

Alice's Garden Healing Herbs 2014 CSA Enrollment Form

PLEASE PRINT CLEARLY:

Name: _____

Email: _____

Cell #: _____

Home #: _____

Work #: _____

half share (\$125 for the season)

\$50 deposit enclosed

whole share (\$250 for the season)

\$75 deposit enclosed

All deposits are due by December 1, 2013.

Your deposit makes it possible to order all seeds and/or starter plants needed to expand the current herbal gardens.

Make checks payable to ALICE'S GARDEN HEALING HERBS. Mail to: Venice R. Williams, 3617 N. 48th Street, Milwaukee, WI 53216.

Check **ONE** Pick-up Site:

Tuesdays at Alice's Garden

Wednesdays at Westown Farmers Market

Saturdays at Fondy Farmers Market



I was learning about herbs and herbal medicine, even when I was not aware of the teachings I was receiving. My heart is warmed by memories of being in the kitchen of my Choctaw Great-Grandmother, Nellie Hoots, watching her work with herbs and roots, and the food my Great-Grandfather grew in his garden. Both of my grandmothers and my mother were urban gardeners, bringing fresh food to their family tables, grown by their own hands. Herbs and spices became my passion, leading me down paths of classroom, familial, indigenous and self-taught education. I would not label myself an herbalist, but simply a human being who respects, honors, and lives by herbal beauty, teachings and healing.

—Venice R. Williams

ALICE'S GARDEN HEALING HERBS

Alice's Garden Healing Herbs 2014 CSA



Since 2008, Alice's Garden has provided locally grown herbs and herbal teas to the Milwaukee community, along with herbal education and informational workshops. An herbal product line was created in 2012 and in 2014, Alice's Garden Healing Herbs will offer the community an Herbal CSA. This CSA, community supported agriculture, will provide a collection of fresh herbs, herbal recipes, herbal education and herbal products to CSA subscribers 12 times during the growing season, June through October.



Herbs and Spices?

What is the difference between herbs and spices? Generally, herbs are plants without woody tissue and spices are woody plants. An herb is usually (but not always) the fresh or dried leaf or flower of a plant. A spice may come from a wide range of the plant: root, bark, seed, stem, berry, and is always dried. Many herbs may also be used for medicinal purposes, while spices are not.

What will be inside the CSA basket?

Our CSA will offer *fresh herbs, edible flowers, and flowering herbs*, and a *fresh spice* or two, available for pick-up at three different locations, every other week during the growing season. Each CSA share will also include Alice's Garden Healing Herbs *herbal products*. There will also be an herbal information sheet with culinary recipes, medicinal tea suggestions and basic herbal information for each plant, including drying instructions.

2014 Featured Herbs

BASIL (CINNAMON, LEMON, SACRED/HOLY, THAI), BEE BALM, BERGAMOT, BORAGE, BRONZE FENNEL, CALENDULA, CATMINT, CHAMOMILE, CHIVES, CHOCOLATE MINT, CILANTRO, COMFREY, COMMON FENNEL, DILL, ECHINACEA, EGYPTIAN WALKING ONION, GARLIC, HYSSOP, LAVENDER, LEMON BALM, LEMON MARIGOLD, LEMON VERBENA, LOVAGE, MARJORAM, MULLEN, ORANGE MINT, OREGANO, PAPRIKA (PEPPER), PARSLEY, PEPPERMINT, PINEAPPLE SAGE, COMMON SAGE, SPEARMINT, STEVIA, TANGERINE MARIGOLD, TARRAGON, THYME (CARAWAY, LEMON, WOOLLY), YARROW.

2014 Featured Herbal Products

LIP BALM (LAVENDER-LEMONGRASS, GINGER-LEMONGRASS, COCOA-PEPPERMINT, PUMPKIN-CLOVE, CINNAMON-APPLE)
BATH SALTS (LAVENDER-CHAMOMILE-CLARY SAGE, CALENDULA-THYME, ROSEMARY-EUCALYPTUS-MINT)
OATMEAL FOOT SOAK (TEA TREE-CALENDULA-THYME)
SPRITZERS (ASSORTED ESSENTIAL OILS)
HAIR & BODY OILS (ASSORTED OILS AND ESSENTIAL OILS)
INSECT REPELLENT (WITCH HAZEL WITH ESSENTIAL OILS)



Community Supported Agriculture

Through community supported agriculture, or a CSA, a farmer provides a certain number of “shares” to the public, usually in the form of a box or basket of fresh produce on a weekly or bi-weekly basis. This “membership” provides the farm customer with seasonal crops on a consistent basis. In our case, the fresh produce is in the form of herbs, keeping the shareholder supplied with fresh herbs, every other week, throughout the season. You may purchase a half share, three to five herbs and one herbal product/basket (\$125) or a whole share, seven to ten fresh herbs and two herbal products/ basket (\$250). Only **15 half shares** and **30 whole shares** will be available for the 2014 season. You may select **one** pick-up site for the entire season: Tuesday evenings at Alice's Garden, Wednesday mornings/early afternoon at the Westown Farmers Market, or Saturday mornings at the Fondy Farmers Market. **Shares will begin being sold on Wednesday, October 1, 2013, with \$50 due for a half share and a \$75 down payment for a whole share.**

Contact Us

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Milwaukee, WI 53216
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Visit Alice's Garden on the web at:
www.alicesgardenmilwaukee.com