

# EAT GOOD

at  
PALO ALTO  
COMMUNITY



FARMSHOP



A mid-week opportunity to buy fresh organic produce, flowers, eggs, wine and more!

**Wednesdays, from 4-7 PM\***  
**City Hall King Plaza**  
**250 Hamilton Avenue**  
**Palo Alto, CA**

\* Through October 28, hours are subject to seasonal changes - please visit [www.cityofpaloalto.org](http://www.cityofpaloalto.org) to verify hours of operation, event schedule and Farmshare subscriber information.

## Enjoy Fresh Food

The Palo Alto Community Farmshop connects farmers with shoppers to make eating good, fresh, local food easy and fun. The City of Palo Alto has partnered with Capay Valley Growers and IDEO to bring the Farmshop experience to King Plaza every Wednesday, 4-7 PM (open until 7 PM in July during SummerFest), from Earth Day through October.

## Support Family Farms

Farmshop produce comes from the Capay Valley between Sacramento and the Bay Area. For three decades, farmers there have been at the leading edge of sustainable agriculture and the local food movement. The valley has warm summers and mild winters enabling a year-round harvest of a cornucopia of fresh food: organic vegetables, fruits, nuts, meats, olive oil, wine, lavender, honey, flowers and much more!

Here's a small taste of what to expect and when.

- ◆ **Summer:** peaches, corn, tomatoes, melons, peppers, green beans...
- ◆ **Fall:** grapes, apples, hard squash, carrots...
- ◆ **Winter:** mandarins, lemons, leeks, greens, broccoli, cabbage...
- ◆ **Spring:** carrots, spinach, lettuce, new potatoes, leeks, green garlic and more!

Shoppers may shop the market each week or sign up for FarmShares. While you'll get incredibly fresh food at a fair, competitive price, we believe the real value is in knowing where your food comes from and enjoying healthy, home-cooked meals.

## Subscribe to FarmShares

Community Supported Agriculture (CSA) links farmers with consumers to share in the bounty and risks of local food systems. FarmShares is a collaborative of family farms using the regional identity, Capay Valley Grown, for their CSA program.

## Get Many Benefits

By subscribing to FarmShares, you have access to an abundant harvest of high quality products.

You won't purchase fresher produce anywhere unless you grow it yourself. Subscribing to this service supports local growers and reduces environmental impacts of purchasing food that is grown outside our region. Farmshop growers are from Capay Valley located between Sacramento and the Bay Area.

FarmShares are delivered to the Farmshop at King Plaza every Wednesday. Items are bulk packed to reduce packaging and handling. Bags are available for purchase or bring your own.

To learn more about Farmshares, visit <http://shop.capayvalleyfarmshop.com/> or come by the Farmshop on Wednesdays. Discounts are available for quarterly and annual signup.

Twitter: PA\_Farmshop | Facebook: Palo Alto Community Farmshop  
[www.cityofpaloalto.org](http://www.cityofpaloalto.org) | (650) 464-0222 | e-mail: [pa.communityfarmshop@gmail.com](mailto:pa.communityfarmshop@gmail.com)