**2020 HFFA CSA Price List**

<table>
<thead>
<tr>
<th>Farm</th>
<th>Share Size</th>
<th>Price</th>
<th>Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Plate Farm</td>
<td>One Size</td>
<td>$287</td>
<td>$60</td>
</tr>
<tr>
<td>Here We Are Farm</td>
<td>Half Share</td>
<td>$100</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Single Share</td>
<td>$200</td>
<td>$50</td>
</tr>
<tr>
<td>Kestrel Perch Berry Farm</td>
<td>U-pick only</td>
<td>$70</td>
<td>$20</td>
</tr>
<tr>
<td>Early Morning Farm</td>
<td>TBD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nook and Cranny Farm</td>
<td>Personal</td>
<td>$240</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Small</td>
<td>$290</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>$360</td>
<td>$50</td>
</tr>
<tr>
<td>Plowbreak Farm</td>
<td>Single Adult</td>
<td>$235</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Two Adult</td>
<td>$285</td>
<td>$60</td>
</tr>
<tr>
<td>Sweet Land Farm</td>
<td>Single Adult</td>
<td>$275</td>
<td>$55</td>
</tr>
<tr>
<td></td>
<td>Two Adult</td>
<td>$325</td>
<td>$65</td>
</tr>
<tr>
<td>TC3 Farm</td>
<td>Regular</td>
<td>$220</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Deluxe</td>
<td>$270</td>
<td>$60</td>
</tr>
<tr>
<td>West Haven Farm</td>
<td>Single Adult</td>
<td>$200</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>Two Adult</td>
<td>$325</td>
<td>$55</td>
</tr>
</tbody>
</table>

* Price includes 50% discount.
** Children under 12 included for free

---

**Installment Plans and Pay by EBT available**

Single Parents with Kids 5 and under, Pay What You Can

---

**Offering**

Seasonal CSA Farm Shares
Credit at Farmers Market Stalls and U-Pick Organic Fruit
details inside

---

**Healthy Food For All**

Healthy Food For All is a program of Cornell Cooperative Extension - Tompkins County
615 Willow Ave, Ithaca, NY 14850 (607) 272-2292

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

---

**EVERYONE DESERVES NUTRITIOUS FOOD**

1/2 Price Organic Local Food
Provided Weekly from June-March for SNAP & WIC Eligible Families

Sign Up
www.HealthyFoodForAll.org/enroll
info@HealthyFoodForAll.org
607-272-2292 ext. 242
## Seasonal Cooking Classes
- Jan - Kohlrabi Soup
- Feb - Winter Cabbage Slaws
- March - Stir Fry from the Freezer
- April - Vegetable Dips and Spreads
- May - Vegetable Frittata
- June - Homemade Salad Dressings
- July - Leafy Greens
- August - Grain Bowls
- September - Mediterranean Dishes
- October - Squash & Pumpkin Soups
- November - Sauces
- December - Vegetable Fritters

## Seasonal Farm Memberships

**Full Plate Farm**
- Fill Your Bag Wed 3-7 at 1605 Rte 96
- Thurs 4-7 at Press Bay Alley
- Sat 10-2 at 23 Nelson Rd., Danby
- Boxed shares Thurs throughout Ithaca, with U-Pick

**Here We Are Farm**
- Fill Your Bag Wed 4-7 at East Hill Plaza Farmers Market
- Sun 10-3 at the Ithaca Farmers Market
- Bagged orders for pick up or home delivery in Ithaca
- Flexible Share Sizes

**Early Morning & Main Street Farms**
- Fill Your Bag Thurs. 4-6 in Cortland
- Sat 9-3 and Sun 10-3 at the Ithaca Farmers Market

**Nook and Cranny Farm**
- Fill Your Bag Tues 9-2 at Dewitt Park Farmers Market
- Wed 4-7 at East Hill Plaza Farmers Market
- Sun after 3pm At the farm, 424 Harford Rd, Brooktondale
- Spring, Summer and Fall Shares in 3 Sizes

**Plowbreak Farm**
- Fill Your Bag Thurs. 4:30-7:30 at 516 W State St, Ithaca
- Boxed shares Wed 2-5 at Ithaca College or at the farm, 4106 Covert Road, Burdett
- 1-adult or 2-adult household shares

**Sweet Land Farm**
- Fill Your Bag Tues or Fri 1-7
- at the farm, 9732 Rte 96, Trumansburg
- 1-adult or 2-adult household shares, with U-Pick

**TC3 Farm**
- Fill Your Bag, Tues. 3-6 at 100 Cortland Rd, Dryden
- Regular and Deluxe Sizes both Full Season and Fall Only

**West Haven Farm**
- Fill Your Bag Tues 3-7 at 27 Rachel Carson Way, Ithaca
- Fill Your Bag Wed 3-7 downtown
- Fill Your Bag Sat 9-3 at Ithaca Farmers Market
- Full and Small Shares available

## Farm Market Credit

**Buy what you want, when you want it.**
- Enroll by paying $20 to your farm at the market stall.
- Healthy Food For All will match your payment so there is $40 to spend.
- Any time you would like to refill your balance, pay $20 directly to your farmer with EBT, cash, check, or credit.
- Healthy Food For All will match your credit up to 10 times, for a total of $200 in support.

**Buried Treasures Farm**
- Certified Organic
- Sat 9-3 at the Ithaca Farmers Market
- Sun 10-3 at the Ithaca Farmers Market

**Nook and Cranny Farm**
- Tues 9-2 at the Dewitt Park Farmers Market
- Wed 4-7 at the East Hill Farmers Market
- Sat 9-3 at the Ithaca Farmers Market
- Sun 10-3 at the Ithaca Farmers Market

**Six Circles Farm**
- Sat 9-3 at the Ithaca Farmers Market
- Sun 10-3 at the Ithaca Farmers Market

**Stick and Stone Farm**
- Certified Organic
- Sat 9-3 at the Ithaca Farmers Market
- Sun 10-3 at the Ithaca Farmers Market

## Pick Your Own Fruit

Add a little sweetness to your year. Purchase in addition to your other farm share for additional savings.

**Kestrel Perch Berry Farm**
- Pick Your Own Berries Tues-Wed or Fri-Sat
- at the farm, 220 Rachel Carson Way, Ithaca, NY

---

HFFA MEMBERS ARE INVITED TO COOK WITH US!

Class time and enrollment information available on our website at [www.HealthyFoodForAll.org](http://www.HealthyFoodForAll.org)