



West County Health Centers
Caring for our Communities
a *californiahealth*.center



PRODUCE BOXES FROM SINGING FROGS FARM

HALF PRICE WITH
YOUR CALFRESH
EBT CARD!

**How much does it
cost?**

\$26 without CalFresh

\$13 with CalFresh

**Produce boxes are
delivered every other
Wednesday afternoon
(Weekly boxes starting
May 1st)**

**Forestville Wellness
Center**

6550 Front St. Forestville

**Where can I sign up
for the produce box?**

<http://www.singingfrogsfarm.com/csa.html>

707-829-1389

**Where can I sign up for
the produce box WITH
my CalFresh discount?**

Give us a call at West
County Health Centers

707-823-3204 ext 6453



What is a CSA Box?

Community sourced agricultural boxes (CSA) are produce boxes that come directly from Singing Frogs Farm. The boxes include a variety of seasonal produce and are an excellent way to support local farmers while receiving affordable, fresh, and local produce directly from farmers.



Why sign up for a CSA box from Singing Frogs Farm?

In addition to the health benefits associated with fresh, local produce, signing up for Singing Frogs CSA boxes also grants you and your family access to members only events. Upcoming CSA community events include:

The Great Easter Egg Hunt & Potluck (March 31, 2018): "This CSA Member-only event is for kids of all ages. Join us for a festive morning of Easter Egg hunting followed by a Potluck brunch on our grassy lawn overlooking Singing Frogs Farm. Lots of fun (and no candy)!"

Interested in Touring Singing Frogs Farm?

Join Singing Frogs mailing list to find out when the next public tours are!

<http://www.singingfrogsfarm.com/>

See if you Qualify for CalFresh!

<http://www.cdss.ca.gov/food-nutrition/calfresh>