



*Dulli*



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*Katie*

**Dear CSA interested friend:**

**Birdsfoot Farm** has been growing certified organic vegetables, flowers, and herbs for over 30 years. We sell at the Canton Farmers Market, the Potsdam Food Coop, North Country Grown Cooperative and Finger Lakes Organic Growers Cooperative. We also host a lively CSA. Birdsfoot Farm is an intentional community of nine adults and five children. The Veggie Business is set up as a partnership. This year the gardens are managed by Dulli Tengeler and Katie Fagerlund.

**What is a CSA?**

**CSA** is a commitment from the grower to provide in-season vegetables to members. Members pay the farmer up front, or in an installment plan, pick up vegetables weekly, and volunteer three hours a season to help the CSA. (We do accept food stamps.) The benefit to the farmer is a guaranteed market. In return, the member receives fresh, local, in-season vegetables and herbs. If there is a shortage of a crop, other crops of the same value may be substituted. If there is an overflow, members might get extra. There may also be larger quantities for freezing and canning at wholesale prices.



If you are interested in supporting your local farmer, contact us. Don't worry about what to cook for dinner; the answer lies in your box. This year we plan to have 80 members.

*A personal note: For me, farming is a passion. Sometimes it is repetitious and tiresome but there is always something new to learn and I feel in harmony with the soil and plants. Farming is a way of living. Farming grows good food for people and is a service to the greater community, as well as a source of income that provides opportunities for generations to come. –Dulli*

## CSA schedule - Share sizes – Prices 2012

### “A” Share : \$600 for 18 weeks (\$33.33/week)

A typical box in August would have 4-6lb potatoes, 2lb carrots, 2 lettuce, 4 zucchinis, 2 summer squash, 4-6 cucumbers, 4-6lb tomatoes, 2lb beans, 2 garlic, 2 bunches of herbs

### “B” Share : \$310 for 18 weeks (\$17.22/week)

Box contains half the amounts above.

**Extras** for those who want more:

*Our mixed greens are a Birdsfoot specialty*

### Mixed Greens - \$44.00 (\$2.75/week)

1/2lb of fancy mixed greens instead of lettuce - end of June through mid-October – 16 weeks

*Some people cannot get enough leafy greens*

**Extra Leafy: spinach or kale or chard and lettuce - \$70.00 (\$5./week)** Extra lettuce and a bunch of spinach, chard, kale, or collards – mid June through mid September – 14 weeks

**Extra Spinach and Lettuce Leafy - \$90 (\$6.43/week)** mid June through mid September\_ 14 weeks

*Treat yourself to a beautiful bouquet of flowers*

### Flowers - \$77.00 (\$6/week plus tax)

Mid-July through September – 12 weeks

**The CSA runs 18 weeks. Pick-up in Canton is on Tuesdays and starts June 19. Pick-up in Potsdam is on Fridays and starts June 15. Farm pick-ups can be on either Tuesdays or Fridays.**

## HARVEST CALENDAR

Crop	week	June		July				August				September				October			Total weeks	
		3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3		
Basil				[-----]				[-----]										10		
Beans				[-----]				[-----]										11		
Beets				[-----]				[-----]				[-----]						16		
(Broccoli)								[-----]										9		
Cabbage												[-----]							8	
Carrots				[-----]				[-----]				[-----]						16		
Chard				[-----]				[-----]				[-----]						14		
Cilantro				[-----]				[-----]				[-----]						16		
Cukes				[-----]				[-----]										8		
Garlic								[-----]				[-----]						12		
Kale/Collards								[-----]				[-----]						12		
Onions												[-----]							9	
Leeks												[-----]							10	
Lettuce				[-----]				[-----]				[-----]						16		
(Melons)								[-----]										4		
Parsley				[-----]				[-----]				[-----]						14		
Peas				[-----]																4
Potatoes								[-----]				[-----]						12		
Spinach				[-----]				[-----]				[-----]						16		
SS/Zukes				[-----]				[-----]										8		
Tomatoes								[-----]				[-----]						9		
Cherry Tomato								[-----]				[-----]						9		
Winter Squash												[-----]							6	
Extras:																				
Mixed Greens				[-----]				[-----]				[-----]						16		
Flowers				[-----]				[-----]				[-----]						12		



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### CSA Membership Contact Information

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Phone: \_\_\_\_\_

### Sign Me Up

#### Share size: 18 weeks

\_\_\_ **A share** – \$600/season or \$66.66 every 2 weeks with food stamps

\_\_\_ **B share** – \$310/season or \$34.44 every 2 weeks with food stamps

#### Extras:

\_\_\_ **1/2 lb Mixed Greens:** 16 wks (in place of lettuce) - \$44/season or \$5.50 with food stamps every 2 weeks

\_\_\_ **Flowers** - \$77/season – no food stamp payment available

\_\_\_ **Extra Leafy:** 14 weeks (spinach, kale, chard) - \$70/season or \$10 with food stamps every 2 weeks

\_\_\_ **Extra Spinach and Lettuce Leafy:** 14 weeks - \$90 or \$12.86 every two weeks with food stamps

#### Pick-up Location

\_\_\_ **In Canton on Tuesdays**, starting 6/19, ending 10/16

\_\_\_ **In Potsdam on Fridays**, starting 6/15, ending 10/12

\_\_\_ **At Birdsfoot Farm on \_\_\_ Tuesday or \_\_\_ Friday**

\_\_\_ **\$18 season delivery charge - Canton and Potsdam pick-ups.** This fee cannot be paid with food stamps.

**Total: share price \$\_\_\_\_\_ + extras \$\_\_\_\_\_ + \$\_\_\_\_\_ + \$\_\_\_\_\_ + delivery charge**  
**\$\_\_\_\_\_ = \$\_\_\_\_\_**

#### Payment Schedule:

\_\_\_ I would like to pay the entire amount by May 30

\_\_\_ I would like to pay half by May 30 and the other half by August 30

\_\_\_ I would like to pay with food stamps, beginning either Friday June 8 or Tuesday June 12 (at the farm)

#### Member Agreement:

Members of the CSA will receive a weekly share with 7-12 items. The share will vary in size and weight depending on the time of the season. One aspect of CSA is that members support their farmer by sharing the risks (poor weather, drought, disease, early frost, crop failure, etc.) and rewards (the bounty from a good season) involved in farming. Birdsfoot uses techniques that protect the harvest such as growing a wide variety of crops that thrive in different conditions and using crop rotation to avoid disease. The farmers also cover crops to protect against pests and to extend the growing season, cover crop over the winter, and irrigate. If there is still a crop failure of one crop, it will be substituted with another crop of similar value. If there is a total crop failure, the members will not be expected to pay for the season. The goal is to build a relationship of trust between the members and the farmers. On the whole, members will get a variety of vegetables in plentiful amounts. There is no guarantee of the exact amounts or types of produce the members will receive in their shares. By participating in the CSA, members are supporting their local farmers as well as helping to create a more environmentally just, economically fair, and healthy society.

The share costs are for growing food. This year there are no membership or administrative fees. There is a charge for delivery to Potsdam and Canton that cannot be paid with food stamps and will be charged separately for members paying with food stamps.

If a share is not picked up by a member it will be donated to another family or the Canton Neighborhood Center. Shares will not be saved for members unless an arrangement has been made.

Member Signature \_\_\_\_\_ Date \_\_\_\_\_

*please make checks payable to Birdsfoot Farm and mail to 1263 CR25, Canton, NY 13617*

**Additional opportunities to participate in the CSA and on the farm:**

I commit to working at least 3 hours during the season to help out with the CSA.

For harvest or weeding help please choose below.:

\_\_\_\_Monday \_\_\_\_Wednesday \_\_\_\_Thursday\_\_\_\_Garlic Festival Weekend (end of July, beginning of Aug.)

Other ways I can offer to help (newsletter, deliveries, etc.)

\_\_\_\_\_

\_\_\_\_Specific dates I could work

\_\_\_\_\_

I am asking to be exempt from working this season.\_\_\_\_

**Newsletter**

We distribute a newsletter with stories from the farm, important information and dates, and recipe ideas for our members most weeks of the CSA. Would you like to receive this newsletter over email?

Email where you'd like to receive the newsletter: \_\_\_\_\_

**Questionnaire (optional)**

1. How many in your family? Adults \_\_\_\_\_ Children (age) \_\_\_\_\_

2. How often do you eat out?

\_\_\_\_\_

3. How often do you eat meat?

\_\_\_\_\_

4. Do you have a garden? \_\_\_\_\_ What do you grow?

\_\_\_\_\_

\_\_\_\_\_

5. What vegetables or herbs are favorites in your house? \_\_\_\_\_

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6. What vegetables could you do without? \_\_\_\_\_

7. Do you have any allergies or other food issues? \_\_\_\_\_

8. If you freeze or can food for the winter please check the items below that you might want to buy in bulk.

We will contact you if any bulk items become available.

\_\_\_tomatoes \_\_\_spinach \_\_\_basil \_\_\_beans \_\_\_cucumbers \_\_\_other, please specify

\_\_\_\_\_

9. Other comments, requests, questions, concerns:

\_\_\_\_\_

\_\_\_\_\_

**Looking ahead** – We also offer a winter CSA, starting in November. We deliver bags of root vegetables every two weeks. A typical bag would include carrots, onions, potatoes, garlic, cabbage, and winter squash with an option for beets, parsnips, and celeriac. Are you interested in the winter CSA?

\_\_\_\_\_