

Enjoy super-fresh farm, local & organic grown vegetables & fruit!

Join Cape Abilities Farm CSA using your SNAP/EBT benefits!



Here's How the CSA Works

- Individuals sign up for a farm share of fresh vegetables & fruit for a pre-determined period, eg: Spring Season (April & May). Individuals select the type of membership, eg: receive a share every week or every other week.
- Members pick up their share at Cape Abilities Farm, 458 Main Street, Dennis. In select situations produce shares may be delivered to a specific location, eg: Hyannis, at a pre-determined location & time. Please contact Tracey Fraser, Cape Abilities Farm, 508-385-2538, SNAP@capeabilities.org, if picking-up in Dennis will prevent you from participating in the SNAP CSA.
- Payment will be processed thru your SNAP monthly allocation. Your HIP benefits will be applied to payment of the SNAP CSA.

What is HIP?

HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors. Cape Abilities Farm is a HIP vendor. HIP allocations are:

Household Size	HIP Monthly Cap
1 - 2 persons	\$40
3 - 5 persons	\$60
6+ persons	\$80

There is no special sign-up for HIP. If you live in Massachusetts and get SNAP benefits, your household is automatically able to participate in HIP. So, if your HIP allocation is \$60 and you sign up for the 9-week Spring CSA, your total cost will be \$34.50 instead of \$94.50. Your \$60 HIP allocation will be applied to your membership payment.

- Members enjoy the freshest of farm, local &/or organically grown seasonal produce! Delicious recipes based upon the share's contents are included.

<Sign-up Instructions on Back>

CSA Membership Options

Spring CSA

- A. I agree to pay \$94.50 per month in SNAP benefits from my April & May benefit issuance for a 9-week Spring Vegetable Share – Full Season (6-7 items). Total cost of full season \$189.
CSA Shares are available the weeks of April 3, 10, 17, 24 & May 1, 8, 15, 22, 29. CSA shares are available on Wednesday & Thursday. **(Enroll by March 23, 2023)**
- or
- B. I agree to pay \$ 52.50 per month in SNAP benefits from my April & May benefit issuance May issuance for a 5-week Spring Vegetable Share – Every Other Week (6-7 items). Total cost of the CSA \$105.
CSA Shares are available the weeks of April 3, 17, May 1, 15 & 29. CSA shares are available on Wednesday & Thursday. **(Enroll by March 23, 2023)**

Summer CSA

- A. I agree to pay \$ 91.00 per month in SNAP benefits from my June, July & August benefit issuance for a 13-week Summer Vegetable Share – Full Season (6-7 items) Total cost of the CSA \$273.
CSA Shares are available the weeks of June 5, 12, 19, 26, July 3, 10, 17, 24, 31 & August 7, 14, 21 & 28.
CSA shares are available on Wednesday & Thursday. **(Enroll by May 25, 2023)**
- or
- B. I agree to pay \$ 49.00 per month in SNAP benefits from my June, July & August benefit issuance for a 7- week Summer Vegetable Share – Every Other Week (6-7 items) Total cost of the CSA \$147.
CSA Shares are available the weeks of June 5, 19, July 3, 17, 31 & August 14 & 28.
CSA shares are available on Wednesday & Thursday. **(Enroll by May 25, 2023)**

Sign-up Today

- To sign up for a 2023 Spring CSA Share (April & May), complete the attached form and mail or bring it to:
Cape Abilities Farm
458 Main Street
Dennis, MA 02638

Or Scan & email to SNAP@capeabilities.org

Enrollment forms must be received at Cape Abilities Farm at least 10 days before your next monthly SNAP benefit.

- **April/May Spring CSA: ENROLL by March 23, 2023**
- **June/July/August Summer CSA: ENROLL by May 25, 2023**

Call, 508-385-2538, or email Tracey Fraser or Mark Bartley, SNAP@capeabilities.org, if you have any questions.

