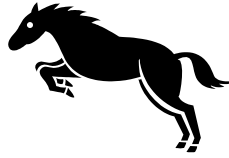


Animals at Earth Dance Farm



Animals are very much a part of Earth Dance Farm. Our dog Hannah works hard to keep all the critters out of the gardens. Our family of barn cats, keep busy with managing the critters in the barns. Our house cats Shadow and Clementine, make sure the mice stay out of the house. This year, we have 55 Rhode Island Red chickens that are busy laying beautiful brown eggs for us and for members who sign up for an egg share. We feed them organic food and every day they get to go out exploring the surrounding pasture. They love to peck away at our left over fruits and vegetables, too. In 2006 we installed 5 pacs of honey bees near our apples and berries. Their activity is amazing as they create, organize and grow their colony. Their main work on the farm is the pollination of the fruits and vegetables, and any excess honey will be an additional blessing. The horses are also a part of the farm. They work at our farm gatherings, provide fertilizer for the gardens, and bring beauty to the farm. We have them in all sizes from Lena and Ole, our two miniature horses, to Luccia and Zorren our Friesian sport horses. Leo, a standard bred horse, pulls a cart and will be offering rides at our farm gatherings this year. Ginger, our pet goat, well, her job is to bring a bit of spunk to the farm.

In addition to our farm animals, we enjoy the wild animals that are so much a part of the land. We frequently see hawks, eagles, deer, wild turkey and more. We hope that you will come and enjoy the farm and all the animals this summer.



Earth Dance Farm

Community Supported Agriculture

*Local Food
Naturally Grown
Delivered to You*



**Earth Dance Farm
Norm Gross/Laurie Nelsen
27842 141st Ave
Spring Valley, MN 55975**

**Phone: 507-378-4252
Web Site: <http://www.earthdancefarm.net>
Email: info@earthdancefarm.net**

**Norm Gross/Laurie Nelsen
27842 141st Ave.
Spring Valley, MN 55975
info@earthdancefarm.net**

Here's how it works:



Fresh food from our garden to your table.

Joining a CSA (Community Supported Agriculture) means you buy a share of the local farmer's produce for the summer. You sign up to be a member in early spring and pay a fixed amount to receive a weekly delivery of naturally grown fruits and vegetables fresh from the farm.

This provides an opportunity for members to:

- receive the freshest produce available
- get to know their farmer and the land, and
- support small, local, sustainable farming.

Deliveries are on Thursdays from mid-June through October. Your weekly 3/4 bushel box will contain 8-12 different varieties of food including fruits, vegetables, herbs and early season honey. The share usually provides ample produce for a family of four. A newsletter with recipes is emailed each week.

About Earth Dance Farm

Earth Dance Farm is an 80 acre patchwork of rolling hills nestled in the Bluff Country south of Rochester. It is comprised of 20 acres of pasture/place, 25 acres of tillable land and 35 acres of hardwoods. Bear Creek runs through a corner of the property. We purchased this farm in Dec. of 2005 and immediately began planning and making it our home. In early spring we planted an apple orchard and strawberry and raspberry plants, installed 5 honey bee colonies and prepared for the transition of our 7 horses. We planted 1/2 acre of vegetables and herbs and delivered to 6 families in the St. Paul area. Last year we delivered 27 shares and grew over 35 crops. This season we have 150 shares available and will grow over 50 crops.



We follow organic practices in growing our fruits and vegetables as well as in raising our animals. CSA originated from words translated to "putting a face on the farmer." This is our philosophy, and we encourage you to participate by getting to know us

by visiting the farm, walking the woods, taking part in work days or farm gatherings that we host and experiencing the community in Community Supported Agriculture.

What We Grow

Our season runs from mid-June through late October. The vegetables, herbs and fruit that we offer flow with the seasons. This year we will provide more than 50 different vegetables and herbs along with raspberries, strawberries, apples and plums. We experiment with several varieties of most crops to ensure a delivery that is beautiful, diverse and incredibly delicious. Here is a sample of some of the vegetables you will receive:

SPRING	SUMMER	FALL
spinach	cucumbers	garlic
lettuces	tomatoes	salad mix
peas	sweet corn	onions
asparagus	green beans	melons
broccoli	peppers	winter squash
cauliflower	sum. squash	parsnips
kale	carrots	potatoes
scallions	eggplant	beets
strawberries	raspberries	apples
arugula	chard	sweet potatoes

Membership Share Options and Prices

How much is the share?

Individual Delivery \$575.00
Dropped at your house—available in limited areas. Email to confirm if available for your address.

Group site pick up \$525.00
Dropped at a group site and you pick it up there. Email or call for pick site options.

Host of a Group Pick up Site \$475.00
5 or more shares—check for options if you would like to host. We deliver the boxes to your house and members pick up shares from your place.

How big is the share?

3/4 bushel box

Can I split the share?

Many people starting out choose to split the share. You are responsible for working out the details with your partner. One person needs to be the main contact for the share. One check needs to be sent.

How do I sign up?

Go to our website at www.earthdancefarm.net and download a membership form. Complete the form and send it in with your payment.

Phone: 507-378-4252

Web Site: <http://www.earthdancefarm.net>

Email: info@earthdancefarm.net