



May 1 **THRU** July 5

**SIGN UP TO RECEIVE BOXES OF FRESH, LOCALLY GROWN FRUITS AND VEGETABLES DELIVERED TO A LOCATION NEAR YOU.**

**COST**



\$25 Box  
x 5 Boxes  
**\$125 Total**

*Delivered every other week*



\$25 Box  
x 10 Boxes  
**\$250 Total**

*Delivered every week*

*Plus a \$5 Enrollment Fee*

**ENROLL**

Visit [www.ourhealthylives.org/farm-to-work](http://www.ourhealthylives.org/farm-to-work)  
March 27<sup>th</sup> – April 21st to enroll via credit or debit card.

For more information, email [healthylives@fmoths.org](mailto:healthylives@fmoths.org) or call (855) 426-4325.





## FREQUENTLY ASKED QUESTIONS

### **HOW LONG DOES A FARM TO WORK SEASON LAST?**

Farm to Work has two 10-week seasons. The summer season begins the first week of May and the fall season begins the first week of October.

### **HOW OFTEN DO I RECEIVE A BOX?**

You can choose to receive a produce box every week or every other week.

### **HOW MUCH DOES FARM TO WORK COST?**

There is a one-time \$5.00 enrollment fee per season. After that, each produce box costs \$25. You can choose to pay in one lump sum for the season or to split the total amount into 5 payments throughout the season.

### **DO YOU HAVE A SMALLER BOX OPTION?**

Farm to Work produce boxes only come in one size. Many people have had great success splitting the box with a co-worker, friend or family member.

### **WHAT WILL I GET IN MY BOX?**

Each produce box contains 10 – 12 different types of locally-grown vegetables and fruit. The majority of the produce is harvested the day before it is delivered, so the specific items in each box depends on what is currently in season and ready for harvest at the time of delivery. A few examples are cabbage, broccoli, green beans, sweet corn, oranges, peaches, blueberries and watermelon.

You receive an email 1-2 business days prior to each scheduled delivery as a reminder to pick up your produce box. This message lists the contents of the next box as well as provides helpful recipes and information about life on the farm.

### **CAN I CHOOSE WHAT'S IN MY BOX?**

The produce in the box is determined by the farmer. Farm to Work provides a great opportunity to try new types of produce and to learn new ways to cook your favorites.

### **WHERE DOES THE PRODUCE COME FROM?**

*Healthy Lives* has partnered with Eric Morrow of Morrow Farms. Eric grows the majority of the Farm to Work produce on his farm in Ponchatoula. In an effort to provide greater variation in the produce offered and to support other local farmers, Eric has formed co-ops with other local farmers who provide things that aren't grown on Morrow Farms such as apples and peaches.

### **IS THE PRODUCE ORGANIC?**

The Farm to Work produce is not certified organic. Morrow Farms practices sustainable farming methods such as crop rotation and water conserving drip irrigation.

### **CAN I QUIT DURING THE SEASON?**

Our partner farms plan their season based on the Farm to Work enrollment. Once you enroll in Farm to Work, you are committed for the entire season. We are unable to provide any refunds.

### **I FORGOT TO PICK UP MY BOX. CAN YOU HOLD IT UNTIL TOMORROW?**

Because fresh produce is perishable, we can't hold any boxes overnight. If you can't pick up your produce box, you can have someone pick it up for you. We are unable to issue refunds or replacements for unclaimed boxes.