



Dulli and Kira



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Birdsfoot Tomatoes

Dear CSA interested friend:

Birdsfoot Farm has been growing certified organic vegetables, flowers, and herbs for over 40 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 seven adults and one child. The Veggie Business is set up as a partnership with seasonal workers.

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 and a connection to the customer. In return, the member receives fresh, local, in-season vegetables and herbs and a connection to the farmer. 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 2014

"A" Share : \$620 for 18 weeks (\$34.44/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 : \$320 for 18 weeks (\$17.77/week)

Box contains half the amounts above.

"Student"-Share: \$260 August 29-December 12 student breaks considered

Extras for those who want more:

Our mixed greens are a Birdsfoot specialty

Mixed Greens - \$48.00 \$3/week)

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

For the Leafy Green Lovers...

Extra Leafy: spinach or kale or chard and lettuce - \$77.00 (\$5.50./week) Extra lettuce and a bunch of spinach, chard, kale, or collards – mid June through mid September – 14 weeks

Extra Spinach and Lettuce Leafy - \$97 (\$6.93/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 17. Pick-up in Potsdam is on Fridays and starts June 13. Farm pick-ups can be on either Tuesdays or Fridays.

HARVEST CALENDAR

| <u>Crop</u> | <u>week</u> | <u>June</u> 3 4 | <u>July</u> 1 2 3 4 | <u>August</u> 1 2 3 4 | <u>September</u> 1 2 3 4 | <u>October</u> 1 2 3 | <u>Total</u> <u>weeks</u> |
|---------------|-------------|--------------------|------------------------|--------------------------|-----------------------------|-------------------------|------------------------------|
| 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 |

CSA**Membership Contact Information**

Name: _____
 Address: _____
 Email: _____
 Phone: _____

1263 CR 25, Canton, NY 13617
 315-386-4852

Sign Me Up**Share size: 18 weeks**

____ **A share** – \$620/season or \$68.88 every 2 weeks with food stamps

____ **B share** – \$320/season or \$38.88 every 2 weeks with food stamps

Extras:

____ **1/2 lb Mixed Greens:** 16 wks (in place of lettuce) - \$48/season or \$6 with food stamps every 2 weeks

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

____ **Extra Leafy:** 14 weeks (spinach, kale, chard) - \$77/season or \$11 with food stamps every 2 weeks

____ **Extra Spinach and Lettuce Leafy:** 14 weeks - \$97 or \$13.86 every two weeks with food stamps

Pick-up Location

____ **In Canton on Tuesdays**, starting 6/17, ending 10/14

____ **In Potsdam on Fridays**, starting 6/13, ending 10/10

____ **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 April 30

____ I would like to pay half by April 30 and the other half by August 30

____ I would like to pay with food stamps, beginning either Friday June 6 or Tuesday June 10 (at the farm or Canton Market through Garden Share)

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. We also cover crops to protect against pests and to extend the growing season, cover crop over the winter, and irrigate in dry times. 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 farmer. 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 is no membership or administrative fee. 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? _____

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 14 week winter CSA, starting in November 4th. 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?
