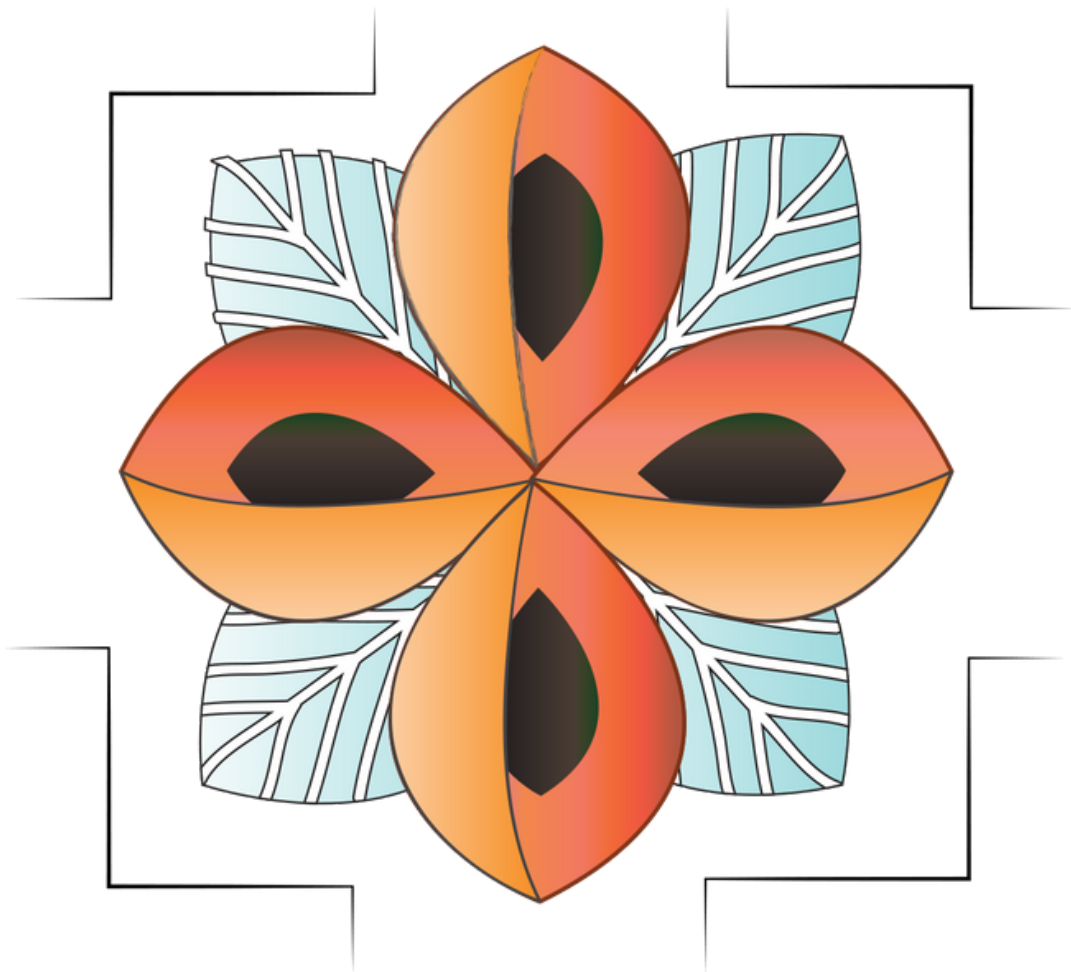


A L O H A



R E D L A N D

8 WAYS A CSA CAN BOOST YOUR HEALTH

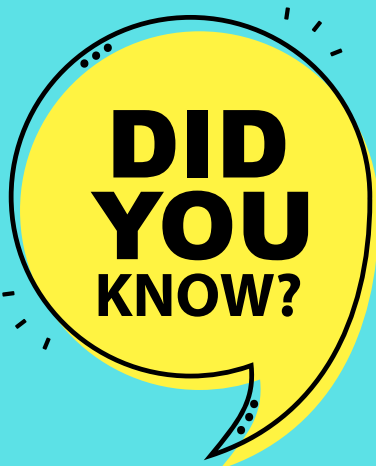


FRESHLY PICKED PRODUCE IS MORE NUTRITIOUS.

Our CSA produce is harvested at peak freshness, which means you get the full spectrum of vitamins, minerals, antioxidants, enzymes and phytonutrients available in your food.



OUR PRODUCE DOESN'T TRAVEL HUNDREDS OF MILES.



Did you know that produce loses over 50% of its nutritional value while it's transported to stores and sitting on shelves? We keep it local, and the farthest our produce travels is 20 miles from our farm. We don't give you kale from California or avocados from Mexico. There are no jet-lagged veggies in your box!

OUR PRODUCE IS FREE FROM HARMFUL CHEMICALS.

"Someday we shall look back on this dark era of agriculture and shake our heads. How could we have ever believed that it was a good idea to grow our food with poisons?"

—Dr. Jane Goodall

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You can feel confident that every item in your CSA box is safe for you and your family to eat. No scary residues or chemicals leaching into your food. Just good ol' fresh fruits and veggies. The synthetic pesticides and fertilizers used in conventional farming have been shown to be carcinogenic and endocrine disrupting. These chemicals never go near our field. We use organic farming practices and non-GMO seed varieties for everything we grow.

A collage of fresh produce. The top left shows a grid of blue crates filled with various colored cherry tomatoes (orange, red, purple). The top right shows a variety of carrots (orange, purple, white) and leafy greens like chard and cilantro. The bottom left shows a large pile of colorful carrots. The bottom right shows a close-up of many different colored tomatoes. A white circle with the number '4' is overlaid on the top left tomatoes.

4

CSA PRODUCE TASTES BETTER, WHICH MEANS YOU WILL EAT MORE FRUITS AND VEGGIES.

There is no contest between the taste of a gassed grocery store tomato and a freshly picked, vine-ripened tomato. If you think you don't like certain fruits or veggies, like carrots or broccoli for example, try a local fresh one. You will be surprised at the difference and maybe discover you liked them all along, you just have never had a good one!



5

OUR CSA BOXES OFFER A WIDE VARIETY OF PRODUCE.

Sorrel, fennel, katuk, nasturtiums -- we give you the opportunity to try new foods just about every week! By expanding the variety of healthy foods you consume, you increase the diversity of vitamins, minerals and enzymes going into your body.



6

YOU'LL HAVE A STOCKED FRIDGE OF HEALTHY FOOD.

When your fridge is constantly stocked with produce, you're less likely to go out to eat or reach for convenience foods. With your CSA, live foods fill your fridge and your belly to make you feel better, more positive and confident about your life choices.



YOU'LL MAKE A POSITIVE ENVIRONMENTAL IMPACT.

By incorporating permaculture practices on our farm, we strive to work with nature, not against it. Supporting us means you are voting with your dollar to protect biodiversity and reduce pollution from synthetic fertilizers, carcinogenic pesticides and fossil fuels.



GET CONNECTED TO YOUR COMMUNITY.

You care about protecting human and environmental health. But making a change from the norm is never easy. By joining our CSA, you can engage with other people who are also making the change. Get to know the ways that they use their produce and make connections. Building community this way will help us empower each other to make healthier, more conscious choices and keep farming practices cleaner.