

## Commitment Form

**Due by June 10th, 2017**

You can join at any time point in the season, but we ask that you commit to the rest of the season. We are happy to pro-rate shares.

### Multi- Farm Meat CSA Share

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**Name**

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**Mailing Address**

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**City** **County**

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**State** **Zip**

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**Phone Number**

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**E-mail**

**Return Form and Fee to:**

**Cassie Schweighofer**  
**678 Cocheton Turnpike**  
**Tyler Hill, PA 18469**

**Please Indicate Share Type and Price:**

|      |                   |       |                              |
|------|-------------------|-------|------------------------------|
|      | <b>Share Type</b> |       |                              |
| Full | Medium            | Small | (please circle one)          |
|      |                   |       | <b>Amount Enclosed</b>       |
|      |                   |       | <b>Pick-up Location</b>      |
|      |                   |       | <b>Total Amount Enclosed</b> |

**Please Make Checks Payable to Cassie Schweighofer**

## Share Sizes

### Full Shares

Full-size shares work well for families and groups of 3 or more people, or 2 people if you are heavy meat eaters and cook at home most days. Full shares offer 100lbs of meat over the course of 5 months. You can make a lot of delicious, healthy meals out of 20 pounds of meat each month! Please see our website for more information about weight distributions you can expect from each full share option.

### Medium Shares

Medium-size shares work well for 1-2 people. Our medium shares provide between 50-60lbs of meat over the course of 5 months, or about 10-12lbs per month. This translates to less than \$20 per week, or about a quarter of an average \$80 weekly trip to the grocery store. Please see our website for more information about weight distributions you can expect from each medium share option.

### Small Shares

We also offer a Small 9 lb Everything Share. With this share, you receive 3 lb chicken, 3 lb pork, 1.5 lb beef and 1.5 lb lamb every month. It runs about \$77 per month or \$386 over the course of a 5 month season.

### Low Cost Shares

Our Basic Value Standard share is our low cost share. In this share you can expect Quails R Us Plus signature all natural chicken. Our grass fed beef will come entirely as ground, and the pastured pork will be either ground pork or sausages.

## Share Pickup

Please see a list of drop off locations below. Deliveries will be the 3rd week of each month.

#### Milford

Milford Farmers Market, The Columns Museum, 608 Broad St., Milford PA  
 3rd Sunday of the Month

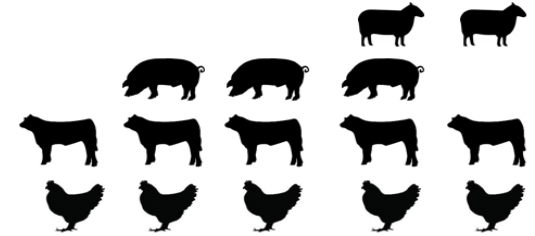
#### Scranton

South Side Farmers' Market, Scranton PA  
 3rd Saturday of the Month

#### Wilkes-Barre

The Public Square, Wilkes-Barre, PA  
 3rd Thursday of the Month

## CSA Share Options and Pricing



|   | Beef & Chicken | Basic Value Standard* | Standard | Everything | Pork Free |
|---|----------------|-----------------------|----------|------------|-----------|
| Full<br><small>100 total pounds</small>       | \$640          | \$517                 | \$670    | \$782      | \$783     |
| Medium<br><small>50-60 total pounds**</small> | \$340          | \$270                 | \$351    | \$503      | \$492     |
| Small<br><small>40 total pounds</small>       |                |                       |          | \$386      |           |

\*Basic Value Standard Share is our Low Cost CSA share. The Chicken is All Natural. Customers receive only ground beef, ground pork and sausages.

\*\* Beef & Chicken Medium and Standard Medium are 50 lbs, and Everything and Pork Free Medium are 60lbs.

#### Other Possible Drop Off Locations (dependent on 5-10 minimum

#### sign ups):

- Hawley Farmers Market
- Cooperage Farmers Market
- Barryville Farmers Market
- On Farm Pickup
- Anywhere (with a minimum number of sign ups)

**A true farm to table experience!**

## Meet Our Farms

**Twin Brook Farms** is a 7th generation family farm jointly managed by Erik Roneker and Cassie Schweighofer. Twin Brook Farms is best classified as a hay and livestock farm, though we do have a half acre in vegetable production, an apple orchard, and our own bee hives. We care for over 700 acres of ancestral Schweighofer farmland while working to remediate our new 110 acre farm next door with little to no external inputs. This means that our pastures and hayfields are fertilized with our own manure and compost and we never use pesticides or herbicides. We currently raise 30 head of beef cattle, 800 sheep and lambs, 20 goats, 60 pastured hogs, and 100 or so free range, heritage chickens. We maintain all of our own breeding stock. Our livestock are naturally raised with access to pasture all year round. Our beef, sheep, and goats are grass fed, but the mid-winter lambing group will often receive a small amount of grain for the first month after lambing to help maintain adequate milk production during the coldest months of the year. Over 95% of our livestock are direct marketed to consumers like you, and we pride ourselves on supplying a high quality, great tasting, product.

**Quails-R-Us...Plus!** Born with "Grandpa Rico" peddling poultry from horse and wagon out of Harlem NYC, Rick Franciosa and Linda Cruz have crafted Quails-R-Us...Plus, a true farm to table experience! We have been immersed in all aspects of poultry production, live poultry markets, farming, harvesting, and marketing, for our entire lives! Upon that foundation of experience we bring you products produced with a simple goal in mind: to produce great tasting, healthful products grown by nurturing hands under humane conditions. Quails-R-Us...Plus utilizes natural techniques and special diets which are hormone and antibiotic free. We utilize all natural grains, grass, flax, and alfalfa. Certain animals are even organically fed. Our chickens and turkeys are free range and free roaming, lambs and goats are pasture raised and essentially grass fed except for small handfuls of grain to keep them "friendlier." Our pigs are dirt floor raised and have low stress, comfortable growing conditions. Quail, rabbit, partridge, guinea hens, brown eggs and quail eggs are also produced with the same care. We enjoy sharing the bounty from our little family farm and providing our customers with a great tasting, local, farm to table experience. Our connection to our customers is what makes all the hard work worthwhile. As grandpa Rico always said, "When you love what you do... it's easy."

## Why CSA?

Twin Brook Farms/Quails R Us Plus Community Supported Agriculture (CSA) is a joint venture between two neighboring farms. We have combined our resources to offer a CSA that supplies almost every livestock meat group. Our CSA offers a variety of "shares" of what we produce on the farms to customers in North Eastern Pennsylvania and the Southern Tier of New York. Members purchase a "subscription", and in return, receive meat from us every month. This helps our farms' cash flow and gives us an opportunity to know the people who eat the food we produce.

### CSA Meat Cuts

#### Organically Fed Chicken

- Whole and half chickens
- Cornish hens
- Cut up chicken

#### Grass Fed Beef

- Ground beef and beef patties
- Steaks (Porterhouse, T-bone, Sirloin, Rib Eye)
- Roasts (chuck, round, rib, short ribs, shank, neck)
- Stew cubes, London broil

#### Pastured Pork

- Chops (rib, center cut, blade, shoulder, smoked)
- Ribs (spare, country style)
- Cured and fresh ham steak
- Roasts (shoulder, ham)
- Hickory Smoked Bacon (Regular or Nitrate Free)
- Sausage or Ground

#### Grass Fed Lamb

- Ground lamb, stew, and kabobs
- Chops
- Ribs
- Leg steaks and shoulder chops
- Roasts (shoulder, neck, leg)

CSA members can regularly expect whole chicken and about 50% of the other meats may be ground or sausages in each monthly delivery. We do keep track of what cuts we have previously provided to each member to ensure everyone gets an interesting and fair rotation of cuts over the course of a season.

#### For more information:

Contact: Cassie Schweighofer

Phone: 570-224-4381

E-mail: cms346@cornell.edu

Website: [www.twinbrookfarmsandlivestock.com](http://www.twinbrookfarmsandlivestock.com)

Facebook: Twin Brook Farms

# The Multi-Farm Meat CSA



**5 Month Share Season  
June–October '17**

*An opportunity to connect you with where your  
food comes from*



**Quails  
-R-  
Us...Plus!**