check (payable to Belle Meade)