



Where fine players and community members grow farm fresh produce



The Souhegan Soccer Farm is a peaceful getaway in nearby Amherst, NH. We offer farm fresh produce grown organically without the use of commercial fertilizer and pesticides. You and your family are invited to join in the weekly harvest throughout the season. Each year we have a bountiful supply of salad greens, herbs, onions, garlic, corn, potatoes, tomatoes, peas, beans, strawberries, eggplant, squash, carrots, peppers, pumpkins, and flowers. Community participants are welcome every week to join us in weeding, planting, picking or distributing produce on pick-up days. Regular staff includes part-time farmers and college and high school farm interns.

Located in the fertile flood plain of the Souhegan River, the Soccer Farm is designed for a mixed use of farming, soccer, and family recreation. The farming schedule begins with bed cultivation, planting, and weeding in April, May, and June; and planting, weeding, and harvesting from June to October. Family recreation opportunities include hiking, bird watching, dog walking, playing sports and picnicking.

The Souhegan Soccer Farm is a CSA or Community Supported Agriculture project started about five years ago by soccer player and coach Ben Brewster. Ben saw CSA as a way to bring better overall nutrition to his players and the community. The farm helps promote a healthier lifestyle through the integration of farming, soccer, and other outdoor recreation.



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A CSA program is an exciting way of bringing community contact with the land back to the business of buying food. Being part of a CSA program is one way to make a direct and reliable commitment to local agriculture and the well being of your family.



A Souhegan Soccer Farm membership allows you and your family to become directly and meaningfully involved with the food you eat and the land on which it is grown.

The cost for a seasonal family membership is **\$625** plus 3 hours a month (or **\$525** plus 3 hours every two weeks) working at the farm, participating in farm activities. The cost for a non-working membership is **\$700**; with recreational land use for walking, bird watching, exercising dogs, and picnicking included. **A deposit of \$200 is requested by March 1st** to facilitate our seed purchase and our full season planning. Shared memberships are available for those who need less food each week. Half share memberships are available for \$350 for those who need less food each week.

The Souhegan Soccer Farm invites all of the southern New Hampshire community to join us this year in promoting your health and well being through farming, soccer, and family recreation. We look forward to a great year. Come join us!



An exciting season of organically raised produce

Become a Garden Shareholder

- Enjoy a weekly supply of same-day fresh produce, full of flavor and nutrition.
- Participate in special Soccer Farm events designed for you and your family: hayrides, potlucks, and other Soccer Farm fun.
- Share with your children the excitement, knowledge, and skill necessary to produce a good crop.

2009 Souhegan Soccer Farm Registration

Last Name _____ First _____

Address _____ City/State _____ Zip _____

Phone _____ Email Address _____

Names of family members and (age) _____ Cell phone _____

We will have 20 weekly pick ups at the farm every Tuesday from June 9th until October 20th

Please check:

\$625 plus 3 hours a month work participation

\$700 with no work obligation

\$525 plus 3 hours work every two weeks

\$350 Half Share

Would you like to participate in any of the following activities, which are included with your membership:

walking dog walking or training swimming

soccer games picnicking other



\$200 deposit or full payment by March 1, 2009 – Balance due March 31, 2009



Please send a check payable to:

*Ben Brewster
Box 563, New Hampton, NH
03256*

For more details call
603.744.5067 or email Ben
at ben@bbsoccer.com

