



## 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 vary each week but will include a selection of local pork, beef, and lamb products, freshly harvested veggies, non-gmo eggs, microgreens, dried fruit, and a Rose West kitchen staple.

# HOW WAS MY FOOD GROWN & RAISED?

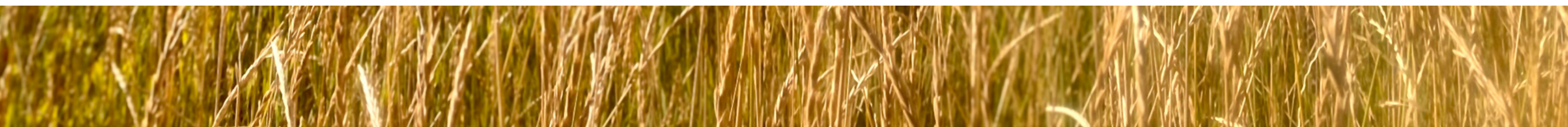
I like to give credit where credit is due, so here's an overview of how your food was grown and raised...

## **ELK RIVER LIVESTOCK**

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

## **HAYDEN FRESH FARM**

Providing fresh products with premium nutrition, a great environment, and caring management of all livestock





## **MYSTIC HILLS FARMSTEAD**

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

## **ELECTRIC MICROGREENS**

Microgreens grown with non-gmo seeds & organic soils without the use of chemical pesticides, herbicides, and fertilizers.

Soil and roots are composted on the farm.

## **MOUNTAIN BLUEBIRD FARM**

A diversified farm located on the banks of the Yampa River in Hayden growing fresh produce using organic and no-till practices

## **ELA FAMILY FARMS**

Using solar power and water conservation techniques, we grow over 55 varieties of fruits in the North Fork Valley. 4th generation, certified organic family farm.





# THE LOGISTICS

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

- 3-week program that runs from March 12th - 26th
- Local delivery or pick-up options
- A weekly email highlighting box contents, cooking ideas, and kitchen music inspiration
- Weekly add-ons available
- Cost: \$150 (+\$20 delivery fee if applicable)

# SAMPLE BOX

1lb package of Brats | 1lb Ground Lamb | Sunflower Microgreens  
Dozen Eggs | Salad Mix | Arugula

Just the right amount for a couple of meals  
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?

Sign-up is live! Head to [rosewestag.com](https://rosewestag.com) to secure your spot today.

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 CSA box time period?**

**A:** Your CSA Subscription Box is 3 weeks long. Your first box will be ready for you on Tuesday, March 12th, and the last one on March 26th. You will have 3 boxes total, one each week.

**Q: Is the meat frozen?**

**A:** Yes, all the meat 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: What if I'm out of town one week?**

**A:** If you are not able to make it to pick-up or would like to skip a delivery, please give me advance notice. You can then pick up your box at the Rose West Homestead in Steamboat II anytime later that week. The box contents will be kept refrigerated until pick up. Advance notice can be given via email to [rosewestag@gmail.com](mailto:rosewestag@gmail.com) no later than Monday nights.

