

# Alissa's Flower Farm

Beauty in Bloom

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

&

# Seedtime & Harvest's

Biodynamic Gourmet Vegetables

[www.SeedtimeandHarvest.net](http://www.SeedtimeandHarvest.net)

2017

## Your Local Farm Family

We have been bringing the best tasting, cleanest, freshest vegetables and most beautiful cut flowers to the Falls Park Farmers Market in Sioux Falls since 2000. Our children have worked besides us through the years. Now new little people are filling our lives ... Ah, the GRANDCHILDREN!!! The best days are when the grandchildren are on the farm with us, digging in the dirt, looking for worms, hunting for toads.

## Farm to Fork is Far Fresher!

## Our Love and Desire

We have two, actually. Growing chemical-free, nutrient-dense, life-imparting, gourmet vegetables and soul-lifting flowers for our family, friends, and loyal customers, AND enjoying every possible moment with our grandkids. In addition to growing clean, healthy food for people, we want our farm to be a safe, nurturing oasis for us, our grandchildren, AND for birds, butterflies, bees, earthworms, and microbes.

## Biodynamics:

### Supercharged Organics with FLAVOR!

Biodynamics is different from any other practice. "Bio" means life and "dynamic" means energy. Our job as a farmer is to look at life and the flow of energy around us, including cosmic and planetary energy. In biodynamic farming, we use infinitesimal amounts of substances to make larger changes, i.e. the butterfly effect. The universe is brimming with Life-Force Energy; we use biodynamics to direct this energy to our plants and to our farm.

## Our Soils

When microbes are allowed to flourish, they pre-digest the minerals found in the surrounding soil. These predigested minerals are the perfect plant food. Balanced, mineralized soils result in balanced growth, strong plants, and high disease resistance, for plants and humans alike. We mineralize our gardens and work to establish the millions of microbes needed to break down these minerals, making them easily absorbable for our plants. (Salt-type artificial fertilizers tie up minerals, placing them out of reach of plants.) We work hand in hand with experienced soil consultants, paying attention to trace mineral levels, calcium-magnesium ratios, etc. Additional organic nutrients are pushed through water lines to stimulate and feed the soil's microscopic critters. Crops are misted with organic highly mineralized foliar sprays to fine-tune the genetic ability of each flower and each vegetable.

## Flavor and Color

Flavors and colors are created in the plant using the soil's minerals as building blocks. (Synthetic chemicals upset the mineral balance in the soil.) As the level of minerals in a vegetable or flower increases, so the nutrition and color increases. As the nutrition increases, the flavor skyrockets. A mineral-rich, nutrient-dense carrot, tomato, or leaf of lettuce, full of its natural Life-Force Energy, will taste better, sweeter, and richer. When a conventionally grown vegetable tastes like nothing but fiber, your tongue is probably correct.

## Demand

The demand for living nutrition, locally grown, beautiful, gourmet vegetables continues to climb. Parents want fresh, clean, safe food for their families, food that will nourish their children's bodies while promoting their health. This food must also taste GOOD! Good flavor goes hand in hand with mineralization. You will find both flavor and nutrition with Seedtime's biodynamic farm-fresh vegetables.

We continually hear,

*"You spoiled my boyfriend! He loves carrots but after eating yours, he won't eat store carrots!"*

*"My husband had stopped eating vegetables until we started to buy your vegetables."*

*"My little Johnny LOVES your cucumbers!"*

*"Your tomatoes are AWESOME!"*

*"Every year we plant tomatoes but our tomatoes never taste as good as YOUR tomatoes!"*

*"Your sweet potatoes taste like candy! We bake them and eat them like a banana."*

# Availability

## Falls Park Farmers Market

This will be our 18<sup>th</sup> year at the Falls Park Farmers Market. We love Market day! Digging in the dirt, pulling carrots, picking tomatoes, arranging flowers, all these things make us very happy. But the People...Vegetable Lovers... Flower Enthusiasts. Wow! This is the BEST part of farming. Falls Park Farmers Market opens the first Saturday in May and closes the last Saturday in October.

Hours are 8 am to 1 pm. [www.fallsparkfarmersmarket.net](http://www.fallsparkfarmersmarket.net)

## Prepaid Veggie/Flower Cards

Save 15% on your weekly vegetables and flowers! Each \$100 prepaid vegetable card has a \$115 value when you shop Seedtime and Harvest and Alissa's Flowers at the Falls Park Farmers Market. Enjoy an outdoor shopping experience. Visit face to face with us, your favorite farmer. Come to our stall on the first day of Market; your prepaid cards will be waiting for you. Cards are valid only at Seedtime & Harvest and Alissa's Flowers during the Falls Park Farmers Market season.

## Local Stores

A selection of Seedtimes' mineralized vegetables and Alissa's soul lifting flowers are offered at the following stores:

Florists:           **Creative Chick**  
                          **Gustaf's Greenery**  
                          **Josephine's**  
                          **Meredith & Bridgette**  
                          **Young & Richard's**  
                          **Hy-Vee floral departments**

Specialty Stores:   **Cleavers** (vegetables)  
                          **Co-op Natural Foods** (veggies & bouquets)  
                          **Keller's Green Grocery** (veggies)  
                          **Look's Market** (veggies & bouquets)

Grocery:           **Hy-Vee stores** (veggies)

# **CSA (Consumer Supported Agriculture)**

By joining our CSA, you are reserving a full season of wonderful vegetables, herbs and/or flowers. Your membership provides our local farm with start-up capital for the new season; seeds, potting soil, soil nutrients, etc. In return, Seedtime will fill your CSA share with vegetables each week, with more emphasis on basics (such as salad greens, carrots, tomatoes, sweet potatoes, winter squash); and occasionally unfamiliar vegetables (Napa cabbage, collard greens, fennel). Flower CSAs receive a unique bouquet; herb shares can choose two bunches of fresh-cut herbs.

## **Flowers**

### **Fresh Flowers Every Week**

No imported flowers. We grow every stem. Enjoy an elegant bouquet featuring *Oriental lilies*, a contemporary bouquet, or a mixed bouquet of wilder flowers. Cut at the perfect time, placed immediately in water, cooled, and arranged in bouquets.

Our flowers are never exposed to ethylene, a gas given off by ripening vegetables, which causes flowers to drop their petals. We have dedicated coolers and trailers, for flowers, and for veggies. During deliveries, veggies are in the trailer; flowers are in the pickup truck. No ethylene exposure. Period.

Value will be high; freshness, vase life, and quality unmatched. Enjoy unique flowers seldom found at florists.

### **Flowers Bi-weekly**

If Co-op or Look's is your pick-up location, flowers will match the bi-weekly veggie schedule. Bi-weekly flowers picking up at Market will be provided with a punch card. You can choose your flowers whenever you need them.

### **Summer in Bloom:**

Summer's joyful overabundance of flowers is passed on to you! The best six weeks of summer.

## **Vegetables**

### **Full Summer Share**

Each week we will set aside a variety of vegetables for you. Frost hardy crops such as lettuces, radishes, spinach, and beets in the spring, heat loving vegetables such as tomatoes, eggplant, peppers, and cucumbers in the summer, and winter squashes, garlic, sweet potatoes, and hardy greens in the fall.

### **Bi-weekly**

This is the same as the "Full Summer Share" and is delivered every other week (13 weeks). Our veggies are so fresh, that you have plenty of time to eat it all. Start your week by eating the lettuces, delicate micro greens, and other salad ingredients. Peppers, cabbage, cauliflower, etc., will hold (well wrapped in the refrigerator) to be eaten the following week. By the end of the second week, your refrigerator's veggie bins will be looking a little bleak, just in time to pick up a fresh batch of veggies.

Families A-K receive vegetables the first week of May;

Families L-Z receive vegetables the second week of May, establishing the pattern of bi-weekly for the rest of the season.

### **Vegetable Add-on Share**

On November 21 and December 19, we will make two additional deliveries in time for healthy holiday feasting. These shares will include a plethora of winter squashes, potatoes, shallots, onions, garlic, sweet potatoes, carrots, winter radishes, and beets. Shares may vary.

### **Vegetable Quantity**

Our Full Summer Share will provide the vegetable needs of a family of four people eating a primarily vegetarian diet. Smaller families and couples can choose to receive veggies bi-weekly. Each share will have six to nine vegetables.

## Herb Share

Herbs are the spice of life! Add zest and nutrition to your cooking. Your choice of two bunches of Seedtime's intensely flavored herbs from our display at Falls Park Farmers Market. Herb shares are not available for deliveries.

## Examples of a Full Summer Share in 2016:

**June 17/18** – Asparagus, beets, kale, kohlrabi, lettuce, Romaine lettuce, Micro greens, radishes, spinach, Swiss Chard. Value: \$42

**August 19/20** – Broccoli, 3 slicing cucumbers, eggplant, 3 onions, 2# heirloom tomatoes, 3# red slicing tomatoes, pint cherry tomatoes. Value: \$56.50

**October 14/15** – Winter radishes, leek, Brussel sprouts, 4# sweet potatoes, 3# potatoes, 8# winter squash, garlic. Value: \$46.50

## Newsletters

A short e-mail goes out early Friday morning letting you know what we put in your box, preparation tips, recipes, etc. Sometimes we write about life on the farm; the ups, the downs, the funny, the beautiful. Keep in touch!

## Handbook

Our CSA Handbook will be emailed to you upon your enrollment. This CSA guide explains all details for each drop/pick-up location. If you would like this information before subscribing, send your request to [Harriet@seedtimeandharvest.net](mailto:Harriet@seedtimeandharvest.net).

## Business and Home Delivery

Seedtime is offering home delivery for multiple memberships are delivered to one address. We also deliver to offices & businesses. Deliveries are made late Thursday evenings.

## CSA Pick-Up Locations

### Friday:

- Co-op Natural Foods (Opens at 8 am)
- Look's Market (Opens at 9 am)
- On the farm (all day)

**Saturday:** - Falls Park Farmers Market (8 am to 1 pm)

### Co-op Natural Foods:

Do all your organic shopping at the Co-op.

### Look's Market:

Ask Look's chefs for help in pairing fresh fish, gourmet meats, artisan cheeses, and fine wines with your lovely vegetables.

### On the Farm:

Self serve. Your veggies will be waiting for you Friday morning.

### Falls Park Farmers Market:

Picking up your CSA at the Market allows you to choose your flowers, add to your selection of veggies, and complete your shopping

*Join us! We would love to be your farmer!*

*Alissa & Nathan Van Zwen*

Alissa's Flower Farm

605-214-7849

E-mail: [Alissa@FlowersbyAlissa.com](mailto:Alissa@FlowersbyAlissa.com)

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

Facebook & Instagram

*Henry & Harriet Kaffenberg*

Seedtime & Harvest

605-366-1056

E-mail: [Harriet@SeedtimeandHarvest.net](mailto:Harriet@SeedtimeandHarvest.net)

[www.SeedtimeandHarvest.net](http://www.SeedtimeandHarvest.net)

Facebook

## Subscription 2017

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

E-mail (required) \_\_\_\_\_

We will pick up our subscription:

\_\_\_\_ Thursday evening: Business or Home Delivery

\_\_\_\_ Friday: Co-op Natural Foods, 410 W 18th St.

\_\_\_\_ Friday: Look's Market, 6213 Old Village Place

\_\_\_\_ Friday: at the farm

\_\_\_\_ Saturday: 8am-1pm Falls Park Farmers Market, S.Falls

Group Delivery Address: \_\_\_\_\_

CSAs going to this address:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FREE Bonus:** Subscriptions paid in full by April 1<sup>st</sup> may choose one extra veggie week or one flower week:

Extra Veggie CSAs (\$35 value)

Sept \_\_\_\_\_

Oct \_\_\_\_\_

Send me Flowers! (Value \$19)

Aug 11/12 \_\_\_\_\_

Aug 18/19 \_\_\_\_\_

Mail to: Seedtime & Harvest, 2710 Hickory Ave., Hull, Iowa 51239

[www.SeedtimeandHarvest.net](http://www.SeedtimeandHarvest.net)

## Count us in! We want the best flowers and veggies!

**Beautify my life with flowers! \$19 each week. \$494** \_\_\_\_\_  
 26 weeks May 5/6 to Oct 27/28

**A bouquet Bi-weekly: \$19 per week. \$247** \_\_\_\_\_  
 13 weeks A-K May 5/6 to Oct 20/21 \_\_\_\_\_  
 L-Z May 12/13 to Oct 27/28 \_\_\_\_\_  
 13 weeks Your choice of weeks. Avail at Mkt only. \_\_\_\_\_

**Summer in full Bloom! Only \$15 each week. \$ 90** \_\_\_\_\_  
 6 weeks July 22 to Aug 26 Avail at Mkt only.

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**Full Summer Vegetable Share: \$35 per week. \$910** \_\_\_\_\_  
 26 weeks May 5/6 to October 27/28

**Bi-weekly Vegetables: \$35 per week. \$ 455** \_\_\_\_\_  
 13 weeks A-K May 5/6 to Oct 20/21 \_\_\_\_\_  
 L-Z May 12/13 to Oct 27/28 \_\_\_\_\_

**Add-on Veggies: \$35 per week. \$ 70** \_\_\_\_\_  
 2 weeks Nov 21 and Dec 19

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**Choose 2 bunches of herbs. Avail at Mkt only. \$4.75 per week.** \_\_\_\_\_  
 20 weeks May 20 to September 30 **\$ 95** \_\_\_\_\_  
 10 weeks Bi-weekly May 20 to Sept 30 **\$ 47.50** \_\_\_\_\_

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**Business or Home Delivery: (per delivery site) \$300** \_\_\_\_\_

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\_\_\_\_ **# Prepaid Veggie/Flower Cards (\$115 value) \$100** \_\_\_\_\_

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Check\_\_ Visa\_\_ Master Card\_\_ Discover\_\_ **Total:** \_\_\_\_\_

Credit Card # \_\_\_\_\_

Security Code \_\_\_\_\_

Signature of Card Holder \_\_\_\_\_ Expiration Date \_\_\_\_\_ Zip Code \_\_\_\_\_