



## Community Supported Fishery

### what is a csf?

A community supported fishery (CSF) is based on the community supported agriculture (CSA) model and helps connect residents directly to local fisheries. CSF members purchase advance shares of fish to provide a guaranteed market for local fisheries, help build meaningful connections between local farmers and residents, support small farm businesses, and limit the distance food travels.

### more information

[www.cvillecsf.com](http://www.cvillecsf.com)

### contact

Jack Cochran : [jec7df@virginia.edu](mailto:jec7df@virginia.edu)



### fishery profile

Providing fish for the Cville Community Supported Fishery will be the Virginia Natural Fish Company (VNFC), a cooperative of small aquaculture farm families in south-central Virginia. VNFC farms raise fish sustainably and do not use hormones or antibiotics. Fish are raised in freshwater ponds free of pollution from pesticide and herbicide runoff. All products are safe and are fed the highest quality feed on the market to ensure high nutritional value.

### delivery

Fish will be delivered biweekly to the Charlottesville City Market by a VNFC farmer. The shrimp is flash frozen, and trout and catfish are vacuum sealed and frozen for optimal freshness. All products are professionally packaged.

Members can pick up their shares between 7:00 - 12:00 on the following Saturday mornings : Oct. 15, 29; Nov. 12, 26

### share descriptions

The fall 12-week season (delivered on a biweekly basis of 6 deliveries) of the Cville Community Supported Fishery began September 17. These rates are for a prorated season beginning on October 15 and includes the four remaining pickups. Shares can be combined as desired. To reserve a share, please return our registration form and subscriber agreement with check payable to Cville CSF, order online at [cvillecsf.com](http://cvillecsf.com), or come to the market on a pickup date to place your order in person.



#### **FULL VARIETY : \$154 (\$38.50/delivery - 3lbs.)**

Rainbow Trout, Large Shrimp (Prawns), Catfish - 3 lb./delivery - Feeds 3-5  
(1 lb. headed and gutted trout, 1 lb. large shrimp tails (~24), 4 4-5 oz. catfish fillets)



#### **MIX PLATE : \$51.32 (\$12.83/delivery - 1lbs.)**

Rainbow Trout, Large Shrimp (Prawns), Catfish - 1 lb./delivery - Feeds 2  
(each delivery alternates between 1 lb. trout, 1 lb. large shrimp tails (~24), 4 4-5 oz. catfish fillets)



#### **ALTERNATING (TWO FISH) : \$45 (\$11.25/delivery - 1lb.)**

Rainbow Trout or Catfish - 1 lb./delivery - Feeds 2  
(each delivery alternates between 1 lb. headed and gutted trout and 4 4-5 oz. catfish fillets)



#### **LARGE SHRIMP (PRAWNS) : \$64 (\$16/delivery - 1lb.)**

1 lb./delivery - Feeds 2 (1 lb. large shrimp tails (~24))



#### **RAINBOW TROUT : \$52 (\$13/delivery - 1lb.)**

1 lb./delivery - Feeds 2 (1 lb. headed and gutted trout)



#### **CATFISH : \$38 (\$9.50/delivery - 1lb.)**

1 lb./delivery - Feeds 2 (4 4-5 oz. catfish fillets)

**fresh. local. sustainable. healthy.**

Fish provided by :



Educational assistance :

Virginia  
Cooperative  
Extension



Community Supported Fishery

**payment information**

please make checks payable to :  
cville csf

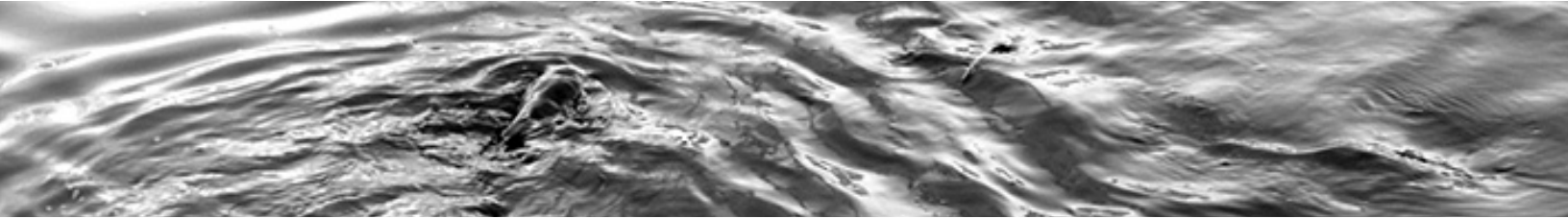
please mail this form and payment to :  
1300 wertland st., no. 5, charlottesville, va 22903

**more information**

www.cvillecsf.com

**contact**

Jack Cochran : jec7df@virginia.edu



**registration form and member agreement : fall 2011 : 4 deliveries**

**name :**

**email :**

**address :**

**number of shares :**



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**CATFISH : \$38 (\$9.50/delivery - 1lb.)**

1 lb./delivery - Feeds 1-2 (4 4-5 oz. catfish fillets)

I will miss the following weeks and will subtract the appropriate amount from my payment (please circle):

October 15 : October 29 : November 12 : November 26

**amount enclosed :**

I agree to pick up my biweekly subscription at the Charlottesville City Market. If I do not pick up my share, please donate my share to a local food bank. I understand that share weights are approximate values and may vary slightly per delivery.

**signature :**

**date :**

**fresh. local. sustainable. healthy.**