

Living Hope Farm CSA

Community Supported Agriculture

Welcomes You!!!

Living Hope Farm Vision:

Living Hope Farm is a non-profit Community Supported Agriculture (CSA). Agricultural land is precious to the local community and needs to be preserved from suburban sprawl and development. A CSA is a method to protect and preserve agriculture. The community supports the farm by buying a "share" of the farm each season paid at the beginning. In exchange for the share, the farmer provides a seasonal nutrient dense selection of fresh produce all season long. In addition to produce, members of a CSA can enjoy events on the farm to encourage education, sustainability, and community. Living Hope Farm strives to produce healthy food while protecting the environment through sustainable growing practices that conserve soil, cleans water, and allows children to connect with natural processes that sustain us. We believe that knowing your farmer is a huge step to understanding and trusting your food. Living Hope Farm is committed to growing using only organic methods without chemicals, synthetic fertilizers, and genetically modified seeds. As a member of the Living Hope Farm, you make an investment in building community and building soils for future generations.

An additional mission of Living Hope Farm is to incorporate those with different incomes, needs, and abilities into the life of the farm. We strive to provide access to fresh, sustainable produce to those of lower incomes, by donating to food banks and selling at reduced prices in certain communities.

Share Sizes and Costs – 2015

Living Hope Farm offers both **Large (\$750)** and **Small (\$450)** shares for members. Shareholders will be able to choose their items **ONLINE** with our online ordering system. The shares will be picked up **weekly** either **Tuesday or Friday 2 – 7:30 pm**. The season length is **24 weeks beginning in late May thru end of October**.

Large Share: \$750

Large shares consist of 10 to 12 items weekly, depending on season (10 items in beginning of season, then 11 or 12 items in summer). A large share is estimated to be enough for a family of four cooking 4-5 times a week.

Small Share: \$450

The Small Share is 6 items weekly.

Explanation of Items:

You will be able to choose the items in your weekly share.

An example for a large share could be a head of lettuce, bunch of kale, quart of tomatoes, bunch of carrots,

A pound or more of potatoes, head of cabbage, bag of spicy lettuce, a pound or more of squash, quart of string beans, pound or more of onions, bunch of beets, & bunch of radishes.

An example of for a small share could be, a head of lettuce, quart of strawberries, pound or more of sweet potatoes, quart of peas, bunch of Swiss chard, & several eggplant.

In addition to your produce, members will have the opportunity to cut a bouquet of flowers each week and pick fresh culinary herbs.

We appreciate if Members pay the full amount when joining the CSA. If paid in full by January 31 you will receive a \$15 voucher for the purchase of fresh produce from our market. You may divide the payment in half with our payment plan for an additional \$10. All memberships should be paid in full by **May 30, 2015**, unless another arrangements have been made and approved by the Director in advance.

If you are a previous member and refer a friend to join the CSA you will receive a \$15 voucher for the purchase of fresh produce from the market. Have the person you referred let us know that you recommend us.

We also accept monetary tax deductible donations toward our 'First Fruits' program.

Our First Fruits program is our intentional desire to give a portion of what we grow to persons who do not have the financial means or access to fresh, local, sustainably grown food. First Fruits, a common term within the Mennonite Church community, simply

means that we choose to give the first and best of what we have to offer. Often that is our tithe. For Living Hope Farm that means choosing to donate a given number of shares each year and not waiting until a crop is nearly finished producing before determining what is left to give away. Each week, just like a member's share, a number of shares will be harvested for our First Fruits program. Any contribution amount above your share price is considered a tax deductible donation.

Member Benefits, Why should I join your CSA?

By joining Living Hope Farm's CSA, you will receive fresh, nutritious, chemical-free produce all season long! We only use organic or untreated, non-GMO seed. Our produce is grown with organic practices that ensure no dangerous residues on your food. Members will be able to attend a variety of farm events from cooking and canning demonstrations to handle all the produce you will receive, to farm tours and musical events. Members will also receive a 20% discount on all produce purchases from our public market if they desire additional items. Members will be able to pre-order pastured meats from Ledamete Grass Farm and Tussock Sedge Farm. Living Hope is a non-profit farm that gives a tremendous amount of fresh produce to needy families and food pantries in our community. By supporting Living Hope, you will also help us in this goal of providing nutritious produce to those in need.

On-line Ordering System

Our CSA is unique with our *online ordering system* that allows members to choose the produce they want prior to pick up. Members log into their account between Friday 6 am and Sunday 6 pm to place their orders for the following week. We recommend that you put this into your weekly calendar so that you remember to place your order. The online ordering system allows you to choose the items you want to receive in your next pick up and makes meal planning easy. It helps the farmers better determine how much of each crop to harvest, thus reducing food waste. It also allows the shareholder to only get food that they actually want and will use. Your order is located in a black box at the sign in table arranged by last name in alphabetical order. If you forget to place your order or choose not to place an order online, you will still be given a nice selection of produce, chosen by your farmer known as the *farmer's choice*. The farmer's choice is written on the white board above the sign in table split into large and small share list. Please resist asking for substitutions at your pick up time. We have specifically counted out every item in the pick-up center for other members. We cannot substitute as it will prevent someone from getting items they ordered. **Do NOT take something you did not order.** It is unfair for those that did order when we run out of something. If for some reason you know in advance that you cannot come for a pick-up, please let us

know as soon as you can so we can donate your produce to a food bank without it having to sit out of the cooler.

How to Join and Payments

To join sign up on the website www.livinghopefarm.org. If you are a returning member log into your account and sign up for the next year CSA. It will ask you pick up day, share size, and whether you want to do a payment plan. It will ask you to confirm and that's it. If you are new you must first create an account. After you make an account and log in it is the same steps as above. Checks should be mailed with your name on the memo line.

Farmers incur the greatest expenses before the season begin, so shareholders are asked to make an effort to pay in advance so that the financial resources are available to the farm when they are needed most. If at all possible it is great if you can pay the entirety of the membership fee when you join. The installment fee is an option when your resources are tight for an additional \$10. Memberships to be paid in full by May 16, 2015 unless prior arrangement have been made and approved in advance. In addition, by the time the season begins, the money has already been spent, so we can not offer any refunds.

The cost of joining the 2015 CSA season is \$750 for a Large Share and \$450 for a Small Share. The same price as last year with added value!!

Please mail your payment to:

Living Hope Farm,
PO Box 409,
Harleysville, Pa 19438.

Please put name of shareholder on Memo line of check

Shares may sell quickly as there is a great demand in this local area for CSA shares. All first time members of Living Hope Farm will be asked to attend a short orientation in the spring at the farm. A schedule of orientations will be emailed to you.

How Do I Pick Up My Share?

When you arrive at the Share Room there is a table to your right where you will find a member list that we ask you to initial. If you placed an online order there will be a print out of what you ordered in a black box arranged alphabetically by shareholders' last name. If you did not place an order, you will receive Farmers Choice and that list will be

on the white board above the sign in table. There will be a list for both Small and Large Shares. The items are arranged alphabetically in bins on the tables on the right side of the room. Each item will have a card identifying it and specify the quantity to take. There will be times when you will need to weigh out your produce on the scales provided. Sometimes more than one item will need to use the same scale so the scale maybe located a few bins away. If you have any questions, one of the Share Room Attendants will be happy to assist you.

We plan on having two additional tables for CSA members: the *swap table* and the *seconds table*. The "swap table" will be a space that if you received something through farmer's choice that you do not desire (or just plain changed your mind on something you ordered), you can place it on the swap table and take another item from that table. Someone else may desire the item you do not want. You will be allowed to swap as many items as you wish, but remember to be fair. The "seconds table" will be an area that defective or blemished produce will be placed. People are encouraged to take as much produce from the seconds table as they wish, but they will need to use it soon to prevent it from spoiling. These two areas attempt to reduce food waste.

Market

The left side of the share room will host our market which is open to the public. Our market has produce grown on the farm, eggs from our pastured chickens, and jarred goods made with our produce. Additional items such as cheese, salmon, and coffee are also available for purchase. CSA members will receive an additional 20% off fresh produce, but that does not apply to jarred goods, cheese, coffee, or meat. Those that pay by January 31 will receive a \$15 coupon on fresh produce that can be redeemed on the market side.

Where do I park when I come to the farm?

You may follow the driveway to the left at the Y and park near the long white building at the top of the farm to the right. You will see a ramp where the distribution doors are located. Inside you will find our *Share Room*. This is where you will pick up your produce and the location of our public market.

Please be extremely careful when entering or exiting the parking lot. The drive way is narrow, farm equipment may travel in unexpected places, and lots of small children like to pick flowers and explore the farm. Always be aware of your surroundings and drive slow.

What if I forget to pick up my share?

We will donate shares that are not picked up. We donate the following day so do not ask to come pick up later because we most likely will not have it by then.

What if I go on vacation?

You can decide what to do with your share when you are on vacation. Many decide to have a friend or neighbor pick it up, or ask us to donate it that week. If you have a friend pick up, you do not have to let us know in advance. We prefer you tell your friend whether you placed an online order, and if you are a large or small share. Many are confused the first time they show up, and we find those two pieces of information to be most helpful for our attendants to assist them. If you plan on donating your share, please let us know in advance, that way we can keep the produce in the cooler.

Unfortunately we cannot accommodate the switching of pick up times. We try to have a reasonably equal amount of members for both pick up days and we want to avoid having an overload on one day or the other. Because of the online ordering, it takes a lot of work to sort out and organize when people switch their pick up time.

Work Shift /Volunteers

Work shifts are not required, but highly recommended. Work shifts offer a great opportunity to gain a deeper understanding of all that is involved growing the produce you take home each week. Each share is requested to work 4 hours over the course of the season. Through volunteering, you will have a wonderful chance to meet other members, share time with your family outdoors, and increase your appreciation for the process of 'seed to field to table.'

We will host one Saturday morning a month as *volunteer days*. It will be a 4 hour period where we encourage you to come out to the farm and break a sweat. We ask to let us know in advance if you plan on coming to make sure we are adequately prepared for the expected number of participants. Work requirements will vary over the course of the season; some activities more physical, others more dirty or repetitive. No one will be asked to do anything they do not feel comfortable doing. Work activities may include but are not limited to: weeding, thinning plantings, mulching, planting and harvesting. When you arrive you will be asked to sign in and will be given some instruction for your work assignment. We like to stay together, but depending on size we may divide into smaller groups to make the tasks more manageable.

Children are encouraged to come as this is a great learning opportunity, and who doesn't like getting a little dirty! We want children to gain a better understanding of how produce is grown and hopefully develop an interest in gardening. For those bringing children, it is suggested that you consider the weather and the child's age. Children that are very young can easily become bored, hot, or thirsty. You are encouraged to bring snacks, sunscreen, water, and a sun hat. Plants can easily be trampled or fatally damaged with happy feet and so we will attempt to have child friendly tasks available. If all else fails the chickens can be fed and the farm can be explored.

**Most importantly, safety is always our first thought, so adults bringing children should monitor them in the field at all times and prevent them from climbing on any equipment. We do not allow children unaccompanied in the barn, greenhouse, or share room.*

In addition to the volunteer days you are more than welcome to volunteer other days. Farming is far more challenging and nuanced than most people realize. Therefore on days other than volunteer days, we cannot guarantee you will be working with us or even in a group at all. We will set you on a task that is less complicated. We also ask you to let us know in advance that you wish to volunteer and we can let you know the best times to come. We believe working in groups is far more rewarding than by yourself so we encourage you to participate in volunteer days or maybe organizing a few friends to come with you. Wednesdays and Saturdays are normally the least stressful days and are our favored days to host volunteers.

Work Shares

We make every effort to make the share prices affordable, but have a certain degree of expenses that must be met. If you feel that you are unable to purchase a share, but have a strong interest contact us, and we will see what we can do. We offer a limited number of work shares, which we offer a reduced or free share in exchange for a certain number of hours over the course of the season. We are limited in the amount of shares we allow in this manner, so please if you are selected to be a work share understand that we had to say no to others, and as such desire a strong commitment to fulfill the amount of hours requested. Contact us and we will see if your schedule and abilities match the work we have available.

Donated Shares

Part of our mission is to serve under privileged communities. As such we attempt to donate a certain number of shares to those in need. We can increase the amount of shares we can donate with financial donations from the community.

U-Pick Crops

Over the course of the season a variety of U-Pick crops will be available. These are time intensive crops to pick for the farmer and are not cost-effective to harvest for all CSA members. U-Pick crops are great opportunities to enjoy quiet time in the field alone or as a family. Tasting a fresh green bean or popping a strawberry in your mouth right off the vine is a treat! We do encourage a taste or two but do ask you to refrain from making a meal of your u-pick opportunities.

On your pick-up day, in the distribution area, you will find instructions and locations for crops that are available for U-Pick. For various items quart or pint containers will be provided for your convenience; but we request that you leave them after picking your share. It is suggested that you bring additional containers with you to transport your delicate produce home after harvesting your measured share. Please resist the temptation to increase your U-Pick share portion. This allows for others to receive their share that may have yet to pick. Please ask another CSA member, intern, or the farmer if you are unsure of how to harvest a crop.

A limited number of clippers are available to use for harvesting. They can be found near the inside entrance to the distribution area and in the field in a box near U-Pick Crops. Please return them for others to use when you are finished.

Farm Buildings and Facilities

The farm has a variety of buildings, not all of which are related to the CSA. As you drive in the lane, the driveway makes a Y. To the right the drive leads to the farmer's home; privacy is appreciated. To the left of the barn is a ranch house which serves as a residential facility for the Indian Creek Foundation, a completely separate entity. The share room building contains the farmer's office, intern housing, and a public restroom. The bathroom for public use is labeled accordingly. You are welcome to use the picnic tables. You are also welcome to visit any outdoor farm animals, but be aware that the fences are electrified. We urge you to use caution when petting and please do not chase the fowl.

Children must be supervised at all times on the farm. We strive to make Living Hope as family friendly as possible, but it is a working farm with all the risks that entails. At no time should children be in the barn, greenhouses or intern housing.

Farm/Community Events

At various times during the summer the farm will host events that enable CSA members to gather and enjoy a taste of what's been grown. Member potlucks (being a dish to share, your own drink, and tableware) are an excellent opportunity to share a recipe of some of those 'new to you' items in your share and a chance for you to meet others. Additional events may include cooking classes, musicians sharing their talents, activities only for children, walk & talk visits on specific topics such as herb uses.

Living Hope Farm

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