

## Join Fernbrook Farms CSA!

### What You Get For Your Share:

**First And Foremost—FOOD!** We have two options: You come to the farm each week for 26 weeks (planned) or choose 10 weeks out of the 26 to pick-up fresh, seasonal, chemical-free produce grown here on our farm. We offer a great variety that changes slightly each week.

**Time At The Farm** - We want you to get to know your farm! Walk the trails, visit the pigs, pick flowers, volunteer, attend a cooking or food preservation class or potluck supper. With the CSA, Fernbrook Education Center, and Fernbrook Inn, the farm has a lot to offer your family!

**Information** - You'll receive weekly emails, recipes, crop updates and invitations to Fernbrook events so you'll have all the "dirt" on the farm.

**More Food!** When available, we'll offer surplus crops at bulk prices for those who want extra food to can, freeze and stock-up. You can also purchase locally grown products such as honey, eggs, grass-fed beef, poultry, apples, and our own pastured pork in the fall in our farm shop. And we now offer a 4 month winter share from December to March. (Available for sale in the fall).

**Value, Convenience and More!** We strive to give you great food at very competitive prices because chemical-free food should be affordable! And we think a trip to Fernbrook is a lot more fun than a trip to the supermarket!

### What You Give:

A Full Share (26 weeks) at the Farm costs \$675 for the 2020 season. A Ten Week Share costs \$360.

Your faith and trust in local farming. The CSA is a partnership between the farmers and members of the local community. Trust us to grow food for you and your family and we will work exceedingly hard to provide you with an abundance while protecting the health of our soils, waters and ecosystems.

## THE FOOD



The amount of food you get varies with the seasons. In general, a share provides enough produce for a family of 4 although it really depends on your eating, cooking and "stocking-up" habits. We utilize a 'Mix & Match' system of distribution to give you **choices** about the foods that you receive. When you come to the farm shop, our freshly picked produce will be labeled and on display so you can select what you take home that day.

Some of our crops (roughly 20%) are U-Pick. We provide the containers, and a field map so you can find the crops in the nearby fields. These crops also change with the seasons and we strive to give you the opportunity to pick a lot! Below is a list of **SOME** of our many crops (a "\*" denotes U-Pick). For a longer list please visit our website!

### Late Spring

Lettuce, Spinach, Kale, Carrots, Zucchini, Cabbage, Scallions, Fennel, Cucumbers, Mixed Greens, Beets, Peas\*, Strawberries\*, Herbs\*

### Mid-Summer

Tomatoes, Melons, Okra, Summer Squash, Peppers, Eggplant, Onions, Greens, Blackberries\*, Beans\*, Cherry Tomatoes\*, Tomatillos\*, Flowers\*, Herbs\*

### Autumn

Broccoli, Potatoes, Collards, Sweet Potatoes, Winter Squash, Garlic, Kale, Celery, Leeks, Cauliflower, Sauce Tomatoes, Husk Cherries\*, Raspberries\*, Herbs\*

It's a great variety that changes slightly every week. Produce will be clearly labeled and we'll provide lots of tips, suggestions and recipes to help you get the most out of your bounty!



## Why a CSA?



Community Supported Agriculture (CSA) has been taking root across the country. The first CSA was founded in the U.S. more than 30 years ago. Today there are over 3,500 and growing! People are discovering the personal satisfaction of being involved with a local farm. Family farms are finding renewal and stability by having devoted and satisfied customers.

Today, fruits and vegetables travel an average of **1,300 miles** from where they are grown to the supermarket. And produce can spend 1 to 2 WEEKS in transit before reaching the supermarket shelves. With a CSA, the food is grown in your community greatly reducing energy costs. Food is grown with an emphasis on taste, vibrancy, freshness and diversity. Together, the farmer and the consumer share the risk and the bounty. In a given season, we might have poor crops of peas and cauliflower but bumper crops of beans, broccoli and squash. Because we plant so many different crops and varieties, we aren't "putting all our eggs in one basket." Diversity is our strength and our insurance policy!

## How We Farm



We grow our food using best practices to protect people and the environment. We will NEVER use chemical / synthetic fertilizers, pesticides or herbicides. We eat this food too! Although we are not USDA certified, we grow using organic seeds, materials and practices. We farm using rich, homemade composts, soil building cover crops, multi-year crop rotations and fallowing or resting fields—practices which often go beyond what the USDA organic label calls for. We believe that you grow healthy food by growing healthy, biologically active soil. We take seriously our role as stewards of the soil, water, biodiversity of life, and the quality and safety of the food we grow for you.

## FERNBROOK FARMS:

### A Busy Place!

Fernbrook Farms CSA is located on the grounds of Fernbrook Farms, a third generation family farm on over 250 acres of preserved fields and woods. It's a farm that offers a lot to the community! Larry and Susie Kuser own and operate Fernbrook and would like to welcome you to their beautiful and unique family farm! Besides the CSA, you'll also find:



**Fernbrook Nursery Inc.** - A wholesale tree nursery growing shade and flowering trees, conifers, native deciduous azaleas and general nursery stock. [www.fernbrookfarms.com](http://www.fernbrookfarms.com)

**The Inn At Fernbrook** - An historic inn dating back to 1750. It is a premier destination for weddings, parties and special celebrations. Contact at [www.innatferbrookfarms.com](http://www.innatferbrookfarms.com)

**Fernbrook Farms Education Center** - Offering summer farm camp, year-round home-school programs and year-round educational opportunities, classes and seasonal events. Contact at [brian@fernbrookfarms.com](mailto:brian@fernbrookfarms.com)



## JOIN FERNBROOK FARMS CSA!

## FREQUENTLY ASKED QUESTIONS

## WHO WILL BE GROWING OUR FOOD?



## Chesterfield, New Jersey



## DIRECTIONS

Jess Brandeisky is the Food Production Manager at the farm. Jess has worked at Fernbrook Farms CSA for four years as an Apprentice and then as Assistant Manager. In 2020 she is taking the reins from previous farm manager, Jeff Tober, who started the CSA with the Kuser family in 2007. Throughout his time at Fernbrook, Jeff has created an outstanding sense of community and has greatly improved the soil health of the farm fields. He will continue to farm (a little further South) and may occasionally be spotted at Fernbrook! Jess will continue to responsibly farm along with Nick Delmar as Assistant Manager. Nick is from Moorestown, NJ and has returned to Fernbrook after working with agriculture in Washington, D.C. for two years. 2020 will mark the CSA's 14th season of growing food for local families! We also have a vibrant Farm Apprenticeship program to train the next generation of sustainable farmers; over 30 young farmers have graduated from the program since 2008! And of course *many* other hard-working hands make our farm a reality!



Fernbrook Farms CSA is located in Chesterfield, New Jersey on the Bordentown-Georgetown Road (route 545). We are 2.8 miles south of route 206 on your right if you are headed south on 545. Look for the white Fernbrook sign and 2 brick columns where White Pine Road crosses 545. Address is 142 Bordentown-Georgetown Road. The CSA farmshop is at the top of the gravel driveway on your right behind the split rail fence.

\*\*GPS does not recognize our physical address\*\*

### When do I pick up my share?

Saturday 8AM—1:30PM - OR:  
Tuesday 10AM—7PM - OR:  
Thursday 2pm - 7pm (our short day)  
The CSA week “starts” each Saturday and you can come either day (one time per week)

### When is the first pick-up?

It will be in late May or early June. As we get closer we'll let you know for sure. We are open until the week of Thanksgiving.

### What if we are away?

Make arrangements to have a friend or neighbor pick up your share that week! We'll help them figure out how to get the share.

### What about the u-pick crops?

Some of our crops (roughly 15%) are u-pick such as peas, beans, strawberries, cherry tomatoes, flowers, herbs and more. You can pick these during shop hours OR Monday—Friday 7am—7pm as long as the fields are dry. U-pick info, supplies and containers are located in the farmshop.

### Can I split a share?

Yes. Purchase a full share and arrange to split it with another family. We ask that you schedule it so each shareholder picks up a full share every other week.

### How much food will I get?

It varies from week to week and year to year. The last 4 years shareholders got about 12-15 lbs from the farm shop and 4-7 lbs from the u-pick crops per week. In the spring and early summer, the share is lighter and gets heavier in the late summer and fall. Most families find it to be a healthy amount of food especially if you take advantage of the u-pick.



Thank you for joining Fernbrook Farms CSA! We are excited to be growing food for you and your family for the coming season. (If you plan on splitting a share, please include that families' contact information as well.)

NAME(s): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

\_\_\_\_ I want to buy a **Full Share** for \$675!

*A \$125 deposit is due with the registration form. \$275 is due by February 15th and the remaining \$275 is due by May 1st. If you need to arrange a payment plan contact [jess@fernbrookfarms.com](mailto:jess@fernbrookfarms.com)*

\_\_\_\_ I want to buy a **Ten Week Share** for \$360!

*You can choose any 10 weeks during the course of the season. \$100 is due with this form and the remaining \$250 is due by Feb 15th*

**\*Membership includes four (4) reusable bags**

You can register and pay on-line at [www.fernbrookfarms.com](http://www.fernbrookfarms.com) - Or -

Please make checks payable to “Fernbrook Farms CSA” and mail with this form to:

Fernbrook Farms CSA

PO Box 228

Bordentown, NJ 08505

609-298-0029

[jess@fernbrookfarms.com](mailto:jess@fernbrookfarms.com)

[www.fernbrookfarms.com](http://www.fernbrookfarms.com)

Proudly Growing Fresh,  
Healthy, Chemical-Free Food  
From Our Farm Direct To You  
And Your Family  
Vegetables \* Berries \* Flowers  
\* Herbs \* Meats