



**Fresh Fork Market's Summer Farm Share 2015
Summer Registration Now Open: [Register Now](#)**

Dear Trevor,

It might be snowing outside, but at the Fresh Fork Market warehouse, we are talking about sweet corn, strawberries, and fall's bounty. We are imagining up new cooking classes, such as a celebration of peaches (which Mother Nature deprived us of in 2014) and all the delicious ways to eat them. And most importantly, we are excited to welcome you back to our community of folks devoted to sustainable, local foods.

Ignore that snow outside; instead, concentrate on how happy you'll be to pick up your first bag brimming with vegetables as part of our summer season. **Summer 2015 Fresh Fork Market registration is now open to the general public.**

Got some questions? We've got some answers:

What's Fresh Fork Market?	We are a Farm Buying Club , kinda like a mega-CSA, located in Cleveland, OH. We connect you to Ohio's bounty, including produce, meat, eggs, dairy, breads, canned goods, pastries, granolas and more - all from 100+ local, small family farms. We arrange these goodies into a weekly
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grab bag - kind of like a meal plan for the week - and deliver it to a pickup point near your home or work.

Our food is the just-been-picked-this-morning kind from small producers within 75 miles of Cleveland. The produce, grains, and livestock is raised with the utmost care and concern for the quality of the food and the health of the soil.



When is the Summer Share?

The 22 gorgeous weeks of our summer share run the length of:

June 3rd, 2015 - October 31st, 2015.



What do I get?

Well first off, you've got options. Small bags are for individuals or couples, and large bags are for a bigger crew and those who love to cook. In both, we select what goes in the bag and tell you each Tuesday morning. Each

bag is planned accordingly so you can use as many of the ingredients within a one week period.

Not only are we celebrating what is fresh, but we also celebrate variety. Over the course of a season, you'll sample more than 300 different things to eat, including produce, meats, cheeses and more. A typical Small Omnivore Bag in June might look like this:



1 whole chicken, 1 bulb green garlic, 1 lb green beans, 1 candy onion, 2 zucchini, 1 pint cherry tomatoes or 1 lb slicing tomatoes and a pint of blueberries.

Not enough? How about a large, which is all that PLUS: 2 pizza dough balls, 1 pint tomato sauce AND a pint of black raspberries?!?!

And of course, **we have vegetarian and vegan options as well**, also available in large and small.

We always like to joke that the season starts out green (lots of leafy vegetables), gets colorful, and ends down-right back breaking! For a better idea of what comes in each week's bag, please reference the bag contents from previous seasons. You can easily find them on our website here: [Bag Contents](#). The list is in chronological order, so the first several posts are for the current Winter Season and then those further down are Summer 2014.

Where do I pick it up?

You've got stuff to do, places to go, and traffic to avoid. No problemo. We come to **more than 24 different stops** on all sides of town, and we add new stops every year. The official Pick Up Locations for 2015 haven't been nailed down quite yet, but [check out where we were last year](#). Pick ups happen Weds-Saturday, and we hang out for a few hours at each stop so you can grab your bag on your way to or fro.



How much does it cost?

Eating local, organic and fantastic food shouldn't break the bank. Because we buy in bulk directly from the farmer, we're able to shake down the prices to make it as affordable as we possibly can. Small bags start at **\$25/week**, Larges at **\$40/week**, and our flexible spending option for those who love their extras, Full-Access plans start at **\$50/week**.

Pay us upfront or throughout the season with installments. We accept most plastics, greenbacks, or write us out a check and carrier-pigeon it on over to 3800 Woodland Avenue, Cleveland OH 44115.

Full pricing details and payment info may be found here: [Pricing and Payments](#).

Do I choose what I want?

Lay back and relax, we'll do the work for you. Every week's bag is pre-assembled, so all you have to do is show up and get it. **We choose a wide variety of bag contents to highlight what's just been harvested**, and what will play nice and make a couple of delicious meals. To top it off, each week, we'll send you some recipes to try (many more are available via our website).



What about my allergy to...?

No gluten? No problem! Let us know when you sign up that you need to avoid certain foods, and **we'll accommodate your needs as best we can by offering a substitution.** You'll also get the line up for what's in the share each week before you pick up, so be sure to check it out online and touch base with your greeter when you pick up.

I'm headed to the beach. What about vacations? Do I just lose out?

We might be jealous, but we won't hold it against you. Go ahead, take off-- **up to four weeks.** When you get back, we will give you a bag's worth of credit to use towards buying more good food.



Is it organic?

Almost all of our farmers are small organic growers who practice traditional farming methods to eliminate the need to use conventional insecticides and fertilizers that are bad for our health and the planet.

However, there aren't enough Certified Organic Farms to supply us with everything we need, and the growing conditions in Ohio for certain crops (like apples) require minimal treatment to produce fruit. However, our food is non-GMO, our meats and dairy come from 100% pasture-raised animals, and our whole grains are exclusively organic.

How do I sign up?

Head on over to www.FreshForkMarket.com

Click on [Sign Up/Log-in](#) to create an account and add a subscription to your cart.

Like to talk to somebody before you take the plunge? Call Lyn at **800-861-8582** or shoot her an email: info@freshforkmarket.com



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change
my
mind?

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If you have any questions, don't hesitate to get in touch. Looking forward to hearing from you, and we can't wait to have you on this summer.

Sincerely,

Trevor Clatterbuck
Fresh Fork Market
800-861-8582



www.freshforkmarket.com

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