



# Seven Springs Farm 2019 CSA Program

**Limited Space!  
\$500 for 20 Weeks  
of our produce.**

Vegetables

Fruits

Beef

Breads

Community Supported Agriculture Programs are a way to connect to your local food network. Invest in our farm with the purchase of a CSA share and receive a box of fresh, locally grown produce each week of our harvest season! Your CSA purchase helps us to plan and fund our farming season, using this upfront money for seeds, labor, tools, and other necessary farm equipment and repairs, while guaranteeing you the freshest and best of our spring/summer harvest.

Our harvest season runs May through September; you'll receive 20 boxes of fresh produce to feed you and your family.

Pick up at our farm or at Market Square Farmers' Markets.

Email [Emily@sevenspringsfarmtn.com](mailto:Emily@sevenspringsfarmtn.com) or call (865)803-8333 to learn more and sign-up!



## Why Choose Us

- We use no chemical pesticides or chemical fertilizers in our garden.
- Our farm is run on Green Energy from our solar panels and clean water from our many natural springs.
- We make it easy! Grab your box of produce and go, at 2 different pick-up locations, with options to trade or exchange for preferred items at time of pick-up.
- We welcome visitors to our farm. Come experience your local food network with a farm tour!
- Add our \$5.00 bread option for freshly baked bread each week from our new commercial farm kitchen.
- Add our \$5.50 beef option for a 1lb pack of our ground beef each week from our pastured, black angus beef (you're guaranteed our highly demanded ground beef with a 10% discount!).

No Chemical Pesticides

All Natural Beef

No Chemical Fertilizers



Seven Springs Farm



Seven Springs Farm



**SEVEN SPRINGS**  
— FARM TO TABLE —

