

# Balance Autism's CSA Membership Sign-up Form

<i>Sign up for:</i>	<i>Price</i>
<input type="checkbox"/> Half Share Membership (bi-weekly late-May to mid-October)	\$300
<input type="checkbox"/> Full Share Membership (weekly late-May to mid-October)	\$525
<input type="checkbox"/> Double Share Membership (weekly late-May to mid-October)	\$1000

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

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

### *I would like my share on:*

- Tuesday       Thursday

### *Delivery Options :* *Price*

- Pick up at the Farm FREE
- Join a drop site FREE

### *I would like to pick up my share at :*

- Beaverdale Books - Beaverdale
- Campbell's Nutrition - Urbandale
- Jasper Winery - Downtown
- YMCA - Southside
- Ankeny - TBD

*Full payment is due by May 1<sup>st</sup>. Please send a minimum of \$100 with your application to secure your membership.*

Make checks payable to Balance Autism

**Please mail this form to:**  
Balance Autism CSA  
1625 Adventureland Dr., Suite B  
Altoona, Iowa 50009

<https://www.balanceautism.org/product/csa-membership/>  
Balance Autism Farm & Greenhouses  
1625 Adventureland Dr., Suite B  
Altoona, IA 50009

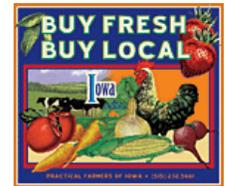


## Vegetable Share Community Supported Agriculture

Providing Fresh, Local Produce



Serving Iowans with Autism



8272 NE University  
Pleasant Hill, IA 50327

515-957-3382

## WHAT IS BALANCE AUTISM?

Balance Autism provides services such as community supports, residential living, and vocational opportunities for people with Autism. Autism is a neurological disorder that impairs how an individual gathers, retains and process information, on an educational and social level. Balance Autism's vocational farm, just east of Des Moines on Highway 163, is a hands on horticulture-based program that employs individuals with Autism. There is always something growing in our greenhouses. In spring we offer colorful hanging baskets, vegetable and flower transplants, while summer brings our CSA share options. Poinsettias and hand-made wreaths are a winter favorite.

## WHAT IS A CSA?

Community Supported Agriculture (CSA) is designed to create a direct relationship between the shareholder and a farmer. At the onset of the season shareholders purchase a share option of the produce and receive bountiful boxes of vegetable and herbs from late May to the middle of October. For a total of 20 weeks, the shareholders will also receive weekly newsletters with recipes for that week's harvest, pictures and general farm updates.

## MEMBERSHIP BENEFITS

Our locally grown produce is vine-ripened and hand harvested, ensuring nutritious and delicious freshness. Balance Autism produces only Certified Naturally Grown products, which supports a chemical-free sustainable farming environment. You receive the freshest produce without having to do the gardening!

Shareholders that participate in the Community Supported Agriculture Program, provided by Balance Autism, obtain fresh, nutritious and delicious produce. While, in turn, support the local economy, assist in providing growth and work opportunities for individuals with Autism.

## WHAT'S IN THE BOX?

Balance Autism takes pride in providing a wide variety of produce throughout the harvest season. Your box may contain the following,

Crop	May	June	July	Aug	Sept	Oct
Apples						
Asian Greens - Mizuna, Tatsoi						
Basil						
Beans - Green						
Beets						
Broccoli						
Brussel Sprouts						
Cabbage						
Cantaloupe						
Carrots						
Cucumbers						
Eggplant						
Fennel						
Garlic						
Greens - Kale, Collards, Chard						
Herbs - Sage, Chives, Oregano						
Kohlrabi						
Lettuce - head						
Lettuce - mix						
Okra						
Onions						
Peas						
Peppers bell / hot						
Potatoes						
Radish						
Tomatoes						
Turnip						
Spinach						
Summer Squash - Zucchini						
Watermelon						
Winter Squash						
Strawberries						



Each Friday a newsletter will be sent to all shareholders explaining what can be expected in the following week's box. This newsletter will explain each item in the box, as well as corresponding recipes.

## SHARE OPTIONS

**Half Share (\$300)** will run up to 20 weeks, as weather permits (late-May to mid-October) and will consist of a seasonal harvest **every other** week. Delivery charge to a drop-site is \$50.

**Full Share (\$525)** will run up to 20 weeks, as weather permits ((late-May to mid-October) and will consist of a seasonal harvest **every** week. Delivery charge to a drop-site is \$100.

**Double Share (\$1000)** will run up to 20 weeks, as weather permits, (late-May to mid-October) and will consist of a seasonal harvest **every** week. Delivery charge to a drop-site is \$100