



Growing Good Health

CSA Chooser Guide

Step 1: Review Farms



Located along the winding Caney Fork River in Carthage, Tennessee.



A small, family-run farm located along scenic Leiper's Creek in Fly, TN.



Growing local produce since 1972, this 140 acre farm is home to two generations of farmers.

Step 2: Consider Portion

Full Portion Size (Weekly)

Estimated tax \$213.48 divided over three paychecks

Half Portion Size (Biweekly)

Estimated tax \$106.74 divided over three paychecks

May 16 - Nov. 18

Early Bird Full Portion (Weekly, Begins before March 31, ends Sept. 27)

Estimated tax \$194.80 divided over three paychecks

Standard Full Portion (Weekly, May 3 - Sept. 27)

Estimated tax \$202.21 divided over three paychecks

Early Bird Half Portion (Biweekly, Begins before March 31, ends Oct. 1)

Estimated tax \$102.59 divided over three paychecks

Standard Half Portion (Biweekly, May 7 - Oct. 1)

Estimated tax \$110.30 divided over three paychecks

Full Portion Size (Weekly)

Estimated tax \$214.95 divided over three pay periods. Good for a whole family.

Half Portion Size (Biweekly)

Half Share: Estimated tax \$118.59 divided over three pay periods. Good for one or two people.

May 17 - Oct. 15

Step 3: Determine Pickup

Tuesday: Nashville

Southern Grist Brewing Company at the Nations, 5012 Centennial Blvd: **11 a.m. - 6 p.m.**

Wednesday

Carthage: RoKaBilly Coffee, 310 Main St N: **10 a.m. - 3 p.m.**

Granville: Wildwood Resort and Marina, 7316 Granville Hwy: **12 p.m. - 3 p.m.**

Friday

Lebanon: Demeter's Common, 116 N. College St: **12 p.m. - 4 p.m.**

Nashville: Honey Tree Meadery, 918 Woodland St: **12 p.m. - 5 p.m.**

Tuesday

12th South Farmers Market

Pickup window: 4 p.m. - 7 p.m.

Saturday

Richland Farmers Market

Pickup window: 9 a.m. - 12 p.m.

On-Farm

4025 New Highway 7 Santa Fe, TN 38482

Pickup window: 2 p.m. - 6 p.m.

VUMC Campus: Thursday

3:30 p.m. - 5:30 p.m.

2525 West End Ave, Nashville, TN

Tuesday

3:30 p.m. - 6 p.m.

East Nashville

Farmer's Market

On-Farm Pickup

6361 Cox Rd.

Arrington, TN

Wednesday

1 p.m. - 6 p.m.

Saturday

9 a.m. - 5 p.m.

Saturday

8 a.m. - noon

Franklin

Farmer's Market



Step 4: Sign Up

1. Visit www.vumc.org/cbmes/growing-good-health
2. Fill out the **Growing Good Health** survey.
3. We will verify your eligibility.
4. We will send you an enrollment survey to select your farm.
5. Complete your CSA profile when your partner farm contacts you.

