



list of vegetables we grow in the summer and early fall season:

- Arugula
- Beans - green, yellow & shell
- Beets - red & golden
- Beet Greens
- Broccoli
- Bok Choy
- Cabbages - red, green, chinese, napa
- Baby Pac Choi
- Carrots - rainbow
- Cauliflower - white, orange, purple
- Celery
- Collard Greens
- Escarole
- Herbs - all kinds
- Sweet Corn
- Popcorn
- Cucumbers
- Eggplant
- Fennel
- Kale
- Kohlrabi
- Salad Turnips
- Tomatillos
- Tomatoes - regular & cherry
- Spinach
- Swiss Chard
- Lettuces - all kinds
- Salad Mix
- Leeks
- Melons
- Rhubarb
- Okra
- Onions
- Scallions
- Snap & Snow Peas
- Peppers - all colors - sweet & hot
- New Potatoes
- Summer Squashes
- Radishes
- Strawberries

Samples of what was in a Family share last season:

***Early Season Share -**

- 1 pt strawberries
- 1 lb rhubarb
- 1 dozen eggs
- 1 loaf bread
- 2 cukes
- 1 head of lettuce
- 1 bunch of radish
- a bag of arugula or spinach
- 1 lb. tomatoes

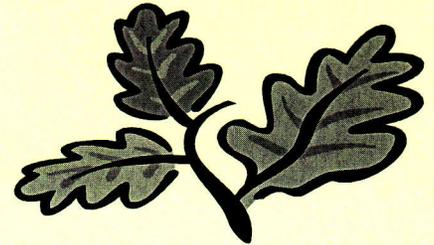
***Mid Season Share -**

- 1 loaf bread
- 1 head of garlic
- 1 each kind of summer squash
- 1 head of lettuce
- 3 each tomatoes
- 2 cukes
- 1 bunch radish or salad turnips
- 1 head of broccoli
- 1 bag of arugula
- 1 bunch of basil
- 1 dozen eggs

choice of a bag of kale, chard or beetgrn

***Late Season Share -**

- A bag of Apples
- 5 lb. potatoes
- 1 dozen eggs
- 1 loaf bread
- 1 jar of jam or chutney
- 1 rutabaga
- 1 bag of swiss chard
- \$5.00 worth of any other vegetables available that week.



Summer Markets

- Sundays - Canaan - 10 to 1
- Tuesdays - DHMC - 3 to 6
- Wednesdays - New London - 3 to 6
- Thursdays - Lebanon - 4 to 7
- Fridays - Newport - 3 to 6
- Saturdays - Enfield - 10 to 1

THURS 3-7 Lifesciences Ctr.

New recipe service this season!



We are subscribing to a new recipe service this year to help our members use all their share items even if they have never used them before. Each week we will send out our newsletter with a list of share items and 2 recipes for 2 of the vegetables in the share. These recipes are chef tested and are for seasonal fresh produce, and the other recipe ingredients are also seasonal so you can find what you need at the market not the grocery store. It also allows all our members access to the complete website of hundreds of CSA

friendly, chef tested recipes so you can also search for your own recipe. It also has a vegetable ID section, cooking tips and 7 day a week recipe support from the chefs. We hope this will make your share a more exciting experience for you and take the stress off using all your veggies!! Once we are ready to start with the share pickups you will receive an access code to use on the Local Thyme Website so you will be able to use this service! And once again go to our website to sign up for our weekly newsletters. We don't want you to miss out on anything.

To sign up - send this slip with a check payable to Autumn Harvest Farm.

Send to : Autumn Harvest Farm

77 Johnson Lane
Grafton, NH 03240

Name: _____

Address: _____

Phone: _____ Email: _____

Pickup Site: DC-LifeSciences Center Share Size _____

Comments: _____