



Raising healthy food...Raising hope!



6 Reasons why a Farm Membership with One Step at a Time Gardens is Important?

Your farm membership is an investment in...

- 1. a season of the *freshest***, best produce you can get. *We aim to harvest within 48 hours of delivery, at peak maturity for flavor and quality. Unless you have a home garden, you can't get it any fresher than this!*
- 2. a *diverse, healthy diet*** based on *in-season products*. *We raise over 50 different varieties of vegetables. Some of our members do grow some of their own home garden for the basics, but chose a membership for the diversity of products available from the farm. We provide weekly recipes and notes to help you make the most of your weekly box.*
- 3. *Selection*** – *We provide share options that span seven months of the year and accommodate a range of delivery options.*
- 4. our *local economy***. *One Step at a Time Gardens employs part-time crew members during the summer, we purchase as many of our supplies through local sources as we can, and we meet our family expenses as locally as we can, buying our groceries, insurance, medical care, etc. in Belmond and North Iowa.*
- 5. our farm's *commitment to sustainable agriculture and community***. *One Step at a Time Gardens is a working farm that embraces a natural, working landscape - growing healthy food, finding a balance between the agricultural demands and ecosystem opportunities.*
- 6. Iowa's growing *local food system***. *Farm membership programs empower farmers and consumers to help shape Iowa's local food system.*