

# CSA MEMBER HANDBOOK 2018



Farmers Victoria Lautsbaugh-Gorman and Nicholas Cole

## **Welcome to the 2018 growing season at Snipes Farm and Education Center CSA**

Thank you for joining our farm! **Our crops are PCO (Pennsylvania Certified Organic) and USDA (U.S. Dept. of Agriculture) Certified Organic.** The certification is viewable in our CSA barn.

Please read this handbook carefully and keep it for future reference. This handbook, along with the weekly email newsletters and the website, will provide you with all the information you need to make your experience at our farm a good one.



## **Contact Information**

**Website:** www.snipesfarm.org  
**Vegetable Farmers:** Victoria Lautsbaugh-Gorman and Nicholas Cole  
**Farm Manager Email:** victorial@snipesfarm.org  
**Orchard farmers:** Susan Snipes-Wells and José Alicea  
**Office contact:** Gayle Boyd (215) 295-1139 x 102

## **Snipes Farm and Education Center**

Founded as a nonprofit in 2008, Snipes Farm and Education Center's "outdoor classroom" is located on 25 acres of the historic Snipes Farm in Morrisville, Pennsylvania. SFEC envisions a world where everyone has access to healthy food, open space and the experience of farming, where local economies are strengthened by the preservation of small farms, and where priority is given to sustaining the earth and its natural resources. Our work in the community includes a Community Supported Agriculture program (CSA), farm to school programs with local school children, summer camp and agriculture workshops through the winter.

### **How does the CSA at Snipes Farm and Education Center work?**

Community Supported Agriculture (CSA) is a partnership between a local farm and a community of supporters. Supporters help cover a farm's yearly operating budget by purchasing a share of the season's harvest. Along with the farmer, CSA members assume the costs, risks, and bounty of growing food. Members help pay for seeds, greenhouse and field costs, water, labor, and equipment maintenance.

We use no GMO products, no synthetic pesticides or fertilizers, start with organic seed and utilize a rotation and soil management plan. In return, the farm provides, to the best of its ability, a healthy supply of seasonal, fresh produce to CSA members throughout the growing season. This mutually-supportive relationship helps create an economically-stable, sustainable local farm operation, encouraging a healthy environment and responsible land stewardship.

The founding members of our CSA were deeply concerned about safety issues around pesticide use, the availability of locally grown food and had a desire to support local agriculture. While their own lifestyles did not allow them to raise their own food, they responded positively to the initiative of a CSA and were willing to pre-buy their food in this creative new venture.

The majority of work is done by a small team of farmers and volunteers on 12 acres. The support of the farmers, all of the operating costs, and the capital improvements are carried by the shareholding members of the CSA community. Vegetables and some fruit are divided among the shareholders.

## **Directions**

Snipes Farm and Education Center is located at 890 West Bridge Street, Morrisville, PA 19067. Please see last page for directions to the farm or visit our website at [www.snipesfarm.org](http://www.snipesfarm.org).

## Farm Hours

### PICK-UP TIMES:

THURSDAYS 3:00 pm – 7:00 pm **RAIN OR SHINE** at the farm  
SATURDAYS 9:00 am – 1:00 pm **RAIN OR SHINE** at the Yardley Farmers Market

### U-PICK TIMES:

THURSDAYS 3:00 pm – 7:00 pm **RAIN OR SHINE**

**Feel free to use our picnic tables, visit the playground and chicken yard.**

### CSA Pick-up Guidelines - Our season runs from June into November.

1. **Parking:** Follow CSA signs to park for weekly distribution. Park and follow walking signs to the upper side of the barn.
2. **Bring Your Own Bags:** We do not supply bags for picking up your produce. Please bring baskets, bags or a cooler to transport your vegetables home.
3. **Clipboard:** Please make sure to check off your name on the clip board in the barn when picking up your share.
4. **Slate Board:** Read the slate for instructions on how much of each item you are allotted. Please do not take extra of any item as we harvest exact amounts for each share.

### Share Info

**Traditional Full Share:** \$700 - Members pick up 8 to 12 items of produce weekly as selected by the farmer.

**Traditional Half Share:** \$400 - Members pick up a full share every other week of produce weekly as selected by the farmer.

**Market Share Levels:** \$700, \$500, \$400, \$200 - Members can select veggies of their own choice.

Market share members will receive a Market Card with the value of their share on it when they attend their first CSA distribution day. They will then use their cards to "purchase" their produce. Market cards may also be used for farm-fresh eggs and other value-added products when available. Market cards may be used at the Snipes Farm CSA barn on Thursdays or at the Yardley Farmers Market (Buttonwood Park in Yardley) on Saturdays beginning May 5th, 2018.

**Please note:** Our expectation is that each Market Share member will fully utilize the funds on their market share card by the end of the season in the year it was purchased. Market Card funds not utilized by the end of season cannot be carried over to the subsequent year, but will be used to provide healthy organic food to needy local families.

### Pick-your-own crops

In addition to picking up your produce from the barn there are designated pick-your-own crops in the field. These include, but are not limited to: all perennial herbs such as peppermint and oregano, flowers, cherry tomatoes, tomatillos, hot peppers, beans and sugar snap peas.

Some of these crops are limited and some are unlimited. You can pick your **weekly allotment, announced** in the email newsletter of these crops only on your assigned pick-up day or the day announced by the farmers. **Please read the Pick-Your-Own board carefully.**

Once in the field or orchard, look for markers designating what and where you should pick.

### **What to bring for Pick-your-own**

Please bring along scissors or a sharp knife, a container with water for flowers, baskets for your pickings, hat, sunscreen and a water bottle.

### **Conflicts on your pick-up day? What to do if you're away or on vacation?**

If you are not able to pick up your produce, you have two options for what to do with the harvest:

⊗ **Give your produce away** – to a friend, relative, someone you think might want to join our farm next year. This is by far the best way of advertising for our farm. You do not need to tell us if someone else will be picking up for you, but please let your replacement read this handbook and give them any additional instructions.

⊗ **Donate your produce** - Each week many shares are donated to the Bucks County Housing Group and to the Bucks County Family Services Homeless Shelter. These shares are made possible by donations from our CSA members and local businesses. Please let us know in advance if you wish your share to be added to one of these groups' weekly pick-ups.

### ***Safety at the farm – READ THIS PLEASE!!!!***

1. Please supervise children at all times. Do not let children play on or near any farm equipment or approach farm animals without staff, and keep track of children while picking in the fields.
2. Drive slowly, under 10 miles per hour, and be mindful of children and small animals.
3. Watch your step – look out for holes, ruts and irrigation. Wear sturdy, old shoes.
4. Please do not enter the hen yard.
5. Remember your “farm kit” for pick-your-own and volunteer hours: (hat, gloves, sunscreen, water bottles, scissors, bags/boxes).
6. SPECIAL REQUEST FROM THE FARMERS: Please refrain from smoking and cell phone use in the fields, so that everyone can enjoy the fresh air and serenity of our beautiful farm.

### **Work requirement**

Each full share member is **invited to volunteer** for a minimum of 4 hours of labor during the growing season. Though not mandatory, we believe that this work is fulfilling, a great family activity, and a terrific community builder for the members at large. Many members find they enjoy the work well beyond the required hours.

Members can sign up for work shifts in the barn. In addition, there are “special project” days when it is time for garlic, onion and potato harvests, strawberry and garlic planting. You can always check in the CSA barn (once weekly pickups have begun) to see what is coming up and to sign up for work shifts.

## Social events

We are happy to offer many chances to get together and socialize during the season. We host occasional potluck dinners and other special events. Bring a dish-to-share, and your own place settings. Please look for potluck and the annual fall campfire dates on the blackboards in the barn, in our newsletters, on our website and via email announcements.

## Email Newsletter

During the harvest season, you'll receive a weekly email with news from the farm, announcements, recipes, expected harvest and more! This is your best source for keeping up to date with the goings on at the farm, so please read it carefully each week. If you have supplied your email address to the farm you will automatically receive a weekly email.

# WE ARE LOOKING FORWARD TO A BOUNTIFUL SEASON!!

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## 10 Reasons to Go Organic

- 1. Avoid Chemicals:** Eating organically grown foods is the only way to avoid the cocktail of chemical poisons present in commercially grown food. More than 600 active chemicals are registered for agricultural use in America, with billions of pounds used annually. An average application equals about 16 pounds of chemical pesticides per person, every year.
- 2. Benefit from more nutrients:** Organically grown foods have more nutrients - vitamins, minerals, enzymes, and micronutrients - than commercially grown foods because the soil is managed and nourished with sustainable practices by responsible standards.
- 3. Enjoy better taste:** Organically grown foods generally taste better because nourished, well balanced soil produces healthy, strong plants.
- 4. Avoid GMO:** Genetically engineered (GE) foods and genetically modified organisms (GMO) are contaminating our food supply at an alarming rate, with repercussions beyond understanding. Choosing organic is the only way to be sure that foods that have been genetically engineered stay out of your diet.
- 5. Avoid hormones, antibiotics and drugs in animal products:** More than 90% of the pesticides Americans consume are found in the fat and tissue of meat, dairy and egg products. The EPA reports that a majority of human pesticide intake comes from meat, poultry, fish, eggs, and dairy products. Antibiotics, drugs, and growth hormones are directly passed into meat and dairy products.

**6. Preserve our ecosystems:** Organic farming supports eco-sustenance, or farming in harmony with nature. Preservation of soil and crop rotation keep farmland healthy, and chemical abstinence preserves the ecosystem. Wildlife, insects, frogs, birds, and soil organisms are able to play their roles in the tapestry of ecology, and we are able to play ours, without interference or compromise.

**7. Reduce pollution and protect water and soil:** Agricultural chemicals, pesticides, and fertilizers are contaminating our environment, poisoning our precious water supplies, and destroying fertile farmland. Certified organic standards do not permit the use of toxic chemicals in farming and require responsible management of healthy soil and biodiversity.

**8. Preserve agricultural diversity:** The rampant loss of species occurring today is a major environmental concern. It is estimated that 75% of the genetic diversity of agricultural crops has been lost in the last century. Consider that only a handful of varieties of potatoes dominate the current marketplace, whereas thousands of varieties were once available. Crop rotation is a simple and effective technique used in organic agriculture to reduce the need for pesticides and improve soil fertility. Most conventional food is extremely hybridized to produce large, attractive specimens, rather than a variety of indigenous strains that are tolerant to regional conditions such as droughts and pests. Organic farms grow an assorted range of food, taking natural elements and time-tested tradition into account. Diversity is critical to survival.

**9. Support farming directly:** Buying organic food is an investment in a cost-effective future. American tax dollars subsidize billions of dollars for a farm bill that heavily favors commercial agribusiness. This price tag includes detrimental associated costs such as health problems, environmental damage, and the loss and extinction of wildlife and ecology.

**10. Keep our children and future safe:** Putting our money where our mouths are is a powerful position to take in the \$1 trillion food industry in America. Spending dollars in the certified organic sector is a direct vote for a sustainable future for the many generations to come.

**Join the movement!**

**Support local farming in Bucks County**

**Enjoy healthy food for the entire growing season  
from June to November.**

**Buy fresh, buy local!**

# Directions

## **From The Pennsylvania Turnpike:**

Exit 351 (Old exit #28-Philadelphia, US-1, I-95) Get onto US-1 North and go 6 miles-past Neshaminy Mall, exits for Langhorne, Oxford Valley and soon after you pass the Route 13 exit the road will divide. Take left lanes for Rt. 32 North/Morrisville exit and get in farthest left lane. Take the exit slowly as you come to the bottom of ramp. The shoulder will widen and you will make a sharp left U-Turn at the opening in the road. (If you pass the Elks you need to turn around.)

You will pass Double Eagle Golf. Make a right after the big white Snipes Farm sign at the main entrance to Snipes Farm. Make a quick left following the CSA signs.

## **From Philadelphia & Princeton via I-95:**

Take exit 46A (Old exit #29A- for Morrisville US-1 North, Oxford Valley Mall, Sesame Place,) Proceed approximately 4 miles and just after you pass the exit for Route 13 the road will divide. Stay in left lanes for the Morrisville Route 32 North exit. Get in farthest left lane and take the exit slowly as you come to bottom of ramp. The shoulder will widen and you will make a sharp left, that is like a U-Turn at the opening in the road. (If you pass the Elks you need to turn around.)

You will pass Double Eagle Golf. Make a right after the big white Snipes Farm sign at the main entrance to Snipes Farm. Make a quick left following the CSA signs.

## **From Trenton via US-1 S Toll Bridge:**

After the toll bridge quickly get in farthest right lane to take the first exit (Morrisville Pennsylvania Avenue North). Make a left at the first light at Bridge Street and within a mile.

You will pass Double Eagle Golf. Make a right after the big white Snipes Farm sign at the main entrance to Snipes Farm. Make a quick left following the CSA signs.