

# About Our CSA

*“The grain/flour CSA is a huge hit in our family. We are so thankful that we found you!!”*

Do you value 100% locally grown products, nutrition and organic foods? How about sustainable farming practices? Are you a frequent consumer of whole grains, fresh milled flour, hot cereal or perhaps pancake mixes? If so, our grain CSA may be a great match for you and your family.

Bluebird Grain Farms CSA offers heirloom whole grains, freshly milled flour, and hand-crafted blends delivered to your door monthly.

Bluebird ships your box around the 15th of each month via UPS or USPS. Just some of the highlights of our CSA are:

- 1) You can customize your box each month by selecting ANY pre-packaged Bluebird product (1.3lb/2lb).
- 2) Save 15%-20% on Bluebird Products by purchasing ahead.
- 3) Receive the most nutritious farm direct grains and flour that money can buy.



Harvesting Emmer Wheat– Mazama



## What is Emmer?

*Bluebird’s signature* grain is Emmer Farro, an ancient hulled wheat; one of the first cereal grains domesticated in the Fertile Crescent, over 17,000 years ago. It is one of the oldest grain varieties available today. It is known as “farro”; once a old world staple now a gourmet specialty food.

Whole grain Emmer is one of the most flavorful, nutritious, and versatile grains you can find. It is cooked as a whole grain, similar to rice, and can be used in a pilaf, grain salad, additive to soup, risotto, or can be sprouted for breads and salads.

Milled to order Emmer Flour can be used in place of your common “whole wheat flour” in breads, pastas and baked goods. It embodies a delicious sweet nutty flavor. Cracked emmer makes an excellent hot cereal (a favorite among children) polenta (a traditional dish in northern Italy) and pudding!

Because of its simple chromosome structure (28 chromosomes as opposed to modern wheat varieties that can have over 200) you may be able to tolerate this grain over complex modern wheat varieties.

# Bluebird Grain Farms

Winthrop Washington

Bluebird Grain Farms



*Certified Organic Whole Grains, Fresh Milled Flour & Dry Product Blends*

## Monthly Grain



### CSA

Locally grown grains from our plow to your plate.

Sam & Brooke Lucy  
Farmers / Millers / Owners

1-888-232-0331

For more info & Recipes:  
[www.bluebirdgrainfarms.com](http://www.bluebirdgrainfarms.com)

# CSA Options

Cooking directions included  
with all products!

Balanced Soil Propagates Life.



## How it works

- You will receive automatic deliveries via UPS or USPS around the 15th of the month - shipping is included in the price.
- A recipe booklet is included in your first shipment along with a new recipe each month.
- If you would like to skip a month or alternate months, please let us know by the 5th of the month.
- Shipping is Included
- CSA member receive special bluebird bonuses such as free product samples & discounts on future purchases.

To sign-up or make changes to your box contact:

halley@bluebirdgrainfarms.com

## Price List & CSA Options

Please Note: Monthly shipping is included in all prices!



### Simple Share \$30/month

A monthly delivery of **3 of ANY Bluebird 1.3lb or 2lb pre-packaged products**. This includes all handcrafted blends, fresh milled flours and whole grains. Each month you will have the option to customize what products you would like in your CSA shipment. Upon purchase our CSA coordinator will contact you via e-mail for your first delivery request. Our Simple share is ideal for households of one or two people.

Simple Share Pricing-

**4 Month Simple Share: \$120**

**6 Month Share: \$180**



Vegan Chocolate Emmer Coffeecake

### Run of the Mill Share \$40/month

A monthly delivery of **5 of ANY Bluebird 1.3lb or 2lb pre-packaged products**. This includes all handcrafted blends, fresh milled flours and whole grains. Each month you will have the option to customize what products you would like in your CSA shipment. Upon purchase our CSA coordinator will contact you via e-mail for your first delivery request. This share is ideal for households with 4 or more people.

Ideal for Families!

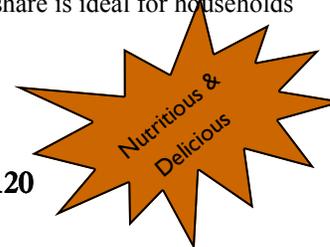
Run of the Mill Pricing:

**4 Month Share: \$160**

**6 Month Share: \$240**



Farro & Wild Rice Salad



*I love how versatile, fresh and nutritious your products are— it is such a treat to have them show up on our doorstep each month!*

**Q: How do I sign up?** You may sign up by: Calling us toll free **1-888-232-0331** Mon-Friday from 9-4. Or you may stop by one of our local farmers market booths and sign up. You may also purchase a CSA online at : [www.bluebirdgrainfarms.com](http://www.bluebirdgrainfarms.com)