



27127 78th Ave. South  
Kent, Washington 98032  
253.859.5197  
shelley@whistlingtrainfarm.com  
www.whistlingtrainfarm.com

*"Oh, so that's what a carrot is supposed to taste like! We're new to the CSA this season and we're so happy! My husband had never had fresh beets. I've never cooked with kale. We like that each week is different and we get to try new foods we've never had before. We like that it's seasonal – no more wondering how long it's been frozen and in boxes at the grocery store. We like that it's local – we're born and raised Southenders and are happy to support local businesses. And, best of all, I know I'm feeding my family safe and healthy food. I just wanted to say thank you."*  
Corey and Amy Dill

## Winter Shares—Stretching the Season

### Why have Winter Shares?

Typically, local CSAs (Community Supported Agriculture, or subscription farms) have a harvest season that starts in May or June, but comes to an end sometime around October. We aren't comfortable with the idea that after cultivating relationships with customers, the farms must send everyone back to the supermarket for the winter. In 1997 we started reading about farms in the Northeastern US that offer winter produce to their members, and in 1998 we began our own experiment with winter vegetables. This will be our twelfth year providing a winter subscription program.

### What Produce might be included in a Winter Share\*?

| Root Crops      | Brassicas        | Greens           | Garlic & Onions | Winter Squashes      | Other       |
|-----------------|------------------|------------------|-----------------|----------------------|-------------|
| Potatoes        | Broccoli         | Swiss Chard      | Garlic          | Acorn                | Fennel      |
| Carrots         | Cabbage          | Spinach          | Shallots        | Buttercup            | Rosemary    |
| Beets           | Cauliflower      | various Lettuces | Red Onions      | Kabocha              | Sage        |
| Turnips         | Brussels Sprouts | Arugula          | Yellow Onions   | Delicata             | Parsley     |
| Rutabagas       | Kohlrabi         | Endive           | Leeks           | Gold Nugget          | Chervil     |
| Winter Radishes | Kale             | Radicchio        | Green Onions    | Sugarloaf            | Dried Herbs |
| Celery Root     | Bok Choi         |                  |                 | (many more squashes) | Apples      |
|                 | Napa Cabbage     |                  |                 | Pie Pumpkins         | Pears       |

Some of these vegetables require controlled-climate storage, so we've constructed both cold and warm storage areas. Root crops like it cold and damp, squashes and onions like it dry and warmer. Only the hardy greens, brassicas, and roots can stand the cold – and they become deliciously-sweet once the weather dips below freezing a time or two. This is especially noticeable in kale and cabbage, and Brussels sprouts. It is VERY IMPORTANT that before you decide that you don't like these vegetables, you eat them at the time of year they were designed to be eaten. Not only are the beautiful, they are delicious! They bear no similarity to the California-, Arizona-, or foreign-grown versions in the supermarket. We will be filling our greenhouses this winter, so we plan on having lettuces, arugula, radicchio, and other tender greens throughout the winter.

\*All crops subject to weather conditions and availability

over...

### Yes, I want Winter Produce!

I understand that there is some risk involved in this farming endeavor.  
But I believe that Mike and Shelley will do their best to provide all they have promised.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_ I want to receive 10 weeks of winter produce and I've included **\$225 for a Small Winter Share** (\$210 before 9/20/2013)

\_\_\_\_\_ I want to receive 10 weeks of winter produce and I've included **\$385 for a Large Winter Share** (\$350 before 9/20/2013)

\_\_\_\_\_ **Pickup Site Packaging Fee of \$50** for pickup at Capital Hill, Columbia City, North Seattle, Magnolia, Renton, and Tukwila

### I want to pick-up my produce at:

**On-Farm Pickup:** ☐ The Farm on Tuesdays ☐ The Farm on Saturdays

**Farmers Market Pickup:** ☐ U District Market on Saturdays ☐ West Seattle Market on Sundays

### Neighborhood Pickup Sites on Tuesdays:

☐ Capital Hill ☐ Columbia City ☐ North Seattle ☐ Magnolia ☐ Renton ☐ Tukwila Community Center

Please call us if you have any questions: 253.859.5197 or email: shelley@whistlingtrainfarm.com

Please complete this application and mail to: Whistling Train Farm, 27127 78th Ave. S., Kent, WA 98032

Make checks payable to Whistling Train Farm. You can also pay with a credit card via PayPal.

| Sample November Harvest |                        |
|-------------------------|------------------------|
| SMALL SHARE             | LARGE SHARE            |
| 1 head Butter Lettuce   | 2 heads Butter Lettuce |
| 1-1/2 pounds Potatoes   | 3 pounds Potatoes      |
| 1 Delicata Squash       | 1 Delicata Squash      |
| 1 bunch Swiss Chard     | 2 bunches Swiss Chard  |
| 1 Yellow Onion          | 2 Yellow Onions        |
| 1 bulb Garlic           | 2 bulbs Garlic         |
| 1 head Broccoli         | 1 head broccoli        |
| 1 pound Carrots         | 2 pounds Carrots       |
| 1 bunch Parsley         | 1 bunch Parsley        |


| Sample December Harvest  |                          |
|--------------------------|--------------------------|
| SMALL SHARE              | LARGE SHARE              |
| 1 head Romaine Lettuce   | 2 heads Romaine Lettuce  |
| 1-1/2 pounds Potatoes    | 3 pounds Potatoes        |
| 1 Spaghetti Squash       | 2 Spaghetti Squashes     |
| 1 bunch Lacinato Kale    | 2 bunches Lacinato Kale  |
| 1/2 Spinach Leaves       | 1 pound Spinach Leaves   |
| 1 pound Golden Beets     | 2 pounds Golden Beets    |
| 1 bunch Japanese turnips | 1 bunch Japanese Turnips |
| 2 Leeks                  | 4 Leeks                  |
| 1 bunch Rosemary         | 1 bunch Rosemary         |

If you will be picking up your produce in person, you will have the option of making substitutions. For example, you can have extra greens if you don't want potatoes, or take extra carrots instead of squash. Pre-packaged box delivery to pickup locations do not have this option.

### How long will the Winter Shares last and what will they cost?

The winter shares will begin when the summer shares end – the first week of November, and will run into January – a total of 10 weeks. If it looks like we will continue to have a good supply of produce past our 10th week, all subscribers will have the option of extending their subscriptions. We will harvest every week, with the exception of the weeks surrounding the holidays. See the schedule below for details.

| Winter Harvest & Pickup Schedule |    |    |    |          |    |    |    |         |   |
|----------------------------------|----|----|----|----------|----|----|----|---------|---|
| November                         |    |    |    | December |    |    |    | January |   |
| 5                                | 12 | 19 | 26 | 3        | 10 | 17 | 24 | 31      | 7 |

 Double share preceding weeks of Thanksgiving and Christmas

### How will you pick up our produce?

This winter you will have several options for picking up your produce. If you live in the south end or enjoy the drive to the farm, you can pick up at the farm either on Wednesday afternoons between 2:00 and 8:00pm or Saturday afternoon between noon and 5:00pm. If you pick up at the farm you will have just about any options for substitutions that you like because it's easy to run out and pick more. You also have the option of buying eggs.

We will also be selling produce at the University District Farmers Market on Saturdays and at the West Seattle Farmers Market on Sundays, and you are welcome to pick up your produce at our table there. There are no delivery fees, you have the same substitution options that you have at the farm, and you will be able to purchase eggs when available.

We will also have pick-up sites in the Capital Hill and North Seattle neighborhoods, but for pre-packed boxes only. You will be able to pick up your box of produce at these two sites anytime after 5:00pm on Tuesday, or anytime Wednesday. There is a \$50 fee for using these locations so that we can pay for labor and supplies in packing the boxes.

Thanks for your interest, and we hope you'll join us this winter!

Shelley, Mike, Della, and Cosmo



27127 78th Ave. South  
Kent, Washington 98032

*"I just wanted to let you know just how much we've enjoyed all the wonderful fruit and veggies this season. what a great job you do. It makes preparing meals so much easier when you know you can open the fridge and find something farm fresh and yummy to work with. We didn't know if we wanted to continue with the winter shares (yucky weather and all that) – but when it comes right down to it – how can we not."*

Linda and Wally Rice