

Farm Fresh To You



Organic Produce Delivered  
Fresh From The Farm

# CULTIVATE WELLNESS

[WWW.FARMFRESHTOYOU.COM](http://WWW.FARMFRESHTOYOU.COM)



1976



Our Capay Organic farm started in 1976 with 20 acres of star thistle.

Kathleen Barsotti and Martin Barnes believed there was a real chance that they could re-examine and fight to rebuild the food system that nourished our communities.

1992

Kathleen Barsotti started Farm Fresh To You, our community-supported agriculture (CSA) farm box program with just a handful of customers. She expanded the traditional CSA model by adding the convenience of home delivery. Now, access to whole, organic produce is more readily available than ever been before.





We deliver the season's best selection of fresh, organic produce and natural grocery items right to your door.



You can choose the box size and delivery frequency that best fits your lifestyle and family size.



Choose the size and type of produce box that works for you.

*Home or office delivery.*



Customize your farm box by adding items you want and removing those you don't.



Add natural grocery items like jams, bread, eggs, dairy, and meat.



Your box will be left on your doorstep between 8 p.m. and 8 a.m.

**NO COMMITMENT • NO CONTRACTS • NO SERVICE OR DELIVERY FEES**

## Choose Your Box Type

**MIXED FRUIT  
AND VEGGIE**

**TRADITIONAL  
CSA**

**FRUIT ONLY**

**VEGGIE ONLY**

**NO COOKING**

**SNACK PACK**

## Choose Your Box Size

**SMALL**

FEEDS 1 TO 2 PEOPLE

**REGULAR**

FEEDS 2 TO 4 PEOPLE

**MORE**

FEEDS 4 TO 6 PEOPLE

**MONSTER**

FEEDS 6 TO 8 PEOPLE

## SMALL

1 lb Satsuma Mandarins  
3 Granny Smith Apples  
1 Meyer Lemon  
1 bunch Nantes Carrots  
1 Butternut Squash  
1 Broccoli  
1 head Butter Lettuce  
1 lb Sweet Potatoes  
1 lb Yellow Onion

## REGULAR

1 lb Satsuma Mandarins  
4 Granny Smith Apples  
2 Meyer Lemons  
3 D'Anjou Pears  
1 bunch Nantes Carrots  
1 bunch Lacinato Kale  
1 Butternut Squash  
1 Broccoli  
1 head Butter Lettuce  
1 lb Sweet Potatoes  
1 bunch Radishes

## MORE

2 lbs Satsuma Mandarins  
6 Granny Smith Apples  
4 Bosc Pears  
3 Meyer Lemons  
1 bunch Nantes Carrots  
1 bunch Lacinato Kale  
2 Butternut Squash  
1 Broccoli  
1 head Butter Lettuce  
2 lbs Sweet Potatoes  
1 bunch Radishes  
1 lb Yellow Onion  
1 Garlic

## MONSTER

3 lbs Satsuma Mandarins  
6 Granny Smith Apples  
4 Meyer Lemons  
6 Bosc Pears  
2 Ruby Grapefruit  
1 bunch Nantes Carrots  
1 bunch Lacinato Kale  
2 Butternut Squash  
1 Broccoli  
1 bunch King Rich. Leeks  
1 head Butter Lettuce  
2 lbs Sweet Potatoes  
1 bunch Radishes  
2 lbs Yellow Onion  
2 Garlic

*Sample Box Items for a Mixed Fruit and Veggie Box*

We are proud to partner with food banks through our Donate-A-Box program to help get fresh, nutritious produce into the hands of those battling hunger.

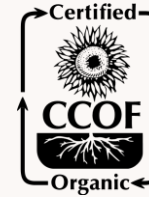




# BEYOND ORGANIC



# BEYOND ORGANIC



## FOCUS ON TRANSPARENCY

We are transparent in our farming and food safety practices sharing details of how we farm and maintain our farming system for future generations.

## SUPPORT LOCAL ECONOMIES

Receiving a farm box helps build small farms, provide local jobs, ensure farm workers have a competitive wage and healthy working conditions.

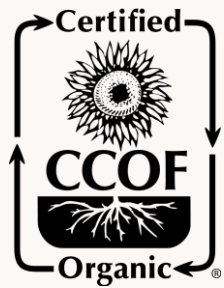
## EDUCATE AND CONNECT

We help families live healthier lifestyles, eat a broad variety of seasonal, local fruits and vegetables, and connect to the land that grows their food.





Farm box deliveries are based on ZIP Code to ensure low food miles and the smallest environmental impact possible.



Our farm has been certified organic by CCOF since 1984.



We have held the USDA Seal since the establishment of the National Organic Program in 2001.

## TRADITIONAL GROCERY STORE



Farm



Transportation



Distributor



Grocery Store



Your Table

## FARM FRESH TO YOU CSA PROGRAM



Our Farm



Your Table

Our employees wear masks, gloves, and food-safety smocks while handling produce and farm boxes.

Once the last item is packed and the box is folded shut, farm boxes are not reopened.

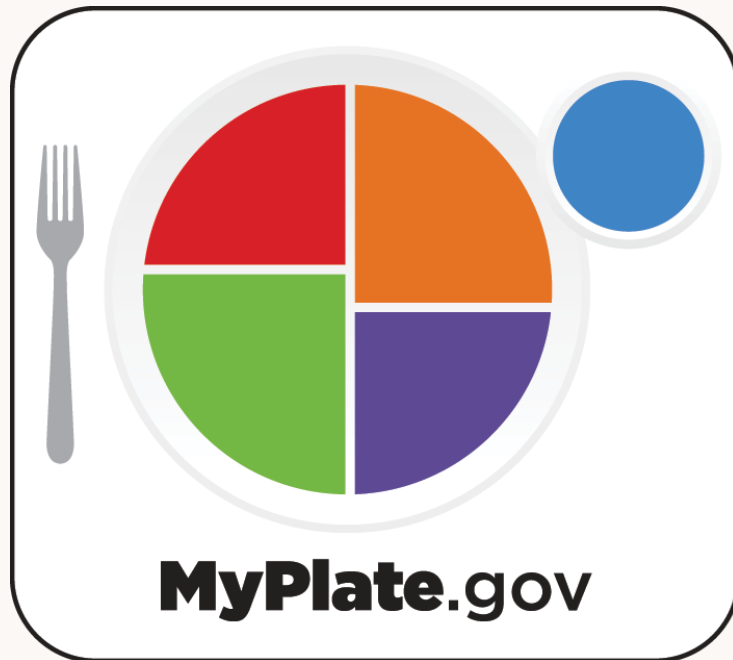





**Your food choices  
matter—fresh, organic  
fruits and vegetables  
provide nutrients vital for  
maintaining a healthy  
body and mind.**



The *Dietary Guidelines for Americans* and MyPlate program advises choosing a variety of nutrient-dense foods, with a focus on whole fruits and vegetables.







**WORKPLACE BENEFITS TO KEEP  
YOUR TEAM FUELED**

# WORKPLACE BENEFITS TO KEEP YOUR TEAM FUELED



## SPECIAL DISCOUNTS

We offer **special promotions, exclusive offers, and ongoing benefits** to your company.

We create **co-branded wellness materials** to help promote these wellness benefits.



## HARVEST OF THE MONTH

Receive a **monthly flyer** featuring a seasonal recipe with your company's unique benefit code.

Once a quarter, **an additional wellness code** is given on top of your current benefit.





### FRESH, ORGANIC PRODUCE AND MORE DELIVERED RIGHT TO YOUR DOORSTEP!

The ABC Co is proud to partner with Farm Fresh To You, a Community Supported Agriculture (CSA) and home & office delivery service, to offer our employees a unique wellness benefit.

Sign up using promo code **ABC** to receive a **promotion** on Farm Fresh To You boxes of organic fruits and vegetables!

CLICK TO REDEEM



#### CUSTOMIZE EVERY FARM BOX

Choose from over 90 varieties of seasonal, organic produce.



#### ADD GROCERY STAPLES

Shop from over 600 grocery offerings & artisan products.



#### FLEXIBLE SERVICE MANAGEMENT

Manage service and delivery schedule online.



#### CONTACTLESS DELIVERY INCLUDED!

Enjoy safe, contactless delivery with no additional fees, ever.



Farm Fresh To You brings the season's best mix of 100% certified-organic produce and hand-crafted farm products conveniently to your door by growing and partnering with local farms and artisans. Each delivery comes with news from our family farm, delicious recipes, quick tips and the option to customize your box online — we bring our farmers market booth to you!

FOR FARM BOX INFORMATION, PLEASE EMAIL OR CALL:  
WWW.FARMFRESHTOYOU.COM | 800.796.6009 | CONTACTUS@FARMFRESHTOYOU.COM



## HARVEST OF THE MONTH *Satsuma Mandarins*

Each bite of this moist and delicious bread offers the perfect balance of tartness from fresh cranberries and sweetness from Satsuma mandarins. An added bonus is the amazing aromas that will fill your kitchen when you bake this tasty treat.

### CRANBERRY SATSUMA BREAD

#### INGREDIENTS

- 6 satsuma mandarins
- 2 ½ cups flour
- ¾ cup brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 ½ cups fresh cranberries, coarsely chopped
- 2 eggs
- 1/3 cup olive oil
- ½ cup whole milk

#### INSTRUCTIONS

Preheat the oven to 400°F. Spray a loaf pan or muffin tin. Zest two mandarins, then peel one and slice thinly. Juice the remaining mandarins until you have ¾ cup juice.

In a large bowl, mix the flour, brown sugar, baking powder, baking soda, and salt. Toss in the chopped cranberries and zest, stir to combine, and set aside. In a medium bowl, beat the eggs, Satsuma mandarin juice, oil, and milk. Fold the wet ingredients into the dry ingredients, being careful not to break the cranberries.

Spoon the batter into the prepared pan or muffin tin. Place the mandarin slices on top of the batter and bake for 25 to 35 minutes, or until a toothpick inserted into the center comes out clean. Let cool on a wire rack. Serve warm.



Find more recipes at  
[www.farmfreshtoyou.com/recipes](http://www.farmfreshtoyou.com/recipes)

Get the season's best selection of **organic produce** and **hundreds of grocery items** delivered conveniently to your door!



Get **10% off** your farm box deliveries by using promo code:

**ABC**

[www.farmfreshtoyou.com](http://www.farmfreshtoyou.com) | 800.769.6009 | [contactus@farmfreshtoyou.com](mailto:contactus@farmfreshtoyou.com)

## EMPLOYEE STIPENDS

### Send a farm box

You choose the box size, box type, and the frequency of deliveries.

### Give a gift certificate

Each employee can customize their box type, box size, and add grocery items.

### Pay for part of their box

Each employee can customize their box type, box size, and add grocery items.





# EDUCATION AND SMOOTHIE PRESENTATIONS

We can attend your in-person or virtual health fair to share tips for enjoying, storing, and preparing fresh produce. Additionally, a member of our team can conduct a wellness presentation with smoothie samples. Both wellness benefits are complimentary!



*Blueberry Bliss*



*Kumquat and Blood Orange*



*Crisp Apple and Cinnamon*



*Pumpkin Spice w/ Greek Yogurt*





## OFFICE SNACK PACKS

Our Snack Packs come with a variety of easy-to-eat seasonal organic fresh fruits and can be customized to include coffee, granola, nuts & much more.

These options make the work fruit bowl more appealing than the pink pastry box.



## BUY IN BULK

Pick the produce by case, and we will conveniently deliver it to your location.

Our cases pricing list is updated frequently with new discounts are added weekly!



Fruits and vegetables delivered directly from the farm

No minimum purchase amount

No delivery fees\*

\*Fees may apply to delivery timeframe changes or specific delivery timeframe requests.



Save 10% off Ongoing on total spend  
on your farm box deliveries by using  
promo code:

**SMCCCD**

Have a question? Get in touch!  
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Rudolph@farmfreshtoyou.com  
714-612-9454

**WWW.FARMFRESHTOYOU.COM**

