

## Fair Share Farm pledges that we:

- Reject the use of synthetic insecticides, herbicides, fungicides, and fertilizers.
- Reject the use of GMOs, chemically treated seeds, synthetic toxic materials, irradiation, and sewage sludge.
- Maintain and build healthy soils by farming practices that include rotating crops annually, using compost, cover crops, green manures, and reducing tillage.
- Maximize the nutritional value of food by practicing careful post harvest handling.
- Reduce food miles by selling produce locally.
- Create beneficial habitat for wildlife and encourage diversity.
- Conserve natural resources by reducing erosion and pollution of air, soil, and water, through responsible farming practices.



## How to reach us:

If you would like more information about the Fair Share Farm CSA, feel free to contact us directly. Our website, [www.fairsharefarm.com](http://www.fairsharefarm.com), is a resource for information about our farm and the CSA.

We also welcome visitors to the farm. Fair Share Farm is located off of MM Hwy outside of Kearney, MO, just north of Watkins Mill State Park. Kearney, MO is 30 miles north of downtown Kansas City on I-35.

Give us a call ((816) 320-3763) or email us ([rebecca@fairsharefarm.com](mailto:rebecca@fairsharefarm.com)) to arrange a visit or find out more about the CSA.

### Fair Share Farm

18613 Downing Road

Kearney, MO 64060

(816) 320-3763

[rebecca@fairsharefarm.com](mailto:rebecca@fairsharefarm.com)

[www.fairsharefarm.com](http://www.fairsharefarm.com)

# Fair Share Farm



Sustainably - Grown  
Produce

Community  
Supported  
Agriculture

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Rebecca Graff and  
Tom Ruggieri,  
farmers

(816) 320-3763  
[www.fairsharefarm.com](http://www.fairsharefarm.com)



## Fair Share Farm

Fair Share Farm was born out of a vision of farmers Rebecca Graff and Tom Ruggieri. Both left their white-collar jobs in 2000, looking for a way to promote community, sustainable agriculture, and healthy eating habits as their livelihood. On land that has been in Rebecca's family for 4 generations, organic farming methods replaced conventional agriculture in the Fall of 2002.



It is not just Fair Share Farm's goal to **grow food using nature as a guide**, but to provide a more diverse, flavorful and nutritious variety of vegetables than what is found at the grocery store. Each year over 150 varieties of more than 50 different vegetables and herbs are grown.

The farm's other main goal is to promote relationships between farmers and consumers through *Community Supported Agriculture (CSA)*. The Fair Share Farm CSA began in the spring of 2004. Members not only receive weekly boxes of produce, but become a vital part of the farm and the CSA— working together to grow and distribute fresh, local, nutritious, and chemical-free produce.



## Become Part of the Farm— Join the CSA

We invite you to become a member of the farm by joining the Fair Share Farm CSA. Families and individuals who join the CSA receive a share of produce every week during the growing season (mid-May—October). In exchange, members sign a contract for the season, agree to pay in advance, and help with some of the work of harvest and distribution of the food.

We grow a wide assortment of produce, including many heirloom varieties known for their **wonderful flavor**. Depending on the time of the season, your share could include fingerling potatoes, fresh herbs, and heirloom tomatoes, along with more familiar vegetables like carrots, lettuce, and melons.

CSA members also receive:

- a connection to where their food comes from.
- a chance to meet other members during farm-work, distribution days and special events.
- security in the knowledge that your food dollars are supporting the future of a local farm committed to sustainable agriculture.



## Partial Listing of Crops Grown

Asian Greens	Potato-fingerling
Arugula	Pumpkin
Bean-green	Radish
Bean-Soy	Rhubarb
Beets	Rutabaga
Broccoli	Shallots
Cabbage	Sorrel
Cabbage-napa	Spinach
Carrot	Squash-zucchini
Cauliflower	Squash-yellow
Celeriac	Squash-winter
Celery	Swiss Chard
Corn	Sunchokes
Cucumbers-slicing	Tomato-cherry
Cucumbers-pickling	Tomato-heirloom
Eggplant	Tomato-paste
Fennel-bulb	Tomatillo
Gourds	<b>Herbs:</b>
Kale	Basil
Kohlrabi	Chamomile
Leeks	Chives
Lettuce-head	Cilantro
Melon-water	Dill
Melon-cantaloupe	Fennel
Okra	Garlic Chives
Onion-bulb	Marjoram
Onion-green	Mint
Peas-snow	Oregano
Peas-shelling	Parsley
Peas-snap/edible pod	Rosemary
Pepper-Bell	Savory
Pepper-Hot	Thyme
Potato	

*Fair Share Farm operates under the core belief that:*

*Healthy Soil = Healthy Food = Healthy People*