



CEDAR VALLEY SUSTAINABLE

Local ♦ Sustainable ♦ Delicious

JOIN NOW

**CEDAR VALLEY
SUSTAINABLE**

**Illinois' *First & Best*
Meat CSA**

**Each month members receive
a variety of farm raised, drug
& hormone free beef, pork,
chicken, and eggs.**



**What our members
say about us...**

Fantastic!



I definitely feel like I got my money's worth... Communication and transactions were fast and friendly, and I'm recommending Cedar Valley to all of my friends!

www.ChicagoMeatCSA.com

Select a Regular or Large share to fit your family's needs

Regular Share	Large Share
Sustaining Share \$118/mo 3 Months - \$340 6 Months - \$660 12 Months - \$1300 (best value!)	Sustaining Share - \$180/mo 3 Months - \$525 6 Months - \$1040 12 Months - \$2040 (best value!)
Regular shares include 2-3 cuts of each type of meat (beef, pork, and chicken) and 1 dz. eggs (in season). Shares average about 14 lbs per month.	Large shares include 3-4 varieties of beef and pork including larger amounts of some cuts (i.e. 4 pork chops or 4# of roast), 8-10 lbs chicken and 1-2 dz. eggs (in season). Shares average about 22 lbs per month.

Delivery Locations

Arlington Heights	Lincoln Square
Aurora	Logan Square
Blue Island	Naperville
Rogers Park	Oak Park
Evanston	Ottawa
Lakeview	Ravenswood
	West Loop

Learn more & sign up at our website
www.ChicagoMeatCSA.com

Contact us...

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