



with **Circle Brook Farm**

WHAT IS A C.S.A.?

In the beginning of the growing season, usually around March, members purchase a “share” of produce from a local farmer. By paying for the produce upfront, you are providing the farmer with the funds to plan and support the farm during the growing season. Being a member of a CSA means that you are supporting local, sustainable agriculture and nourishing your body with fresh, organic produce. CSA's make eating organic affordable and provides the opportunity to discover new seasonal vegetables and new cooking experiences. By joining a CSA you are making a conscious decision to know where your food is coming from and ensuring that your family is eating fresh picked, high quality food, grown with the safest practices.

HOW DOES IT WORK?

Members will pick up the delivered produce on Tuesdays in West Caldwell from mid-June to mid- November. The site is set up farm stand style with all the vegetables in bins, ready for each member to pick out and weigh their own produce. Everyone contributes to the CSA by volunteering for shifts to help set up or clean up the site. Kids are welcome to come and help out, play and learn about where our food comes from. It is a great time to meet members of the community, make friends and swap recipes.

ABOUT CIRCLE BROOK FARM

John Krueger is the owner of Circle Brook Farm and produces high quality organic vegetables for several CSA groups and area farmers' markets. Circle Brook is certified organic and includes 9.5 acres of fenced and irrigated cropland in Hardwick Township. John also leases several acres of fertile land on Goodhand Farm in nearby Hanover Township. John is currently the only organic grower at the Montclair Farmers Market and has been doing CSA's for almost 20+ years. John takes great pride in delivering beautiful and nutritious vegetables to his customers. Circle Brook delivers farm shares to the Caldwell CSA on Tuesday afternoons and members are encouraged to visit John at the market on Saturdays where they will receive a 10% discount. In addition to the weekly deliveries, John will keep us informed about the season with weekly farm updates and there will be at least one farm event when members can visit the farm.

WHAT'S IN THE SHARE?

Each week will vary in the assortment of vegetables you get (some vegetables will overlap from week to week depending on what is in season). You can expect both familiar vegetables and new vegetables that are not often seen in supermarkets. John grows many specialty heirloom varieties that enhance the spectrum of each share. Previous harvests have produced: Arugula, Asian Greens, Basil, Beans, Beets, Broccoli, Broccoli Raab, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Celeriac, Chard, Cucumbers, Eggplant, Garlic, Ground

Cherries, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Melons, Mustard led to Greens, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkins, Radishes, Salad Mix, Scallions, Spinach, Summer Squash, Spinach, Tomatoes, Tomatillos, Turnips, Winter Squash. The size of each delivery changes according to the growing season. In general, the shares will start out smaller and build in size during the summer. **However, each share is always abundant (about 2-3 grocery bags) and will easily feed a family of four or five.**

Samples shares:

July: Romaine lettuce, carrots, garlic, broccoli, eggplant, cucumbers, summer squash, kohlrabi, 1 lb. English peas, choice of herb (parsley, dill, summer savory)

October: Green leaf lettuce, turnips, daikon, broccoli, peppers, choice of arugula or tatsoi, white potatoes, red onions, pumpkins, choice of wax beans or edamame (1/2 lb.), herb (parsley, dill or cilantro)

MEMBER REQUIREMENTS

All members are required to sign up for two work shifts over the entire season (but members are always welcome to do more shifts!). Setup will start at 2:00 and clean-up will start at 7. Both set up and clean up take roughly 10-15 minutes. Setup is done with another member and clean up is done alone. This volunteer shift is a very important part of participation in the CSA as it is a program run by the community. We don't want to saddle the site host with all the responsibility for cleanup and setup! Any adult in your household can participate in the work shifts. If you absolutely cannot participate in the work shifts, please let us know when you sign up and we can discuss alternate tasks you could do.

COSTS

FULL Share Cost \$825 (early bird \$795 before 3/1/23)

- A 24 week vegetable share
- A share easily feeds a family of 4. It will have approximately 9-10 items in each share.
- Payment via Venmo to Shana @Shana-Dastur is preferred. If not possible, please make checks out to "Circle Brook Farm"

HALF Share Cost- \$413 (early bird rate \$398 before 3/1/23)

- A full share picked up every other week rather than weekly (12 weeks total)
- Members will pick up a full sized share of vegetables **every other Tuesday** (your pick up week will be pre-assigned to you).
- Payment via Venmo to Shana @Shana-Dastur is preferred. If not possible, please make checks out to "Circle Brook Farm"

Site Fee

- A **\$20 site fee** per member for full shares or **\$10 per member** for half shares is due. This pays for items such as the website fee, bins, tables, scales, white boards, paper, markers and miscellaneous needs to maintain the CSA.
 - **Site fees can be paid by Venmo to @Shana-Dastur or Paypal to sdastur@gmail.com**
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WHERE AND WHEN

The 2023 season will run from **June- November** (24 weeks). Pick up is every Tuesday from 3:00 to 7:00 pm. Members will pick up their produce in the driveway of the CSA coordinator's house, **139 Forest Avenue, West Caldwell**. All members get a weekly assortment of organic produce, weekly emails about the farm and farm

events and a 10% discount at John's market stand.

ADDITIONAL ITEMS

The Caldwell CSA also offers items which can be ordered separately or in addition to your produce share.

Fruit Share

Stay tuned!

Eggs

Stay tuned!

Honey

Bee My Honey Apiary provides our members with a variety of delicious, local, raw honey, creamed honey, bee pollen and other bee products. Members can contact Michelle Sager directly to order honey products at mishsager@yahoo.com.

Organic Meat

We recommend Wrong Direction farms in upstate NY. As of 2020, they moved to an online ordering-home delivery program, so you can delivery directly through them at <https://wrongdirectionfarm.com/>

QUESTIONS

For more information or questions, feel free to check out our webpage at www.caldwellcsa.org or contact Shana Dastur at: caldwellcsa@gmail.com. We are also on Facebook! Check out our page to chat with other members and see fun recipes for the produce.

Caldwell CSA 2023 Membership Registration

SHARE TYPE (Check one):

- FULL SHARE
- HALF SHARE

Name: _____

Address: _____

Phone #: _____

Email: _____

I am splitting a FULL Share with: (leave blank if N/A)

Name: _____

Address: _____

Phone #: _____

Email: _____

Please mail the following to Shana at the address below:

- The 2023 membership form (this page)
- Check made out to **Circle Brook Farm**
- Your membership fee (\$20 full/ \$10 half) via Venmo (@Shana-Dastur) or Paypal (sdastur@gmail.com)

Caldwell CSA
% Shana Dastur
139 Forest Avenue
West Caldwell, NJ 07006

I support the goals of Community Supported Agriculture and want to be a member of this community/farmer partnership by sharing the economic responsibilities and the bounty of the vegetables. John Krueger, the farmer of Circle Brook Farm, is committed to plant and harvest organically grown food to the best of his ability, with nature's help and to deliver it to our pick-up site. As a CSA member, I understand that my responsibilities include: Picking my food up at the distribution site between 3:00- 7:00 pm on Tuesdays, working 2 shifts per season, and committing to the farm, not to a set amount of produce. I understand that I share with the farmer the risks of growing and distributing the food. I will therefore share in the successes, as well as the failures, of the harvest.

Signed: _____ Date: _____

Signed: _____ Date: _____