Upper Meadows Farm

Certified Organic Growing Community

We are a fully integrated, holistic family farm offering vegetables, flowers, herbs, fruit, meats, poultry, eggs and wild harvested products.

Located in the scenic Delaware River Valley
Sussex County in the New Jersey Skylands Region

Tel/Fax: 973-293-8171
www.uppermeadowsfarm.com

Directions to the Farm

Pollara Lane is located approximately 100’ north of mile marker 128 on the south-bound (West) side of Rt. 206 in Montague, NJ. Turn west off Rt. 206 onto Pollara Lane (also the entrance to Countryside Deli). Proceed up Pollara Lane past the buildings. Take the right most fork (about 1000’ off Rt. 206) proceed to the first building (red brick) which is our office and market.

CSA Shares are available for the 2009 growing season.

Registration begins Nov. 1, 2008 and closes June 17, 2009. Available shares are limited so please register early.

MARKETS/CSA DISTRIBUTION SITES

June-October

CSA & Mkt.- On Farm in Montague, NJ Sussex Co. Thursdays 4 pm to 7 pm. Otherwise by appointment.

CSA & Mkt.-W43 St between 9th & 10th Avenues, NYC CSA distribution 10:30am -12:30pm Mkt. 10am – 4pm

CSA – Ashley Farm, 25 Mountain Ave. Flanders, NJ Morris Co. distribution Thursdays 4 pm -7 pm

CSA – The Episcopal Church of the Holy Spirit, Verona Essex Co. distribution Sunday 12:30 pm -1:30 pm

CSA - 205 Springbrook Trail Sparta, NJ Sussex Co. distribution Sunday 2:30 pm – 3:30 pm

MKT – Hamilton Park Farmers Market, Jersey City NJ Wednesdays 4 pm – 8 pm

Upper Meadows Farm
12 Pollara Lane
Montague, New Jersey 07827
USA
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Email: leonard@uppermeadowsfarm.com

USDA Organic

Jersey Fresh
Begun in 1987, Upper Meadows Farm remains dedicated to sustainable, fully integrated, holistic agriculture. First Certified Organic in 1991 by NOFA-NJ, we have maintained certification ever since and are currently certified by the NJDA. We have evolved from our beginnings on 4.5 acres to our current size of 153 acres all certified organic. Our products include vegetables, cut flowers, apples, pears, and raspberries, herbs, mushrooms, medicinal herbs as well as beef, chicken, turkey, geese, eggs, honey, maple syrup and a growing line of dried, frozen, pickled and canned products. All of which are available when in season at various times throughout the year.

Upper Meadows Farm CSA

Upper Meadows Farm, Community Supported Agriculture works locally in NJ and in the Hell’s Kitchen neighborhood of NYC. Shares in the harvest are available for purchase from Nov. 1st through the second week of June. Distribution begins the first week of June through the last week of October, for a total of 22 weeks. Shares consist of weekly selections from over 100 varieties of vegetables and fruit when ripe for harvest. Four share types are designed to meet the most inclusive needs of our community.

CSA Shares: 22 weeks

Family Shares consist of all items harvested each week; about 2/3 to ¾ of a weeks veggies for a family of four. Quantities vary throughout the season.

Half Shares consist of 1/2 full Family Shares distributed on alternating weeks.

Individual Shares consist of a weekly selection from among the items harvested approximating one half of the Family Share. For complete details visit our web site.

Our newest share is a Value Added Share; Premium Executive Share consisting of a monthly basket of condiments in addition to each weeks harvest-- washed, trimmed, and ready for final preparation. Let us do the work so you can enjoy cooking an exceptional meal that you prepare from our fresh organic produce. It is almost like having your own sous chef. Menu and recipes are included. This share consists of all necessary components for four meals for two each week. Options include our 4-person basket, wine pairings and meat, poultry, and seafood sourcing. (Additional fees may apply) *Requires a credit card on file. $500 deposit and $120 charged weekly.

For more information please go to our web site: www.uppermeadowsfarm.com/CSA.html

Upper Meadows Farm CSA Share 2009

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<tr>
<td>Family Share</td>
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Premium Executive Share

$500*

Name
Address
Phone

Method of Payment

- Check
- MasterCard
- CASH
- American Express
- Visa
- Other

Name as it appears on credit card
Credit Card No.  code here  Expire Date

Signature

e-mail