

Featherstone Fruits and Vegetables



The week of October 26, 2009

October Crops

Carrots
Turnips
Rutabagas
Leeks
Onions (storage)
Garlic (storage)
Celeriac
Parsnips
Daikon Radish

POSSIBLE Box Contents

Beets
Pie Pumpkin
Carrots
Potatoes
Turnips
Green or Red Cabbage
Leeks
Broccoli

Please note: This list is only a guess. Weather and other conditions are very unpredictable.

Greetings CSA Shareholders-

I'm writing to clarify a couple of points about this final regular season CSA box, and to put in a pitch for our season ending survey.

First, the bad news. We have large plantings of fall spinach and parsley, certainly enough to have filled boxes this week as intended. I was confident enough about this to include them on the list for Margaret over the weekend, and she naturally passed this list on to you today (Tuesday).

Unfortunately, when we went out to harvest these crops yesterday morning, we found them to be of poor, unmarketable quality. These crops (and broccoli/cauliflower as well) can take heavy frosts repeatedly, but their top leaves get burned and they require heat and sunshine to recover (ie grow nice new green leaves for harvest). As usual, we had several 22 degree nights in mid-October, but (quite unusually), we've had next to no sun to bring crops like spinach back around. So we had to leave MANY long rows of broken down spinach unharvested this year. Bummer- and my apologies.

And a final update on this week- the list should have read green OR red cabbage (not and); there should be only one cabbage in your box. There are several top quality items still around- the carrots and leeks and squashes and broccoli have never been better- but we had hoped to have a few leafy items as well. These crops are a big gamble at the end of October, however, and this year the gamble did not pay off.

Which brings me to a final point. For the past couple of years we've delivered a "double box" in the third week in October as a season finale, and taken the last week of October off before winter shares begin. This year we opted to pack a final week, and spread the "double box" contents over two weeks, in part in the hopes that the sun would come back and we'd have that wonderful spinach. If this has created any confusion, again my apologies.

The question of whether to pack a single big box or two medium sized ones to end the season will be part of our season end survey, which will be out soon. Which do you prefer? I encourage you to let us know your opinion, on this and many other points. Please do not be afraid to hurt our feelings- if you have constructive criticism, please let us know. The surveys are invaluable to us, as we plan how to make this CSA program- your program, work better for you. So please take the time to fill it out.

I will be writing next week with my reflections on the season as a whole. In the meantime, enjoy your last week's vegetables, and thank you for your subscription!

Jack Hedin
Featherstone Farmer

Meet Featherstone's Workers

Esteban Gasca



Kneeling in the muddy field, harvesting carrots with Esteban and the other field workers on this sunny, 50-degree October afternoon, it's hard not to notice that things are changing on the farm. The air is crisp, the leaves are dropping, the regular season CSA is wrapping up and seasonal workers are getting ready to leave. Esteban, who finished up his 7th year on the farm this past Saturday, is now heading back to Guanajuato, Mexico to see his wife and 5 daughters for the first time since March.

After working for so many years on the farm there is very little that Esteban has not done. In early spring he's on the tractor tilling and preparing beds, In May he's cultivating Brassicas, transplanting tomatoes and corn and showing the new workers how to harvest lettuce efficiently. By mid-summer he's setting up irrigation, or overseeing a large-scale tomato harvest.

Esteban is the one in the field observing changes. He's the first one to notice and show-off the first ripe strawberry of the season, the first cherry tomato, the first raspberries from the field. With a big smile on his face he will present you with a 20# head of cabbage or a turnip the size of a St. Bernard's head, all the while swearing up and down that those are indeed the smallest ones out there, just before breaking into his playful, mischievous laugh.

He said he enjoys harvesting broccoli because of the rhythm and the sounds of all the knives working together, shearing the stalks clean. He also just enjoys the beauty of being out in the field. He said the farm is much better now with the new facilities and freezers, which provide the capacity for more work and efficiency.

His favorite vegetables grown on the farm are the mixed salad greens. He likes to eat them with just a little lemon and salt.



Gina Blankenship



7 months ago, Gina's goal was to find an organic farm to work at where she could learn about growing food and practice Spanish. She will be leaving Featherstone with a tattered notebook filled with new Spanish words learned on the farm, calloused hands and bigger muscles from a season of satisfying farm work, and a heart and mind opened by new experiences and friendships.

While working part-time for much of the season, Gina's main activities on the farm included general CSA and field work, attending to local customers at the on-site market stand the farm set up for a couple months this season, and writing employee profiles for the newsletter. Some of her favorite memories from the season include harvesting leeks with the entire field crew this past Thursday and reminiscing together about how each one was the size of an individual strand of hair when they went into the ground back in May; and how miraculous it seems now to have to heave full force to pry them from the ground some 4 months later. (And even so a few remain defiantly stuck in the cold dirt.) She also enjoyed spending time with all the smart and curious children at both the Strawberry and Harvest socials on the farm this year.

Her favorite veggie grown here is kale. She likes it best in soup, or steamed with flax oil and salt.

Mitch Hoy



"I like mindless physical labor and garlic." In his characteristic dry-humor, Mitch described his favorite part of working at Featherstone. He primarily brought his muscles, a.k.a. "guns", to the farm in the form of irrigation, general field work, some odd jobs such as terracing, and helping 4 days a week on the CSA line.

As an amateur gardener he hopes his experience at Featherstone helps him to learn more about farming in order to work on his own patch of dirt. He is planning to apprentice to be a master brewer and would be interested in operating a farm someday that integrates wine, cheese, and sausage-making.

Originally from South Dakota, he has lived in Winona, MN for the past 3 years where he has attended Winona State University, and volunteers for *Down and Dirty Bikes*, an organization that fixes up abandoned and broken-down bicycles and gives them away. He also plays music and amuses famous writers who visit Featherstone (ie: Michael Pollen), by having them sign books: "*Who's yer farmer?*"

His favorite veggies grown here are the peppers, especially the jalapeños and serranos, which he likes to make into a spicy pico de gallo with tomatillos and cilantro.





*Peggy Hanson is a food writer, local food advocate and aspiring food coach who lives in Lanesboro, Minnesota. This column originally appeared in the Fillmore County Journal in Fall 2008 (before the election)
Peggy welcomes your questions and comments.
Contact her at mjhanson50@gmail.com.*

Dear Featherstone Friends,

This is my last column for the 2009 CSA Season. Grieve not – because I will be back soon with some columns in November and December to go along with the upcoming winter shares. If you haven't signed up for the winter share – better not delay. I think parsnips can be as good as Prozac on a cold winter day. (Although I must confess I have no personal experience with Prozac. But you get the idea.)

If you have been a regular reader, I hope you now feel that you know a little more about the place where some of your food has come from this year – Fillmore County, Minnesota. I also hope that I have spurred you to think a bit more about WHY it is good to cook real food for yourself and your loved ones. HOW is good too – but without the WHY the HOW won't happen.

I am grateful that Featherstone Farm is “just down the road” from us and our garden in Lanesboro. Our beet and carrot crop is almost used up and it makes me feel secure and happy knowing that 18 miles away I can get top quality beets and carrots from my hard working friends at Featherstone

I wrote the following column in November, 2006. Making lefse is an important tradition in our area. If you want to try lefse, you can come down to the Bethlehem Lutheran Church meatball supper – it is always the Sunday before Thanksgiving. (I think of it as a kind of training table for Thanksgiving.) They usually serve about 900 people between 11 a.m. and 6 p.m. – they would love to see you I am sure. It is about 125 miles from the Twin Cities – so maybe carpool with a few friends and make a day of it. -- Peggy

REAL FOOD - Lefse

Latinos have tortillas. East Indians have chappatis and dosas. Chinese have Po-ping. Ethiopians have injera. Norwegians have lefse – and so does Fillmore County. Even by Minnesota standards, Fillmore County is serious lefse territory and I hope it stays that way. Bethlehem Lutheran in Lanesboro did their part recently when the church hosted a lefse making morning to prepare for the Nov. 19 meatball supper. There was a great turnout of (holy?) rollers, flippers and folders. And several novices were initiated into the mysteries of lefse.

Like Karen Neneman, who is from Kentucky. She knows a lot about corn bread and turnip greens too and is living proof that you don't have to grow up in Fillmore County or even be Norwegian to make good lefse. Or like Julie Kiehne and her daughter Megan, who used the griddle, rolling pin and lefse stick that Julie's husband Tim (not a novice) inherited from his late grandmother Orilee Kiehne of Harmony. I am sure Orilee would be glad to know that her grandson and his family are using her cherished tools to carry on a family tradition.

Lefse making is a commitment. First, it requires investing in infrastructure: a 16” round electric griddle, a special rolling pin (get a cover too), a round board with a cloth cover and a lefse stick. If you use fresh potatoes, you will need a potato ricer too. These items cannot be found at Wal Mart. They can generally be purchased or ordered from our local hardware stores, because these stores know their local customers. Norsland Lefse in Rushford also sells lefse making equipment for home bakers. A complete set of lefse equipment would make a lovely gift for newlyweds or a family member who lives far away.

Second is technique. It is ideal if you can find an experienced lefse maker who will take you on as an apprentice. Or if you have some rolling pin experience and patience you can teach yourself as I did. If you need a little help along the way, call the Lefse Hot Line at 467-2125. The Hot Line is staffed by Bucky Rogers, local lefse legend. Bucky told me to tell you that the Hot Line closes at 8:30 p.m.

Finally you need a recipe. In the spirit of bipartisanship, I offer two versions– one with instant potatoes and one with real potatoes. It should not come as a surprise to my regular readers that I am in the conservative real potato and real dairy products camp. We planted our potatoes on Good Friday this year and there is just something nice about knowing that those same potatoes will be the ones that go into the lefse we will eat for Christmas. Eating lefse is not a sacrament nor does lefse belong to one religion. But I think it is heavenly.

Bucky Rogers Lefse Recipe, given to him by Marie Amdahl

Combine and bring to a boil:

6 1/2 cups water, 1 stick margarine. 1 rounded T. butter or home rendered lard

1 cup (8 oz.) cream, 1 rounded T. salt

Take off the heat and stir in one 15 ounce package of Hungry Jack instant potatoes

After the mixture has cooled, (chill overnight if you wish), add 4 cups flour and mix well.

Bucky says the dough is easier to work with if the flour is added shortly before the dough is rolled.

Work fast or make the dough in two batches. Divide into pieces, shape Use flour on board and pin cover to keep dough from sticking – but remember less flour makes for softer lefse.

Peggy Hanson's Lefse Recipe (from the Great Scandinavian Baking Book by Beatrice Ojakangas)

4 cups peeled, cooked and diced russet potatoes – drained until absolutely dry and then riced or mashed (Bucky says any potato- if not overcooked or too moist– is fine)

1/4 cup butter, 1/2 cup whipping cream, 2 T. sugar (I like to use half this)

1 t. salt

1 1/2 cups all purpose flour

Mix together all ingredients except flour. Cover and refrigerate over night. The next day add flour and mix well. Divide into 20 equal portions. Roll and bake on griddle. Freezes well – fold into quarters and wrap airtight



Among the many opportunities my time at Featherstone gave me was the chance to meet a talented Minneapolis food photographer, Mette Nielsen. You may remember reading about last year's Squashfest at the farm– the weeklong squash picking extravaganza that brought various volunteers and farmworkers together. I can personally attest to the power of those connections through my sustained friendship with Mette, who I met there.

After hearing I moved on to the Pacific Northwest, Mette soon told me that her and a friend, food stylist Robin Krause, were using up some frequent flyer miles to travel to British Columbia, and kindly invited me along. How could I resist? After some time in

Vancouver, they were going to a tiny island off of Vancouver Island, one that goes by the name of Salt Spring Island. The hour long drive from tip to bottom of the island will show you it's filled to the brim with farmers and artists.

Michael Ableman, author of 'Fields of Plenty', owns and operates Foxglove Farm, the place where the cottage we stayed in was located. After snaking through the country roads we approached the gate to the property. Passing multiple farmhouses whose chimneys were billowing with smoke, we eventually came to our cabin, where a basketful of produce was waiting for us, demanding to be cooked. We had no problem complying.

After adventuring throughout the island (visiting dairy farms, the bread bakers house, a goat farm, etc.) we often found ourselves cozying-up in the cabin, knitting, listening to the wood crackle in the fireplace, writing, taking baths, cooking, drinking tea. It was there I discovered the power of Epsom salt and smoked oysters, not together, of course. The taste of the smoked oysters blew my brains, and I never felt more relaxed than after that Epsom salt bath.

Featherstone was my first and only direct experience with an organic vegetable farm. Not having anything to compare it to, the visit to Foxglove gave me a meter to which I could compare Featherstone. And the conclusion I came to was the same conclusion I've come to regarding the Midwest and Pacific Northwest cultures: When it comes to the essence of living, everybody is the same, everywhere- all having insecurities, ambition, and a need for love. Featherstone and Foxglove are no different in that their goal is very humble, yet very ambitious – to feed real food to real people. The employees of both farms have very curious minds, and have traveled far to learn about farming or to be part of a close-knit community. Each farm has their unique challenges, whose farmers have come up with even more unique solutions to tackle it.

Time spent at Foxglove also reaffirmed what Featherstone had shown me, that a place is defined by its people. More than any logo, photograph, or advertisement, the character of both Featherstone and Foxglove is defined by the farmer, the employees, the consumers, and the farm-friends. It's people that breathe life into a place, it doesn't become alive by itself.

And the same could be said for our little cottage in the woods, on a remote farm, on a remote island. The warmth within the walls were barely from the wood burning stove. It was from these two women, who put up with questions of mine such as, "What do you wish you would have known at the age of 22?" and taught me how to make a bowl of granola and yogurt look appealing.

Foxglove and Featherstone - two experiences that have brought me to different parts of the world and showed me the exact same thing. People, not things, enrich life. And a farm is about making people more alive.

As always, questions and comments are welcomed [here](#).

Recipes

CABBAGE & CARROT Salad

from cabbagerecipes.org

Ingredients

1 pound cabbage, cored and shredded
2 carrots, peeled and grated
2 or 3 scallions, minced
1/4 to 1/3 cup peanut (preferred) or canola oil
2 tablespoons freshly squeezed lime juice
1 teaspoon soy sauce
Salt and freshly ground pepper to taste

Instructions

Start by combining the vegetables in a bowl. Then mix the oil, lime juice and soy sauce. The original recipe says you can add salt but I think the soy sauce is good enough. Add fresh ground black pepper if you wish. Toss the veggies and dressing then serve cold. Serves 4.

Sweet & Sour CABBAGE Wedges

from cabbagerecipes.org

Ingredients

2 tablespoons olive oil
1/2 head cabbage, quartered through the core
1/2 cup cider vinegar
2 tablespoons sugar
course salt and ground pepper

Instructions

Start by putting olive oil in a pan (skillet can be used) over medium heat. Then add the cabbage and cook it until it's golden brown. Around 3 minutes per each side. Then add vinegar, sugar and 1.5 cups of water. Bring to a simmer. Cook the cabbage until it is tender. You can use a shopstick or fork to test it. Cook about 12 to 15 minutes then serve with salt and pepper. You can also replace the salt with soy sauce which I do from time to time. Serves 4.



Oven-Braised TURNIPS with Garlic

from greenearthinstitute.org

Ingredients

2 1/4 pound turnips, trimmed, peeled, and cut into 1/2-inch wedges
2 tablespoons oil
1 1/2 heads garlic, smashed & peeled
2 1/3 whole bay leaves, broken in half
1 1/2 cups rich beef stock
1/4 teaspoon each: dried thyme, rubbed sage, and dried oregano
3/4 teaspoon kosher salt, or to taste
Freshly ground black pepper to taste

Instructions

Preheat oven to 500 degrees F. Place turnips in a 12 x 17 1/2 x 2-inch roasting pan and toss with the oil. Spread out in a single layer. Roast for 15 minutes. Flip the turnips over and rotate the pan. Add the garlic. Roast for 5 minutes. Flip the turnips and garlic over and rotate the pan again. Tuck the bay leaves under the turnips. Add the stock and herbs. Roast for 10 minutes. Flip the turnips and garlic over and rotate the pan once more. Roast for 10 more minutes. The liquid will be mostly absorbed. Remove bay leaves. Season with salt and pepper to taste. Makes 3 3/4 cups.

Cheesy Mashed Neeps (TURNIPS)

from mrneep.co.uk

Ingredients

2 large white turnips, peeled and cubed
3 to 4 ounces Swiss cheese, grated
3 tablespoons butter
seasonings to taste

Instructions

Boil turnips in salted water for about 30 to 35 minutes. Drain off water. Mash with a potato masher. Add butter, seasonings and cheese. Mix until cheese starts to melt, then stop mixing. Serve.

Recipes

Ruby BEETS with Balsamic Glaze & Fresh Herbs

from organicvalley.coop

Ingredients

3 pounds beets - scrubbed and trimmed
2 tablespoons balsamic vinegar
2 tablespoons maple syrup
2 tablespoons OV Salted Butter
2 teaspoons tamari soy sauce
fresh herbs (for garnish)

Instructions

In a large saucepan, cover beets with lightly salted water by 1 inch. Simmer beets, covered, 30 to 35 minutes, or until tender, and drain in a colander.

Cool beets until they can be handled and slip off skins and stems. Cut beets lengthwise into wedges.

Please note: beets may be prepared up to this point 2 days ahead. Just cover and place in the fridge. Bring beets to room temperature before proceeding.

In a large skillet, stir together the balsamic vinegar, maple syrup, and Organic Valley Salted Cultured Butter. Add beets.

Over moderate heat, cook beet mixture with salt and pepper to taste, until heated through and coated well.

Serves 8.

BEET & ONION Ring Salad

from cooks.com

Ingredients

2 large white turnips, peeled and cubed
3 to 4 ounces Swiss cheese, grated
3 tablespoons butter
seasonings to taste

Instructions

Boil turnips in salted water for about 30 to 35 minutes. Drain off water.

Mash with a potato masher.

Add butter, seasonings and cheese.

Mix until cheese starts to melt, then stop mixing. Serve.



Russian Vegetable Salad Deluxe

from organicvalley.coop

Ingredients

Salad:

6 medium beets (*larger than golf balls, smaller than hard balls*)
4 medium Yukon Gold potatoes, peeled and quartered
2 large carrots, peeled and cut into quarters
1/2 bunch green onions, thinly sliced
2 large OV eggs, hard-cooked, coarsely chopped
1/2 cup finely diced OP Hardwood Smoked Ham
2 medium-size garlic dill pickles, chopped
1/4 cup coarsely chopped fresh parsley

Dressing:

3 tablespoons cider vinegar
2 tablespoons OV Sour Cream
2 tablespoons mayonnaise
1/8 teaspoon sugar
3/4 teaspoon caraway seeds, pulverized with mortar and pestle or in coffee grinder
3 tablespoons safflower oil
salt and pepper to taste

Also:

Dark rye bread, cut into small slices
OV European Style Cultured Butter, softened

Instructions

Heat oven to 400 degrees. Place unpeeled beets in small roasting pan; add enough water to come 1/2 inch up sides of pan. Cover tightly with foil and bake until tender when pierced with fork, 60 minutes or longer. Uncover beets and let them cool down.

Meanwhile, place potatoes and carrots in a steamer basket and steam them in a covered saucepan over medium heat until barely tender, about 10 minutes. Remove cover and let them cool down.

Make dressing by whisking cider vinegar, sour cream, mayonnaise, sugar, and caraway in large bowl. Whisk in safflower oil a little at a time. Season generously with salt and pepper.

When vegetables are cool, remove the peels from the beets and potatoes. Cut beets, potatoes, and carrots into 1/2-inch pieces. Add them to the dressing in the bowl with green onions, eggs, ham, pickles, and parsley. Gently fold ingredients together and season with salt and pepper to taste. Chill until ready to serve.

Mound the salad on a colorful platter. Butter the bread slices generously. Surround the salad with buttered bread. Serves 6.

Recipes

Lemony Risotto

from marquita.com

Almost Vegetarian by Diana Shaw

Ingredients

1 lemon (or 2 small)
3 cups broth: vegetable or chicken
1 large leek, white & green part, cleaned and chopped
1 bay leaf
1 T butter, unsalted
2 shallots, minced
1 T chopped parsley
1 cup arborio rice
2 T white wine
1/3 cup grated parmesan cheese

Instructions

Halve and juice the lemon and remove the zest with a vegetable peeler. Leave half the zest in strips and mince the rest. Set aside the juice and the minced zest.

Place the strips of zest in a saucepan with the broth, leek, and bay leaf. Bring to a boil over med-high heat, then cover and simmer gently over low heat for 30 minutes.

Strain the broth through a sieve, discard the leek and bay leaf, and pour it back into the saucepan. Cover and bring it back to a gentle simmer over low heat.

Meanwhile, in a separate saucepan melt the butter. Sauté the shallots, parsley, and minced lemon zest over med-low heat until the shallots are soft, about 10 minutes.

Add the rice and stir until it's just about evaporated, about 3 minutes. Add the white wine and lemon juice, turn up the heat, and stir until it's just about evaporated, about 2 minutes. Lower the heat.

Using a ladle, add about 1 C hot broth. Stir constantly over med heat until the broth has been absorbed. Add another ladleful of broth and keep stirring until it's been absorbed.

Continue the process, adding broth a half cupful at a time and stirring in this way, until the kernels are plump and no longer chalk white in the center. This should take 25 to 30 minutes altogether. The rice is almost done when the kernels are still separate but starting to bind and there are pools of broth on the surface. It's done when the liquid has been absorbed, and the kernels are bound in what looks like very ricey, yet somewhat creamy, rice pudding.

When the risotto is nearly done, stir in 2 T more broth, along with the Parmesan cheese, and stir well until all the liquid has been absorbed, about 3-4 minutes.

Serves 4 to 6.

TURNIP or Rutabaga Puree with LEEKS

from marquita.com

Deborah Madison's *Vegetarian Cooking for Everyone*

Ingredients

1 small potato, peeled
2 pounds turnips and or rutabagas, thickly peeled
2 medium chopped leeks, white and light green parts only
1 garlic clove or 1 stalk green garlic, chopped
salt and pepper
2 T or more cream, buttermilk, or milk
2 T butter
2 t chopped thyme

Instructions

Chop the potato and turnips the same size. If using rutabagas, chop them about half the size of the potato. Put the vegetables, leeks, and garlic in a pot with cold water just to cover, add 1/2 t salt, and simmer, partially covered, until tender, 15-20 minutes. Drain, reserving the liquid.

Mash the vegetables with a fork for a rough-textured puree or pass them through a food mill. Add 2 T or more cream or reserved broth to thin the puree. Stir in the butter and thyme and season with S and P to taste.

Variations: Stir 1 cup grated gruyere cheese into the puree. Or simmer the vegetables in milk instead of water. Add a Tablespoon of roasted garlic and a teaspoon finely chopped rosemary to the puree. Or enrich the puree with a little creme fraiche and stir in 1 cup water-cress sprigs that have been blanched briefly in boiling water, then finely chopped.

Hot Spicy Shredded BEETS

from homecooking.com

Ingredients

2 pounds beets, trimmed, peeled, and coarsely grated
1/2 cup coarsely grated onion
3 Tablespoons butter or margarine
1/2 cup water
1/4 cup dry red wine
Juice of 1/2 lemon
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon salt
1/8 teaspoon pepper

Instructions

Simmer beets, onion, butter or margarine, water, wine, lemon juice, cinnamon, nutmeg, salt, and pepper, covered, 25 to 30 minutes until beets are tender and flavors well blended. Stir once or twice during cooking. Serves 4.



Featherstone

Fruits & Vegetables

Locally and Organically-grown produce

2009 Winter Share & Early 2010 Regular Season Sign-up Form

Thanks for your interest in the Winter Share of the Featherstone CSA Program. Please complete the form, print it out and send it with your check to the address listed at the bottom of this form. If you have any questions about the CSA or this form, please email csa@featherstonefarm.com or call Margaret Marshall at 507-459-5209.

Primary First Name(s) _____ Primary Last Name(s) _____

Address _____

City _____ State _____ Zip _____

Email(s) _____

Cell/Day Phone(s) _____ Evening Phone(s) _____

Are you sharing your box? **Y** **N** If yes, please provide the person's info you're sharing with:

Secondary First Name(s) _____ Secondary Last Name(s) _____

Email(s) _____

Cell/Day Phone(s) _____ Evening Phone(s) _____

Winter and 2010 Regular Season Pricing:

Share Type	Winter Price	2010 Price
Early Sign-up* Pricing:		
<input type="checkbox"/> 2009 Winter Share Only	\$220	
<input type="checkbox"/> 2010 Chica Share		\$470
<input type="checkbox"/> 2010 Grande Share		\$620
For New Shareholders:		
<input type="checkbox"/> 2009 Winter and 2010 Chica	\$200	\$470
<input type="checkbox"/> 2009 Winter and 2010 Grande	\$200	\$620
For Renewing Shareholders:		
<input type="checkbox"/> 2009 Winter and 2010 Chica	\$190	\$470
<input type="checkbox"/> 2009 Winter and 2010 Grande	\$190	\$620

After December 15, Regular Season Shares for 2010 will increase to \$490 for a Chica and \$640 for a Grande. Sign-up as soon as possible to receive Early Pricing.

*Early 2010 signups must be confirmed with a deposit of 50% of the share price by Dec. 15, 2009 and paid in full by Feb. 15, 2010. All Winter Shares must be paid in full by Nov. 1, 2009.

Drop Sites—these are for WINTERSHARES only. If you're signing up for both Winter and 2010, we'll get back to you in early 2010 to ask you for your regular share dropsite preference (there will be more days and locations):

Indicate your top choices in order by entering "1" in the box next to your first choice and "2" next to your second choice.

Tuesday Deliveries – Twin Cities Only	Friday Deliveries - Winona	Friday Deliveries – Twin Cities
<input type="checkbox"/> Hampden Park Co-op (St Paul)	<input type="checkbox"/> Bluff Country Co-op	<input type="checkbox"/> Valley Natural Foods(Burnsville)
<input type="checkbox"/> Eastside Co-op (Mpls)	Friday Deliveries - Rochester	<input type="checkbox"/> Lakewinds Co-op(Chanhassen)
<input type="checkbox"/> Member Home (West St Paul)	<input type="checkbox"/> Good Food Store	<input type="checkbox"/> Lakewinds Co-op(Minnetonka)
<input type="checkbox"/> Seward Co-op (Mpls)	<input type="checkbox"/> Rochester Produce	<input type="checkbox"/> Clancey's Meats & Fish(Mpls)
	Friday Pick-up - Rushford	<input type="checkbox"/> French Meadow Café(Mpls)
	<input type="checkbox"/> Featherstone Farm	<input type="checkbox"/> HealthPartners(Blmgtn, Employees Only)
		<input type="checkbox"/> Hennepin County Government Center(Mpls)