



SIGN UP FOR A VEGGIE SUBSCRIPTION FROM

# Mana Family Farm

For \$5/week, receive two types of vegetables, harvested fresh from the farm.

Harvests will vary by week as the farmers determine which produce is freshest.



**PRODUCE FROM MANA FAMILY FARM:  
KALE, SWISS CHARD, COLLARDS, SUMMER  
SQUASH, ZUCCHINI, JALAPEÑOS, BANANA  
PEPPERS, TOMATOES.**



CEG collaborates within our multicultural community to increase land access, grow food, develop new farm businesses, and cultivate healthy community networks. For more information about Common Earth Gardens, head to [cclou.org/common-earth-gardens/](http://cclou.org/common-earth-gardens/).

*Mana Family Farms is part of the Incubator Farm training program and CEG's partnership with UK Extension. Learn more at [cclou.org/common-earth-gardens/community-gardens-farms/incubatorfarm/](http://cclou.org/common-earth-gardens/community-gardens-farms/incubatorfarm/).*