

### **West Village CSA members...**

- Receive 24 weeks of delicious just-picked organic produce from Stoneledge Farm, a New York State family farm, from June through November
- Save money compared to buying organic or conventional produce at NYC retail stores
- Improve their health and the health of their families by eating more and fresher vegetables
- Help reduce energy use, pollution and global warming resulting from long-distance food shipping
- Visit the farm and develop a relationship with the farmers who grow their food
- Support sustainable agriculture and food security in our northeast region
- Receive a weekly newsletter with recipes, nutrition tips, and produce preservation and preparation guidelines
- Enjoy supremely fresh local food at potluck dinners, tastings, and cooking demonstrations
- Meet like-minded members of their community

### **What is CSA?**

CSA stands for Community Supported Agriculture which is a partnership between a farm and a community of supporters, creating a direct link between food production and consumption. CSA originated in 1965 in Japan and was introduced to the U.S. 20 years later. Today there are over 1,500 CSA groups nationwide.

CSA members purchase “shares” of the annual harvest directly from the farmer in the winter months when cash is most needed for seeds, equipment repair, and other inputs. Thus, farmers are relieved of much of the risk of small-scale farming through the guaranteed market created by the community’s commitment to a season of support. In return, members receive a portion of the farmer’s weekly harvest. They share both the risk of bad weather and crop damage and the rewards of the bounty from a good season. CSA Farmers grow a wide variety of crops that thrive under different conditions, and the CSA harvest is partially insulated by sustainable practices. Members avoid costs for advertising, processing, packaging, storage, and long-distance transportation and receive an abundant assortment of just-picked vegetables, herbs, and, if desired, fruits, for less than the market price.

By participating in the CSA, members support a more equitable food distribution and help to create a more environmentally just, economically fair and healthy society—in addition to receiving great produce.

### **2007 CSA Harvest Season**

Amounts and varieties will vary with the seasons and conditions

**Spring** • Beets, Early Jersey Wakefield Cabbage, Chinese Cabbage, Spring Greens (Mizuna, Tatsoi, Yakosai, Mibuna, Pak Choi), Herbs, Lettuces, Rat Tail Radishes, Sugar Snap Peas, Spinach, Hakeuri Turnips

**Summer** • Green Beans, Roma Flat Beans, Beets, Cantaloupe, Cucumbers, Edamame, Eggplant, Fennel, Herbs, Kohlrabi, Onions, Peppers, Spinach, Summer Squash, Swiss Chard, Tomatillos, Tomatoes, Cherry Tomatoes

**Fall •** Jacob's Cattle Dry Beans, Beets, Broccoli, Brussels Sprouts, Green Cabbage, Red Cabbage, Carrots, Celeriac, Pop Corn, Garlic, Herbs, Kale, Collards, Leeks, Lettuces, Onions, Potatoes, Pumpkins, Daikon Radish, Rutabaga, Winter Squash

### **Optional Fruit Share**

Members have the option of receiving fresh, local fruit in addition to their vegetable share from mid-July through Thanksgiving. Fruits include berries and currants organically grown at Stoneledge Farm and cherries, apricots, peaches, pears, and apples sustainably grown at nearby orchards using a low-spray Integrated Pest Management system.

### **Distribution**

Members pick up their share distributions at the McBurney YMCA, 125 West 14th Street, on Tuesdays between 4 and 7 pm, from mid-June to Thanksgiving. If you are unable to pick up your share, you may send someone else to pick it up for you. Shares cannot be held past 7 pm. Leftover produce is donated to a non-profit organization fighting hunger in our community.

### **About the Farm, the YMCA, and the CSA**

Produce for this CSA comes from Stoneledge Farm, a family farm located approximately 2 1/2 hours north of New York City in the Catskill foothills.

St. Vincent's Hospital formed this CSA with farmers Deb and Pete Kavakos in 2001 with support from Just Food and the New York State Department of Health's Healthy Heart Program. In 2004 the McBurney YMCA assumed responsibility for hosting the CSA. The West Village CSA thrives today as a "St. Vincent's at the Y" community partnership. About 60 households are members of this CSA.

### **Cost and Payment**

Participation in the West Village CSA is based on a sliding scale; higher income members partially subsidize lower income share prices. Everyone receives the same amount of produce each week.

- For those with family income over \$30,000, a vegetable share is \$435 (approximately \$18 per week).
- For those with family income below \$30,000 a vegetable share is \$335 (approximately \$14 per week).
- A fruit share is \$200 for all members regardless of income (\$10 per week).

Additional financial aid can be arranged. Most payments are made in installments prior to the growing season to assist the farmer with overhead and capital. Payments are sent by St. Vincent's directly to the farmer.

### **Helping out**

CSA is a community endeavor and members are required to volunteer 6 to 8 hours per season. Volunteer duties may include helping at distribution, organizing a potluck dinner, working on the newsletter or website, or contributing any special skills that would benefit the program.

In addition, members have the opportunity to join the Core Group that meets monthly throughout the year and oversees all the planning and operational aspects of the program. Please consider joining this vital volunteer group. We welcome your participation!

**To join:**

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Community Health Resources  
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print registration form