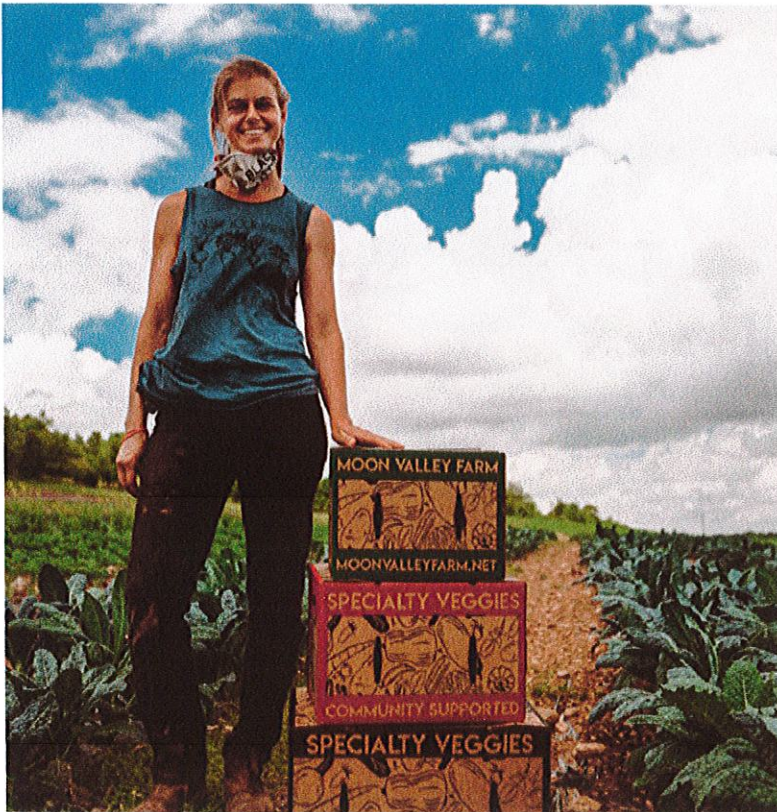




# BRING OUR FARM TO YOUR KITCHEN

MARYLAND-GROWN, HIGH QUALITY, SPECIALTY PRODUCE



- Year-round delivery to DC, Maryland + NoVA.
- Huge selection of high quality, specialty produce from our farm and our partner farmers + makers in Maryland!
- We offer specialty vegetables, herbs, microgreens, gourmet mushrooms, local fruit, organic eggs, raw honey, edible flowers, heritage grains, heirloom beans + more!



[www.moonvalleyfarm.net](http://www.moonvalleyfarm.net)



@moonvalleyfarm



[facebook.com/moonvalleyfrederick](https://facebook.com/moonvalleyfrederick)





# ABOUT US

Moon Valley Farm was started in 2012 by Emma Jagoz, sole owner, entrepreneur, first-generation farmer, and mother who wanted to provide her community with healthy food.

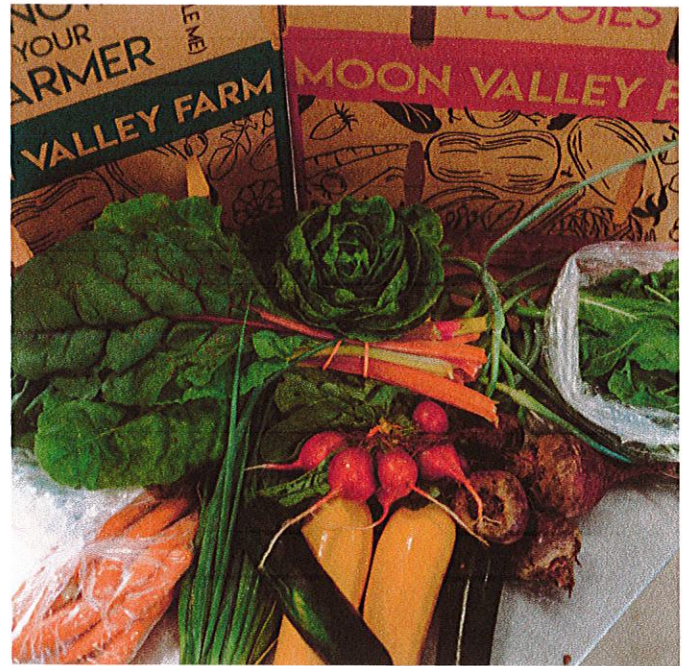
Jagoz is the public face of Moon Valley Farm and acts as the corporation's chief executive and chief financial officer. MVF offers a diverse, year-round selection of high-quality fresh fruits and vegetables all grown in the Mid-Atlantic region. Proudly serving a 400+ member Community-Supported Agriculture (CSA) program, the Maryland Farm to School Program, and Michelin star restaurants in Washington DC and Baltimore, Moon Valley offers professional, clean product packaging, prompt delivery and excellent customer service. In addition to offering Maryland's best produce in all seasons - everything from fruit to mushrooms to vegetables - we offer custom family-friendly and trending recipes to help customers with menu planning.



In December 2021, Jagoz was awarded the Farmers on the Rise award by Mid-Atlantic Farm Credit, and in January 2022 she was one of the Top 40 Under 40 Professionals in Frederick County. Jagoz bootstrapped the business, taking it from just a concept with no land or financial backing to a seven-figure business that employs 15 people year-round.



On our farm, we grow over 40 types of specialty and staple vegetables and herbs, including sweet + hot peppers, greens, tomatoes, sweet potatoes, summer + winter squash, broccoli, cabbage, eggplant, turnips, radishes, fennel, lettuces, basils, parsley, and we have an apiary that produces delectable honey. We also aggregate from over a dozen trusted farmers to widen our offerings to the best of what our Mid-Atlantic region can produce - including fruits like apples, pears, peaches, watermelon, strawberries and cherries; storage and specialty veggies, gourmet mushrooms from King Mushroom Farm, organic eggs, specialty grains and beans, organic sourdough bread and small batch specialty-roasted coffee.



We believe that stewarding the land responsibly by farming organically and regeneratively has the power to make a real difference in the health of our waterways and to improve the health of Chesapeake Bay. Moon Valley Farm complies with the Food Safety Modernization Act (FSMA) and Produce Safety Rule and is currently seeking Good Agricultural Practices (GAP) certification. We are transitionally organic by the Maryland Department of Agriculture and follow all of the best practices detailed by the National Organic Program for organic crop production. Additionally, we comply with Maryland's Nutrient Management Program annually to ensure that our farm is not over-fertilizing to endanger our food supply or our Chesapeake Bay.

We farm because we want to build a new and better food system, one that supports the health of our community by providing access to reliable, healthy, responsibly-grown, fresh food. We are also passionate about providing meaningful employment for the people who work at our farm. Feeding our community fresh food all year, entirely grown in this region is the food system change we need to curb climate change and have healthier communities.

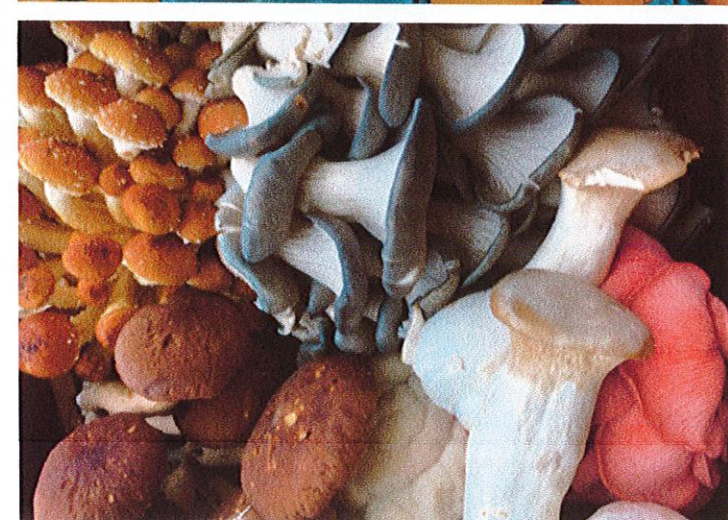




- Two delivery days every week all year-round!
- Easy payments: credit cards & checks on net 15!
- Connection with your farmer + know your ingredients.
- From small cafés to hotel restaurant kitchens, we'll get you the quality + quantity you need within your budget.
- \$30 order minimum.
- \$15 delivery fee.

Scan below to order or go to [www.moonvalleyfarm.net](http://www.moonvalleyfarm.net)!

Questions? Email Ann at [ann@moonvalleyfarm.net](mailto:ann@moonvalleyfarm.net)







# MID-ATLANTIC SEASONAL VEGETABLE GUIDE



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## WINTER

- |             |                |
|-------------|----------------|
| Microgreens | Carrots        |
| Leeks       | Beets          |
| Parsley     | Onions         |
| Cabbage     | Spinach        |
| Kale        | Winter Squash  |
| Mushrooms   | Kohlrabi       |
| Lettuces    | Sweet potatoes |

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## SPRING

- |                          |             |
|--------------------------|-------------|
| Lettuce                  | Snap Peas   |
| Carrots                  | Swiss Chard |
| Radishes                 | Arugula     |
| Beets                    | Spinach     |
| Herbs (chives, cilantro) | Turnips     |
| Spring Onions            | Bok Choy    |

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## SUMMER

- |                              |                 |
|------------------------------|-----------------|
| Eggplant                     | Basil           |
| Zucchini & Yellow Squash     | Tomatillos      |
| Hot Peppers (like jalapenos) | Green Beans     |
| Bell Peppers & Sweet Peppers | Onions          |
| Cucumbers                    | Garlic          |
| Melons                       | Ground Cherries |
| Tomatoes                     | Dill            |

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## FALL

- |                |                                 |
|----------------|---------------------------------|
| Leeks          | Potatoes                        |
| Carrots        | Broccoli                        |
| Cabbage        | Cauliflower                     |
| Lettuce        | Kale                            |
| Turnips        | Collard Greens                  |
| Radishes       | Winter Squash                   |
| Sweet Potatoes | (Kabocha, Spaghetti, Butternut) |
- 