



**Huasna Valley Farm**  
5420 Huasna Townsite Road  
Arroyo Grande, CA 93420  
[www.huasnavalleyfarm.com](http://www.huasnavalleyfarm.com)

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(805) 473-3827 Phone/Fax

## 2010/2011 Grain and Flour CSA Community Supported Agriculture

We are offering our 2010 crop of heirloom Sonora Wheat grown at Huasna Valley Farm in a ten-month CSA format starting Thursday, September 9th, 2010 and ending June, 2011. Members prepay for wheat berries and/or freshly milled whole wheat flour and pickup their orders once a month from a dropsite in either Arroyo Grande, San Luis Obispo or Paso Robles. (We will have a short 3-month trial CSA in Santa Barbara starting in November, sign-up form coming soon!)

**Schedule and Locations:** We will drop orders off at neighborhood dropsites on the 2<sup>nd</sup> Thursday of each month by 3 PM. Orders for the Paso Robles dropsite can be picked up the following morning (Friday). If you can't make it on the delivery day you can swing by within a few days to get your order. See the sign up form for current addresses.

**Growing Methods:** Huasna Valley Farm products are non-GMO and grown the natural way, without the use of pesticides, herbicides, fungicides or chemical fertilizers. Soil fertility is based on long crop rotations with leguminous cover crops and applications of compost and mined rock minerals when needed. Wheat is dry-farmed, meaning irrigated with only rainfall. As a member of the farm you are supporting a small family farm and promoting the use of these growing methods.

**Sonora Wheat:** Sonora is an heirloom, semi-hard white spring wheat (white means the grain is light in color producing lightly colored whole wheat flour). The 2010 protein content will be tested in August and we will let you know the results as soon as possible. The 2009 crop had a protein content of 11.8%. Its flavor is lighter and sweeter than the red wheat that most people are used to eating in whole wheat products.

**Wheat Berries:** Berries are the entire wheat grain, including bran, endosperm and germ. Berries can be soaked and boiled for use in salads and savory dishes. The boiled grain tastes buttery and sweet and has a chewy texture. It can also be sprouted for wheatgrass.

**Whole Wheat Flour:** Wheat berries are milled into flour on an electric mill. The flour is very versatile and can be used in breads, biscuits, pancakes, waffles, cakes, tortillas and more. In bread making you can add some vital wheat gluten to the flour to increase bread loft and create a lighter loaf, though many people enjoy denser bread for what it is, healthy and incomparably delicious.

**Other Grains:** In the early fall there may be small quantities of hullless oats and garbanzo beans available from our farm trials. If these become available there will be a separate order form sent out at that time.



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## 2010/2011 Grain and Flour CSA – Sign Up Form

(Please mail this page to the address above with a check made out to Huasna Valley Farm)

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Please indicate how many items you would like per month and then calculate the total cost of your ten-month membership. We ask that you order at least two “bags” of product per month (for example one bag each of berries and flour, or two bags of flour). If two bags is more than you can use then try to find a friend or neighbor who would like to share a membership.

### Your Order

Product	# Bags/Month	Cost/Bag	Cost/Month
2.5 lb bag Wheat Berries		\$5.00	
2.5 lb bag Whole Wheat Flour		\$6.25	
Total Price/Month			
			X 10 Months
<b>Ten Month Membership Total</b>			_____

### Pickup Location (select one)

- \_\_\_\_ Arroyo Grande: 1571 Loganberry; near Soto off of Oak Park/Seabright – Ellis’ Home  
 \_\_\_\_ San Luis Obispo: 1153 Islay St.; E. of Santa Rosa near end of Islay – Andrew/Notley’s Home  
 \_\_\_\_ Paso Robles: 2915 Willow Creek Road – Burkhardt’s Home  
 \_\_\_\_ Huasna Valley Farm: 5420 Huasna Townsite Rd., Arroyo Grande

(Contact us if you would like to see another location added. We need about 20 people to add a dropsite, otherwise we can help coordinate a group to share pickup responsibilities).

Thank you for completing the 2010/2011 Grain and Flour CSA Order Form. Please mail this page to the address listed above with a check made out to Huasna Valley Farm in the amount of the **10 Month Membership Total**. Once payment is received, a confirmation email will be sent to you. If you are not satisfied with your grain or would like to change your order size please contact us to make changes or request a refund for the undelivered portion of your order.