



COMMUNITY SUPPORTED AGRICULTURE

WHAT IS COMMUNITY SUPPORTED AGRICULTURE?

Community Supported Agriculture (CSA) is a return to the time when communities had direct relationships with the farmers that grew the food for their families. CSA now creates a structure for people to have that same relationship.



EAT WELL AND THRIVE!

In an age when food travels an average of 1500 miles from farm to dinner table, and chemical-intensive industrial farming corporations produce foods bred to withstand shipping and storage, The Natural Trading Company offers a healthful, local and tasty alternative. Because we harvest at the peak of ripeness and deliver straight to you, our produce is rich in vitamins, minerals and other nutrients. You'll love the aroma and vibrant flavor of freshly-picked produce!

OUR FARM

Family-owned and operated, we are a certified organic farm in Penryn, California 25 miles north-east of Sacramento. We grow our produce with time-proven techniques that maintain and replenish the soil for the benefit of current and future generations. The result is fresh, wholesome fruits, vegetables, sunflower greens, wheatgrass and flowers produced without the use of toxic chemical pesticides, herbicides, fertilizers or genetically-modified seeds. We are certified organic by California Certified Organic Farmers (CCOF).



ROW CROPS OF CHARD AND KALE



YOUR LOCAL FARMER BRYAN KAMINSKY

HOW DOES CSA WORK?

CSA members sign up at the beginning of the harvest season to receive a share of the farm's harvest each week. That means for the entire growing season, you get a harvest box loaded with a variety of fresh, organically grown produce, plus shares of these popular optional add-ons: fruit, heirloom and cherry tomatoes, salad, pea shoots, sunflower greens and wheatgrass.

In each harvest box, you'll find our newsletter that keeps you in touch with what's happening on the farm and includes easy-to-use recipes that even busy folks can prepare. Prepayment helps us cover our operating expenses and ensure sales, so we can focus on growing fine produce and stewarding the land. We, the farmers, also have the satisfaction of knowing our CSA members and having a steady customer base.

That's worth a lot!

CSA works for all of us. It's good for you, your family, our community, and our planet. We invite you to join us in partnership through our CSA program.

JOIN THE MOVEMENT

By joining our CSA, you vote with your food dollars to:

- Eat the freshest organic food available
- Preserve local agriculture and open space
- Support local farmers and the local economy
- Enhance the spirit of community in your area
- Make a direct connection with your farmers

We offer CSA in these communities:

Auburn • Granite Bay • Lincoln • Rocklin
Roseville • Sacramento Metropolitan areas
North & South Lake Tahoe • Truckee

The surprise is so fun. You wonder: what will this week bring? So exciting!

—Laurie O.

MEET YOUR FARMERS

Bryan Kaminsky, Caren Hamilton, and their daughter, Lauren, are the family behind The Natural Trading Company.

Bryan's passion for agriculture goes back as far as he can remember. As a boy, he participated in 4H and Future Farmers of America. In 1995, after an internship at an organic farm in Mendocino county, Bryan started The Natural Trading Company in Newcastle and has since expanded to a larger farm in Newcastle to meet growing demand for local organic produce. Bryan continues his commitment to increase local support for agriculture by serving in community forums and on select boards.

Caren was inspired to work toward a greater sustainability for businesses while in college, fulfilling a lifelong love of nature. She earned a degree from UC Berkeley in Conservation and Resource Studies and worked to promote voluntary environmental programs for businesses and government agencies. Realizing that the best way to lead is to live one's principles, she decided to hang up her suit in 1997 and join the farm, bringing her marketing, environmental and business background home.

Lauren, Bryan & Caren's pride and joy, was born on the farm one cool fall morning in 1998 and has been helping ever since.

WHAT IS IN THE HARVEST BOX?

Available in three sizes, harvest boxes contain a mix of farm-fresh vegetables. Contents vary from week to week based on what's in season and ready to harvest. Depending upon box size and varieties available, harvest boxes typically contain 8 to 15 of the following freshly picked, mouth-watering vegetables:

Once you select the right size vegetable harvest box, customize your order by adding fruit (Fruit Share) and wheatgrass, as well as additional tomatoes (Tomato Share), peashoots, salad (Salad Share) and sunflower greens.

Tomatoes, carrots, sweet corn, stir-fry greens, basil, beets, broccoli, zucchini, eggplant, onions, arugula, kale, cucumbers, lettuce, sweet & hot peppers, green beans, sunflower & buckwheat greens, potatoes, pea shoots, radishes, herbs, garlic, chard, collards, summer & winter squash, cilantro, spinach, turnips, fennel, & more!

FRUIT SHARE



Most of our CSA members add a Fruit Share, portion of fruit, to their weekly harvest box. We do our best to fill your Fruit Share with PlacerGROWN fruit. When local fruit is not available, we purchase fruit

Peaches, grapes, strawberries, oranges, watermelons, grapefruit, Asian pears, blueberries, plums, raspberries, apples, cherries, cantaloupes, specialty melons & more.

from other organic farms. Fruit Shares are perfect for those who delight in feasting on extraordinarily sweet tree- and vine-ripened fruit. Fruit Shares are offered in two sizes.

Savor nature's ambrosia!

SALAD SHARE

A Salad Share assures that you have an abundance of fresh fixins for salad. Salad Shares come in two sizes and contain a variety of salad greens including head lettuce, spring lettuce mix, baby spinach, Asian salad greens, arugula, pea shoots and sunflower and buckwheat greens.

TOMATO SHARE

A Tomato Share is an extra helping of robustly flavored, vine-ripened heirloom, cherry or slicer tomatoes with each harvest box.

ORGANIC VINE AND TREE-RIPENED LOCAL FRESH SUSTAINABLE

WHEATGRASS

The Natural Trading Company is the leading local grower of wheatgrass and sunflower greens. You may add wheatgrass and sunflower greens to your weekly order or pick them up at farmers' markets and local retail establishments. High in protein, chlorophyll, enzymes, iron, vitamins & minerals, wheatgrass is nature's fountain of health. In fact, wheatgrass contains 100% of the nutrients humans need to thrive!



COMMUNITY INVOLVEMENT

It takes many hands and heads. Our enterprise is run by a group of diverse men and women hands, and seasonal apprentices from around the country. Running the CSA also requires the generous help of many drop location hosts, pickers, packers, and a CSA coordinator.

If you are inspired to get your hands in the soil or to support the CSA behind the scenes, please give us a call.

FARMERS' MARKETS

Visit us at the following Farmers' Markets:

Auburn - Saturdays
Lincoln - Saturdays
Kings Beach - Tuesdays
Tahoe City - Thursdays

3 EASY WAYS TO ENROLL

Congratulations for making such a nutritional and sustainable choice for yourself, your family and our planet.

1. ONLINE Print and complete the attached enrollment card and mail with payment to:

The Natural Trading Company
PO Box 445, Newcastle, CA 95658

2. PHONE Make note of which items you want and call us at 916-409-9440.

3. EMAIL Email your selection to ntc@naturaltradingco.com and mail a check to address above.

SUNFLOWER GREENS



Sunflower greens are extremely succulent and mildly crunchy, delicious used in salads, sandwiches or as a snack. They are a rich source of protein, chlorophyll, calcium, iron, potassium & Vitamins D and B complex.

Kids love them!

Our family doubled our vegetable intake.

—Claudia H.

The variety is great...and so is the ease of buying fresh organic food. —Joyce M.



916-409-9440

www.naturaltradingco.com