

WEEKLY BOX FILLED WITH PRODUCTS FROM SOME OF MY FAVORITE FARMERS AND RANCHERS

5-WEEK SUBSCRIPTION, THE PERFECT AMOUNT OF TIME TO TRY SOMETHING NEW AND START YOUR OWN LOCAL FOOD **ADVENTURE** 

A VARIETY OF HUMANELY RAISED MEAT, ORGANIC FRUIT, HOMEGROWN VEGGIES, A SNACK FOR ON-THE-GO, AND A CREATION FROM MY KITCHEN

MORE INFO AT ROSEWESTAG.COM



## WHY A ROSE WEST CSA BOX?

My life's passion is supporting and connecting people to local agriculture and food. Your Rose West CSA box will feature a variety of products from local producers so we can spread the love! I have personally curated your box to include food from my favorite farmers and ranchers, as well as my own garden and kitchen.





## WHAT IS IN A CSA BOX?

Your Rose West CSA Box will include a selection of local lamb and pork products, a freshly harvested veggie and herb bundle from The Rose Garden, a bounty of Coloradogrown fruit, a local jerky snack, and a creation from The Rose West Kitchen.

# HOW WAS MY FOOD GROWN & RAISED?

I like to give credit where credit is due, so here's an overview of how your food was grown and raised...

#### MYSTIC HILLS FARMSTEAD

Grass-fed lamb rotationally grazed on irrigated pastures in North Routt

#### MURR MADE MEATS

3/4 Hampshire, 1/4 Yorkshire pigs pasture-raised on a family farm north of Craig

## **ELK RIVER LIVESTOCK**

Grass-finished beef born and raised in the Elk River Valley using regenerative ranching techniques

#### **TOPP FRUITS**

Certified organic orchards holistically managed to produce products that complement the ecology of the land in the North Fork Valley

#### THE ROSE GARDEN

Hand-harvested vegetables grown without the use of pesticides or synthetic fertilizers just west of Steamboat



## THE LOGISTICS

Here's the low-down on how you will receive your local food each week...

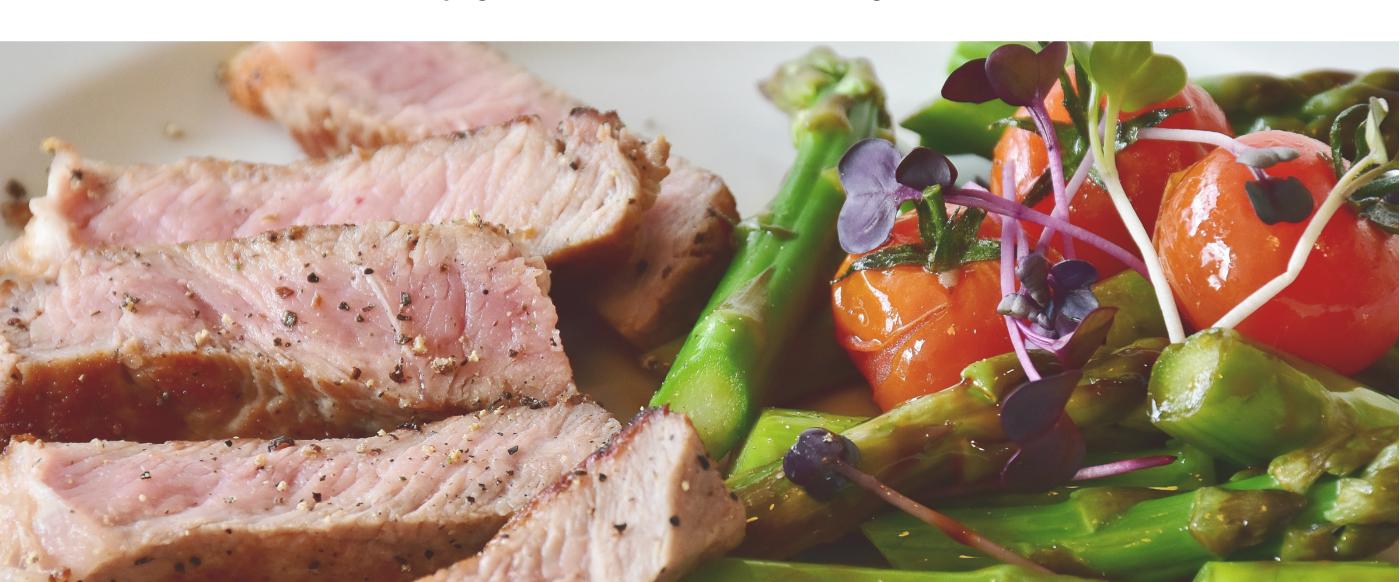
- 5-week subscription that runs from July 18th -August 15th
- Local delivery or pick-up available
- A weekly email
   highlighting box contents
   and cooking ideas
- Weekly add-ons
- \$315 total, due on June 1st

## SAMPLE BOX

3-4 Lamb Chops | 1 lb Pork Sausage | 1 quart Beef Broth 1 Herb Bundle | 1 Garden Veggie | 1 package Teriyaki Jerky

Just the right amount for a couple of meals and snacks for the week with no food wasted!

Entertaining for friends or family?
Bulk up your box with weekly add-ons!



## OK, I'M HOOKED! HOW DO I SIGN UP?

Simply go to rosewestag.com and click on CSA SIGN-UP.

You will fill out a Google form and then I will personally send you an email to connect!

I look forward to sharing delicious, nutrient-dense, locally-grown food with you!

Thank you for supporting local ag.

Kindly, Meredith (Mers) Owner, Rose West



## CSA SUBSCRIPTION BOX FAQ

## Q: When is my subscription time period?

A: Your CSA Subscription Box is 5 weeks long. Your first box will be ready for you on Tuesday, July 18th, and the last one on August 15th. You will have 5 boxes total, one each week.

## Q: Is the meat frozen?

A: Yes, all the meat (besides the shelf-stable jerky) will come frozen. So you can always pop it in the freezer if you aren't ready to cook just yet. Also, the meat can be kept in your fridge for about 5 days so you can whip up a meal at a moment's notice.

#### Q: Can I make substitutes?

A: I have curated these offerings to provide you with the ultimate mix and match; therefore there are no substitutions. There will be products that are your already known favorites and some that you haven't tried before, making it the perfect adventure in food! Trust me when I say that everything is delicious and easy to cook.

## Q: I've never had lamb, what does it taste like?

A: This grass-fed lamb is the real deal! The chops are tender and mouthwatering, the ground cooks phenomenally on the grill, and the shoulder will have you chowing down gyros in no time. It does not have a super gamey taste and instead gives you an omega-3-rich protein that is delicious and bursting with flavor.