

# ANNOUNCING



# OUR NEW CSA

West Valley Tuv Ha'emek

**REGISTER TO BE PART OF OUR  
COMMUNITY SUPPORTED AGRICULTURE (CSA)**

***A new way to think about Jewish community, food, health and environmentalism***



### **What is Tuv Ha Emek?**

*Tuv Ha'emek* (good from the Valley) is a collaborative effort of **New Community Jewish High School, Shomrei Torah Synagogue, and the Brandeis-Bardin Campus of American Jewish University** that works with Hazon, a national organization dedicated to creating a healthier and more sustainable Jewish community and a healthier and more sustainable world for all.



### **What is a CSA?**

Community Supported Agriculture is when a community of people comes together to financially support a local, and ideally organic, farmer or farm coalition in return for a weekly share in the farmer's harvest.



### **How does it work?**

You order fresh, healthy, organic, local produce at competitive prices to be delivered to our campus directly from the farm once every week. The fruits and vegetables are seasonal and are determined by the farmer. Along with your order, you will receive a newsletter with cooking tips, recipes, Jewish and agricultural articles, farmer info, and more.



### **What does it cost?**

The cost for a weekly bag of seasonal produce is \$26. A sample list of produce from the week of January 25<sup>th</sup> included:

1 lb. Fuji Apples  
1 lb. Navel Oranges  
1 lb. Mandarin Oranges  
1 lb. Carrots

2 Avocados  
1 lb. Oro Blanco Grapefruit  
1lb Broccoli  
1 bunch green onions

1 lb. Brussel Sprouts  
Artichoke or Cauliflower  
Spinach or Kale  
Choice of lettuce

*Please note that last minute substitutions may be made.*



### Where do I pick up my produce?

Pickup will take place every Tuesday from 2:30 pm to 6:00 pm on the NCJHS / Shomrei Torah Synagogue campus.



### What are the advantages to participating?

A CSA is a small-scale but effective way to confront some of the global challenges of pollution, land degradation, and poor nutrition. At the same time, participating in a CSA connects us to our Jewish tradition that has a long history of thinking about what is fit to eat: food that is ethical, healthy, and sustainable. By purchasing your fruit and vegetables through Tuv Ha'emek, you will be supporting both your own community and your local farmers, building relationships with those whose work enables us to eat, as well as others who want to improve our food, our health, and our planet.



### How do I sign up?

Sign-up is available online at: [www.csacalifornia.org](http://www.csacalifornia.org)

Click: West Valley Shomrei Torah Synagogue NCJHS (in the location list at the bottom of the homepage)

Click: Sign up here and follow the online prompts



### When is the first delivery date?

March 16, 2010 is our inaugural delivery date; however, you may start delivery on whatever Tuesday you wish. If you purchase one month with the start date of March 16<sup>th</sup>, please note that due to the Passover holiday, deliveries the last week of March and first week of April will be on Thursdays April 1<sup>st</sup> and 8<sup>th</sup>.



### Questions?

Please visit the [www.csacalifornia.org](http://www.csacalifornia.org) website, or contact Judy Yaniv Goldberg at (818) 884-5127.

*'A threefold cord is not quickly broken'- Ecclesiastes 4:12*

Fresh, local and delicious!



7353 Valley Circle Blvd., West Hills, CA 91304 | (818) 346-0811 | [www.stsonline.org](http://www.stsonline.org)