



HOW DOES FARM TO FAMILIES WORK?

The best way to learn about Farm to Families is to come out and meet us in person! We are at the NKCDC Garden Center, 1825 Frankford Ave, from 4-7pm every Thursday for produce pick-up and ordering. Come say hi! We'll explain all the details, you can see the produce, register, and even order your box for the following week.

STEP 1: Register

You can fill out a registration form at our pick-up location, or stop in at NKCDC's office at 2515 Frankford Avenue Mon-Fri 9am-5pm. Or register online here: <http://goo.gl/forms/TMiVXuRO7a> There are no income eligibility requirements, though we do have two price points based on need. You will be notified via email or phone when your registration is completed, and which price point you qualify for.

STEP 2: Order a Box!

We are customizable! You can choose a large box or small box of produce. Box contents vary on a weekly basis, depending on season and local availability, which is half the adventure! Our food comes straight from Lancaster Farm Fresh Cooperative, is all organic, and picked within 48 hours of reaching your table. Here are the prices and an example of what could be in the box:

Large Box (caja grande)	Small Box (caja pequeño)
<ul style="list-style-type: none"> . Red Bell Peppers (pimientos dulces) . Arugula (arúgula) . Collard Greens (berza) . Spaghetti Squash (calabacín) . Sweet Onions (cebolla) . Crispin Apples (manzanas) . Kiwiberries (bayas de kiwi) 	<ul style="list-style-type: none"> . Red Bell Peppers (pimientos dulces) . Arugula (arúgula) . Collard Greens (berza) . Spaghetti Squash (calabacín) . Crispin Apples (manzanas)

You can order in person at our Thursday pick-ups, using cash, credit or debit card, or an EBT food stamp card. Or you may order online or over the phone between Wednesday afternoon and Friday morning at 10am. No orders accepted after 10am, sorry. Those orders are then available for pick-up the following Thursday. No need to sign up for a full year or full season membership – order by the week, whichever weeks you'd like!

STEP 3: Order Additional Items

In addition to a box of mixed produce, Lancaster Farm Fresh also offers a rotating list of healthy alternative foods that you can choose to add to your order. Here is a list of some options and pricing:

Eggs	\$1.65	\$2.65
Avocado	\$1.00	\$1.50
Sauerkraut		\$6.00
1lb Grass-fed Ground Beef		\$8.25
Chicken Breast (2 Pieces)		\$8.99
Yogurt (LF/FF)		\$4.00
Organic Applesauce		\$5.25
Maple Sugar (1 lb)		\$11.75
Organic Strawberry Jam (8 oz)		\$5.00
Organic White Mushrooms (8 oz)		\$2.25

STEP 4: Come to our Pick-Up Location

Farm to Families pick up days are every Thursday, 4-7pm at NKCDC Garden Center, 1825 Frankford Ave in Fishtown. Sorry, we don't deliver. But if you have a friend willing to deliver to you, they can be bribed with bonus loyalty points, leading to free stuff! If you are unable to pick up by 7:00pm or forget, we unfortunately cannot hold your produce for you.

STEP 5: Take a Bite!

Enjoy the healthy and tasteful benefits of choosing fresh, organic, locally-grown foods! Creative new recipes and nutrition education tips can be found weekly on the Farm to Families pintrest and facebook pages.



With questions or to sign up, call Renee at (215) 427-0350 x116 or email rhorst@nkcdc.org