

# MAC'S LOCAL BUYS GROCERY BAG

**Mac's Local Buys Grocery Bag** takes the very best local products, from the region's finest farmers and producers and combines them into a biweekly food subscription. Every other week, from mid-May through October, Mac's Local Buys will source and disperse a bounty of fresh and locally produced, seasonal vegetables, pastured meat & eggs, artisan baked breads and an assortment of treats (not necessarily sweet) from some of Saint Louis' most reputable farms and producers, along with some amazing, newly-established ones. The Mac's Local Buys Grocery Bag will provide you with an easy and affordable way to enjoy nutritious, locally sourced food.



**THE PRODUCE** Members look forward to fresh, high quality seasonal fruits and vegetables grown at Such & Such Farm in DeSoto, Missouri. They are committed to producing sustainably grown, pesticide free produce. Expect to see 8-10 produce items per pickup.

**THE MEATS** At each of the 13 pickups, you can expect to see delicious, nutrient dense, local proteins. Members can look forward to various selections of pastured pork, chicken, grass-fed and dry aged beef.



**THE STAPLES** Included in each week's subscription will also be 1 dozen farm fresh, pastured eggs and freshly baked artisan bread.

**FAMILY DINNER ON THE FARM** Join us at Such & Such Farm for a dinner on the farm as we celebrate our local food system, urban and rural relationships, and a sustainable source of healthy, fresh food. Compliments of Such & Such Farm & Mac's Local Buys, this dinner will be highlighted with a whole Swabian Hall pig roast. This is an exclusive event for Grocery Bag members and their families only.



**THE TREATS** Rounding out each week's bag will be a local treat or treats (not necessarily sweet), sourced from a variety of excellent small batch purveyors and producers. You can expect to see local honey, pickles, pasta, and other (mostly) shelf stable items.

## ALSO INCLUDED

A newsletter, which lists that week's items, producer information, recipe suggestions, thoughts and techniques.

Two reusable Mac's Local Buys bags used for pickups and yours to keep.



## THE PICK UPS

MLB Grocery Bag pickups are an excellent opportunity to meet other members and exchange recipes, cooking tips and form new friendships with like-minded individuals in our community.

Grocery Bag pickups will be Wednesday evenings from 4:30—7:30 at Mac's Local Buys Retail Market and Food Hub located in the heart of Dogtown. The program will start in mid-May and run biweekly through October, 13 pickups total. (1221 Tamm Ave. St. Louis, MO 63139)

If you are unable to pick up your share, we encourage you to communicate with us, and have a family member, neighbor or friend come in your place. Shares that are not picked up will be donated to a local charity.

## THE COST

The cost for one share, for 13 pick ups is \$905 (tax included). There is also a \$20 sign up fee for new members. This comes out to about \$70/pick up/share.

## THE SIGN UP

To reserve your share with MLB Grocery Bag, please complete and sign the following form and send it, along with your payment check to:

### Mac's Local Buys

1221 Tamm Ave.  
Saint Louis, MO 63139

We will confirm your reservation and order with an email.

## MLB GROCERY BAG EXAMPLE SHARES:

### SPRING

½ lb Spinach  
2 Heads Lettuce  
¾ lb Kale/Chard/Bok Choy  
1 lb Peas or Green Beans  
1 Bunch Beets  
1 Bunch Scallions  
2 lbs Zucchini  
1 lb Broccoli  
1 lb Breakfast Sausage  
1 lb Ground Beef  
1 Dozen Farm-Fresh Eggs  
Local Maple Syrup  
Pancake Mix  
NY Style Bagels



### SUMMER

2 lbs Potatoes  
1 lb Eggplant  
3-4 Sweet Peppers  
2-3 Onions  
1 Garlic Bulb  
1 lb Zucchini/Summer Squash  
1 lb Cucumbers  
2 Ice Box Watermelons  
4 lb Heirloom Tomatoes  
1 Pint Cherry Tomatoes  
1 lb Green Beans  
1 Whole Chicken  
1 Dozen Farm-Fresh Eggs  
1 lb Fresh Pasta  
Marinara Sauce  
1 Loaf Focacia Bread



### FALL

2 lbs Sweet Potatoes  
2 lbs Winter Squash  
1 lb Beets  
1 lb Carrots  
1 lb Broccoli or Cabbage  
½ lb Spinach  
½ lb Salad Mix  
¾ lb Kale/Chard/Bok Choy  
2-3 Sweet Peppers  
1 lb Eggplant  
1½ lbs Tomatoes  
1 lb Green Beans  
2 Pork Chops  
2 lbs Martin Rice  
1 Dozen Farm-Fresh Eggs  
Local Honey  
Freshly-Baked Baguettes



# MLB GROCERY BAG - SIGN UP FORM



Registration for 2019 season begins now.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Your Contribution. (Please Read Carefully!)

To reserve your share, we require a \$300 deposit that is non-refundable and is applied toward your total cost of the MLB Grocery Bag program.

Please mail your deposit check with this completed sign-up form. Once your deposit of \$300 is received we will send you a confirmation email welcoming you to the MLB Grocery Bag program. We encourage those members who can, to pay the total cost upon signing up.

It is very important to sign up and pay for your share as early as possible for two reasons: To reserve your MLB Grocery Bag share, **as shares are limited** and our membership is expected to fill up quickly, and to help our producers absorb the initial expenses in the beginning of the season.

Please mail signed form and checks payable to:

### Mac's Local Buys

1221 Tamm Ave.  
Saint Louis, MO 63139

## Terms of Agreement (please initial, required)

\_\_\_\_\_ I agree that a share entitles me to the bounty of the harvest, which also means a share of the risk, as on occasion a crop may fail due to conditions that are beyond the control of your farmers.

\_\_\_\_\_ I agree that I will not be added to the 2019 MLB Grocery Bag member list until I have paid the full amount or have paid the \$300 deposit. The MLB Grocery Bag operates on a first-come, first-served basis.

\_\_\_\_\_ I understand that the last day to pay my remaining balance is April 1, 2019, approximately one month before the MLB Grocery Bag program begins.

\_\_\_\_\_ I understand that if I am unable to pick up my share, I should tell Mac's Local Buys, and have a family member, neighbor or friend come in my place. (Shares that are not picked up will be donated to a local charity.)

Signature \_\_\_\_\_

Date \_\_\_\_\_