

Land's Sake CSA 2010 Policies and Procedures

The **Full CSA Share** entitles a shareholder to pick up from the farm a share of the production of Land's Sake Farm once per week for approximately 20 weeks during the growing season. The 2010 season for pick-ups is June 15th through October 28th.

Regular crops that a shareholder may find available in the CSA tent for weekly pick-up include (when in season): Arugula, Basil, Beets, Broccoli, Cabbage, Carrots, Chard, Corn, Cucumbers, Eggplant, Garlic & Garlic Scapes, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Radish, Rutabaga, Salad Greens, Spicy Greens, Spinach, Summer Squash, Tomatoes, Turnips, Winter Squash and Zucchini. The Full Share also includes A PYO component each week for designated pick-your-own vegetable crops and flowers. Please note, berries are not included in the CSA share; however, all are welcome to partake of PYO berries on a pay-as-you-pick basis.

Each Shareholder will choose either Tuesday or Thursday to pick up their share between 1-7pm. Shares must be picked up on the same day of the week throughout the entire CSA season. Unfortunately, we are not able to accommodate requests to switch CSA pick-up days. If for any reason you are unable to pick up your share on the day of the week chosen, we suggest sending someone in your place to pick up your share at your regular pick-up time. If your share is not picked up, rest assured that it will not land on the compost heap! Rather, it will be donated to the needy. At the pick-up, instructions according to the week and the particulars of the day's harvest will be posted. Naturally, the total amount for each week's pick-up will vary throughout the season depending on field and weather conditions. The Shareholder will have some choice among crops to satisfy particular preferences, totaling to a set amount of bunches and pounds per week according to the instructions. The instructions will be designed to ensure all Shareholders on that day's pick up get at least some portion of the available produce, and that no one takes too much of any particular vegetable.

The pick-up area will be clearly marked and a staff member will be available to help guide shareholders as they arrive. It is the intention of Land's Sake that Shareholders appreciate the bounty of the Farm and the effort required to produce that bounty. CSA shares are a great option for people who love to cook, eat fresh food and who enjoy a wide variety of local produce. As has been said before, purchasing a CSA Share is an excellent way to demonstrate a commitment to health, local food and Land's Sake as a community partner to help you meet your needs with local resources.

Anyone disrespecting the intention of their Share, or infringing on the goodwill of the Farm or other farm-goers will be asked to comport themselves and/or may be required to relinquish their CSA Share rights temporarily or permanently, at the discretion of the Farm Managers.

New for 2010

Each share will be required to contribute **three (3) hours of work on the farm** during the season. This is in order to provide an opportunity for farmers and shareholders to work together and gain a better understanding of the effort involved in growing food locally and sustainably. We believe working together on occasion will improve the farmer/CSA

shareholder experience for everyone. Please note, not every member of the share must work three hours. For example, if you and your two teenagers work one hour each, the work contribution is considered complete. If a share is split between two partners, the work contribution also may be split between both partners. Or, if one partner feels more inspired or able to make the work contribution, one partner can complete the work contribution for both. We respectfully ask that children under 13-years old not accompany their parents for the work contribution. Those 13-years old and older, however, are welcome to assist parents in fulfilling their work contribution.

Attendance by one shareholder per share is required at one of three (3) orientations to be held in May. The orientation will also be a time to ask questions and learn more about our plans for the 2010 growing season.

Starting in March 2010, CSA members will be given the opportunity to purchase **Green Dollars** as a way of supplementing a share and creating more flexibility. Green Dollars provide a 20% discount on all food items available on the Land's Sake farm stand including honey, maple syrup, bread, vegetables, fruit and pick-your-own berries. For example, if you visit the farm frequently for pick-your-own berries, Green Dollars provide an additional discount on these crops. Green Dollars go on sale in early March, must be purchased by May 15, 2010 and must be used by October 31, 2010. They are sold in \$10 increments in the amounts of \$10 (\$8 cost), \$50 (\$40 cost), \$100 (\$80 cost) and \$300 (\$240 cost). Green Dollars also may be purchased as gifts for non-CSA members. If you wish to purchase Green Dollars, please e-mail info@landssake.org or phone the office at 781-893-1162.

Anyone disrespecting the intention of their Share or infringing on the goodwill of the Farm or other farm-goers will be asked to comport themselves and/or may be required to relinquish their CSA Share rights temporarily or permanently, at the discretion of the Farm Manager.

Frequently Asked Questions:

What is Community Supported Agriculture?

Community Supported Agriculture (CSA), introduced to the United States from Europe in the mid-1980s, is a model of farming in which community members and farmers share both the bounty and risk inherent in growing food. A share, purchased before the farming season begins, entitles the shareholder to a portion of the year's harvest and indicates a commitment to supporting local farmers and local agriculture regardless of seasonal fluctuations.

How long is the season?

CSA pick-ups typically begin in early June and run for 20 weeks through the end of October.

How much does a share cost?

A share is \$650 per season including a \$50 membership at the basic level to Land's Sake. Your membership helps to support the educational and outreach work of the organization.

What is a work contribution and why has Land's Sake decided to start this program?

In the original CSA model, shareholders were required to contribute as many as 30 hours of work per season to their farm. For many reasons, this is no longer the case on many CSA farms. In the case of Land's Sake Farm, it is not necessary, nor is it feasible given the busy lives many of our shareholders live.

We strongly believe there is value in shareholders participating in work at the farm. In the true spirit of a CSA, shared work closes the gap between the consumer (you) and the producer (the farmers) and it helps us educate about the work we do and why we do it.

The work contribution is three hours per share. We chose this number because it is easy to complete in one visit to the farm, yet substantial enough that your help on the farm can make a real difference. In the future, we hope to move towards a model with more participation and commitment from members.

The work contribution may be completed in a number of ways. For example, if you and your share partner want to come together and work for one and a half hours each, your work contribution will be complete. Please keep in mind that any adult from your family or share may participate. We recognize some of you may have physical limitations therefore in some cases we may be able to offer a project that may be more manageable. If it is impossible for you to make it out to do farm due to physical limitations, we will understand.

We also understand the desire to share this experience with children. We respectfully ask that only children 13-years old and older in the COMPANY AND SUPERVISION of an adult participate in the work contribution. In most cases, younger children do not have the ability to focus on the tasks we will be completing. Remember, you will be working alongside us to help us complete important work!

We will contact you to schedule your farm work upon receipt of your CSA application.

Who are the farmers I will meet at the farm?

Come talk to us! Our crew for the 2010 season is:

Melanie Hardy is our Farm Manager. She studied Agricultural Ecology at Prescott College and has spent many seasons working at area farms for very talented farmers. While she is returning for a second season, 2010 is going to be her first full season as manager at Land's Sake.

Stephanie Andrews is our Assistant Manager. She just finished her fourth season as Assistant Manager at nearby Lindentree Farm, in Lincoln.

Alicia Pritt is returning as a part-time farmer this season. She has worked in the fields at Land's Sake for the past five seasons and has also worked as the Communications Coordinator for Land's Sake for the past few years.

Zannah Porter is returning for a second season as a full time Assistant Grower. She is a natural at tractor operation.

Nina Zinnser Booth is returning for a second season as a full time Assistant Grower and our resident flower expert and joker.

Hilary Crowell will also be joining us from Lindentree Farm. She has a few years of diverse farming experience under belt. She will be joining us as a full time Assistant Grower.

What do I get each week?

A share consists of a selection of seasonally-available vegetables harvested once weekly. A variety of pick-your-own crops, specifically peas, beans, cherry tomatoes, herbs and flowers, are also included in the share; berries are not included in the share, but can be purchased separately on a pay-as-you-pick basis.

The average weight of a share is 10 pounds per week with fluctuations both higher and lower depending on the time of year and the crops in season

We provide choice and variety within the share as much as possible but will have limits on certain crops as supply dictates. We also try to introduce lesser known varieties of vegetables throughout the season to give members a chance to try new things.

How much food will I be getting in a share? Will it be enough?

The average weight of a share is 10 pounds per week with fluctuations depending on the time of year and the crops in season. Whether or not you will be receiving enough depends on how often you eat vegetables and how many you are trying to feed. We are not able to guarantee that we will supply all of the produce that you will need or want each week. In general, one full share can feed two vegetable-loving adults for one week with a little supplementing from the grocery store at the beginning and end of the growing season when distributions are lighter. On the other hand, families of four have reported that they receive too many vegetables and end up giving quite a bit to their neighbors!

Some of this produce is a bit foreign to me...what do I do with it and how do I store such large quantities of it?

We are currently in the process of creating a veggie database on our website of the crops we grow which will include information about storage, background info about each veggie, simple preparation tips and recipes. Feel free to use this resource freely and be creative!

What are the Pick-Your-Own crops?

Pick-your-own crops—peas, beans, cherry tomatoes, herbs and flowers—are crops which shareholders may harvest on their own. These crops will be available with generous limits to be determined weekly and indicated at the CSA pick-up site. PYO crops can be harvested once weekly on any day of the week during normal hours of farm operation. Berries are not part of the CSA, but all are welcome to partake of PYO berries on a pay-as-you-pick basis.

Is the produce organic?

Land's Sake uses organic methods but does not currently participate in any sort of certification process. We do not use synthetic chemicals in the form of pesticides, herbicides, fungicides or

fertilizers. When necessary we use only organically certified chemicals and very sparingly apply these sprays. We work our hardest to treat the soil well and maintain its fertility.

While we recognize that organic certification can be beneficial to other farms, we have chosen not to participate in certification preferring instead to engage in dialogue about our practices and cultivate trusting relationships with our customers and visitors. We welcome visitors to walk around the farm, come work us and ask us questions about how we grow our veggies.

Can I split a share?

Land's Sake sells only full shares. You are welcome to split a share with a partner but both parties must be members of Land's Sake to be shareholders. Since only one membership comes with each share, we respectfully ask that the other share-partner become a member. To become a member please call the office or visit our website at www.LandsSake.org. Click the "Join Us" tab on the homepage and select "Membership". We also need contact info for each share-partner so both parties may receive our weekly electronic CSA update.

What is a work share?

A work share is an opportunity to work in exchange for a CSA share. This commitment is for the length of the harvest season and requires a strong back. A limited number of workshares are available each year. More detailed information is available and an application process is required. Please contact info@landssake.org for more information.

What do I do if I am on vacation?

We ask that you not switch pickup days. Instead, please send someone in your place on your regular pick-up day. Please give your guest clear instructions regarding pick-up time and policies that may affect them during their visit. We plan very carefully to ensure that the proper amounts of food are harvested for each pick-up day. If no one picks up your share, the produce will be donated to local food banks and shelters.

Will it be easy to know what to do when I come to the farm?

Yes! The CSA pick-up area is behind the farm stand under a yellow-and-white striped tent where you will find a sign-in sheet, weekly updates on farm happenings and crop production, picking instructions and a staff member or volunteer who will answer any questions you might have. You will also find all the vegetables that comprise your share clearly labeled with choices and limits.

Does the CSA replace what used to be called Membership in Land's Sake?

No! Land's Sake is still a member-dependent organization. Donations from our members support our various non-profit activities such as, our education programs and community outreach work. The CSA is a product offering of Land's Sake Farm, diversifying our market and bringing more people into the Land's Sake family.

Has the CSA affected Land's Sake's donation commitment to local food banks and shelters?

No! Each year Land's Sake donates approximately \$20,000 worth of food to local food banks and shelters, in addition to growing food for our CSA share program and farm stand. The CSA helps Land's Sake foster community spirit, maintain our agricultural traditions and engage people with the land even more.

If you have other questions, please contact us at info@landssake.org. Thanks!