



Fresh Fork Market connects you to the freshest ingredients in the area. We work with farmers to bring you a weekly grab bag of produce, meats and cheeses that is fresh and local.

The summer season runs every week for 22 weeks. The cost for a share of the summer season is \$25 a week for a regular share, with a value at \$35 or more. A large share is just \$40 a week. We offer vegetarian and vegan options for the regular sized share.

In 2011, we had 10 pick up locations around the greater Cleveland area. We are looking to add several new locations in 2012.

In addition, we offer a large selection of fresh items and value added products that are locally produced. Check out our website:

www.FreshForkMarket.com

Give the gift of fresh, local foods...
 Give the gift of Fresh Fork Market.

If you are a Fresh Fork Market customer, then you already know the value of our service. You have already tasted the difference that freshness can make. You have already experienced what grass-fed means for meat and dairy products. You already appreciate what buying local can do to help the Ohio economy. You know about the recipes and interesting articles on our website and in our newsletter. You may have even attended one of our Fresh Fork events, like the Farm Tour.

Now you can share the great things that you love about Fresh Fork Market with your friends, family, or clients.

The perfect gift this season is the Fresh Fork Market Gift Certificate. It is available in any amount and can be applied toward a CSA package, redeemed for items ordered online, or used at the back of the truck at one of our pick ups to get something we have available.



If you are not a Fresh Fork Market customer, then a share in a CSA might be the perfect gift for yourself and your family.

To make sure that your gift certificate arrives in time for the holidays, be sure to fill in the information below or email these details to info@freshforkmarket.com.

Your name _____
 Recipients name _____
 Amount _____
 or mail to: Name _____
 Address _____

Your email _____
 Recipients email _____
 Pick up gift certificate at _____
 City, State, Zip _____



Shop Fresh. Shop Local.
Shop Fresh Fork Market.

Fresh Fork Market is your weekly access to farm fresh goodness!

Fresh Fork Market is a CSA program with a twist. CSA stands for Community Supported Agriculture. In a typical CSA, consumers buy a share of a single farm and share in that farm's harvest-good or bad. With Fresh Fork Market, you get a share in a season. We then work with over 75 local farms to get you a weekly selection of goods that you can use to prepare high quality meals for you and your family.

At Fresh Fork Market, we meet with local farmers and choose the freshest produce available. Then we combine it with other items that compliment that produce to get you a bag that is well rounded. We include things like meats, cheeses, dairy, eggs and more. We offer substitutions to match your special dietary needs. Are you a vegan? Don't eat pork? Allergic to nuts? Not to worry, we can accommodate you.



How does it work?

You buy a subscription to the Fresh Fork Market season. You and your fellow subscribers then pick up the bag of goods that we have selected for you that is fresh and available locally, at one of our designated pick up locations. The season runs for 22 weeks.

What does it cost?

A regular share starts at just \$25 a week. The large share starts at just \$40 per week.

What will I get?

What comes in your bag will vary from week to week, based on the local crops that are available. We strive to provide you with a "center of the plate" item, a selection of vegetables and fruits that will compliment each other. Selections include grass fed meats, farm fresh eggs, non-homogenized milk, yogurt or grain. Visit our website, www.FreshForkMarket.com, to see what we put in past bags. We produce a weekly newsletter and blog with recipe ideas, serving suggestions, and background info about your ingredients.



Log on to www.FreshForkMarket.com today, and join the Fresh Fork family!