

You now have an opportunity to become a member of the 2009 Elmwood Stock Farm CSA program. Weekly from May 11th to October 5th, boxes of seasonal produce are delivered to convenient pickup locations in your area. In a time when grocery food travels an average of almost 2,000 miles to reach our tables, a local CSA offers a fresher, more sustainable alternative.

### **WHAT is Community Supported Agriculture?**

CSA members participate in their own food supply by committing to share in the harvest of a local farm. Members purchase shares in the spring, and each week receive seasonal vegetables: a subscription to the farm's weekly harvest. A CSA creates a unique relationship between the consumer and the producer – nowadays, not only do many people not know what country or what state their food comes from, they certainly don't know the farmer who picked the tomatoes they are eating. By joining a CSA you express your support for locally grown food, for clean food, and for the farmers that grow it. CSA may not replace patronizing a farmers market. It does guarantee your access to the best of each week's harvest. This is a way to be a part of something positive for you and your community.

### **HOW DOES IT WORK?**

Members purchase shares in the spring, and for 22 weeks from mid-May through mid-October we harvest and distribute the vegetable shares. These are gourmet quality vegetables freshly harvested to ensure high flavor and nutritional benefit. The variety and bounty depend on the season: at the beginning quantities tend to be smaller, with a focus on salad, greens and spring veggies. Toward the middle of the season, quantities can be bountiful. By fall, the range of vegetables has changed yet again. For many members, it is a completely new experience to follow the growing season so closely and somewhat of an adventure. We write regular weekly newsletters with food preparation tips, recipes, crop news, and other items of interest.

We harvest our produce at the height of ripeness, and distribute several days weekly at convenient pickup locations. You choose the day and pickup location that best suits your schedule. We offer a season-extending option into November and December that includes greens, root vegetables, and winter squashes. We also offer egg shares and meat shares that can be added to your basic summer vegetable share, all produced from organic livestock kept at Elmwood Stock Farm.

Because of the inherent risks of farming, we cannot guarantee what the season will bring and what vegetables will be harvested. In the past decade we have experienced hail, drought and flooding. However, having grown vegetables at Elmwood for nearly 20 years and being experienced in food production, we have always succeeded in growing an excellent variety of vegetables. You share the risk with us, but we will do everything we can to raise successful crops.

### **WHAT ARE THE BENEFITS of the Elmwood CSA?**

- **Seasonal eating with high nutrition.**

Through CSA, members learn about eating seasonally, as well as enjoying locally available foods. That means having the freshest food possible, but it also means that once the spring peas or sweet corn are gone, they won't be back again until next year! This year our farm's growing plan contains over 70 different crops. While this includes a few non-edible items, the vast majority is food ensuring many will have a chance to try something new.

- **Access to organic produce.**

By meeting the standards of organic certification, you can know that your farm food is healthy, safe, nutritious, and wholesome – and that it is raised locally on a KY farm near to your home. You do not have to choose between eating "local" and eating "organic" as you will be getting both! Not every item we grow is certified organic and we clearly identify this information. And, you will know that all items in your share come only from Elmwood.

- **Special event at the farm.**

Elmwood Stock Farm is a diversified, working family farm and is not open to the public on a regular basis. Each season, CSA members are invited to a farm tour event. You can bring the whole family and learn more about our vegetable gardens and organic practices. Visit the hen houses and help collect the eggs. Learn how we turn culled produce and livestock bedding into dark, rich compost full of microbial life! This season's open farm day is scheduled for Sunday, April 26, 2009. In case of bad weather, we will try again the next week on Sunday, May 3, 2009.

- **Access to organic veggies for later use.**

During good growing seasons, we are often rewarded with extra quantities of some items. Examples might include tomatoes for sauce or juice, pickling cucumbers, sweet corn to freeze, berries for jam, basil for pesto, or a bushel basket of hard squashes to enjoy all winter! CSA members will have first access to bulk amounts.

- **You do have a choice.**

We will have a "Swap" box at most weekly distributions during the basic summer season. If you do not need those peppers one week, leave them behind for someone else to enjoy, and feel free to take the extra cucumbers from the box to replace them. By using the Swap Box, you can adjust your basket when it contains that one item your family just might not enjoy.

- **First option on your share of eggs or meats.**

CSA members will have the first option on obtaining our organic free-range eggs and meats, including heritage turkeys, chickens, and beef from our organic Angus cattle. Like our vegetables, we produce all eggs and meat, and you will know the source. Please review the product page of our website for complete information about our wholesome pasture-based meats. Secure your weekly egg or meat share now along with your vegetable share.

## **WHAT'S THE DOWNSIDE?**

One of the reasons that people seek out a subscription CSA membership is the same reason that some other people do not renew after their first year: **seasonal eating**. The variety of vegetables will change often throughout the season and many vegetables are new to people. However, as a transition into a healthier lifestyle, some customers choose to partner with a neighbor or friend their first time purchasing a share.

Our experience is that a CSA is **not** a good match:

- If you do not cook at home very much,
- If you or your family does not like trying out new items and new recipes;
- If you are out-of-town often or away for many weeks of the summer.

If you must miss a pickup, we encourage you to send a neighbor or friend in your place. This is an opportunity to introduce them to the CSA program and share your bounty. In order to keep our share prices affordable, we have eliminated the vacation cancellation policy offered in the past. If your share is not picked up, it will be donated elsewhere.

## **THE FARM AND THE FARMERS**

Elmwood Stock Farm is a 375-acre diversified family farm located in the heart of the Bluegrass Region near Georgetown, Scott County, Kentucky. Our family has been farming in Central Kentucky for at least six generations, and the Bell family has farmed Elmwood Stock Farm for over 50 years. As taught by our father, who was taught by his, we have always rotated our crops, used cover crops in the off season, "rested" our fields, and maintained livestock as part of the "mix" in an effort to help build on the high quality land mother nature has blessed central Kentucky with. Over hundreds of years this land has raised healthy buffalo, fertile sheep and cattle along with exceptional horses . . . it supports healthy people as well. Some say that many of the practices we employ today are old fashioned. Our view is that our "old fashioned" practices of diversifying crops and livestock in seasonal rotation, building good soil with compost and cover crops, letting poultry out of the houses onto the pastures, and producing vegetables and fruits in season with the sun and rains are successful!

Today, farm owners, Cecil and Kay Bell reside and farm full-time at Elmwood. Cecil manages his Black Angus cattle, makes hay, and maintains pastures. Cecil's son and his wife, John and Melissa Bell, oversee the vegetable and row-crop production, partner in the cattle herd, and make compost. John's sister and her husband, Ann and Mac Stone, are more visible at farmers markets, maintain the organic poultry, and organize distribution of Elmwood farm products.

Over the past decade, we have grown and marketed a wide variety of meats, eggs, fruits, vegetables, row crops, and even compost. Located off of the Paris-Georgetown Road, the family farmers at Elmwood are committed to healthy and wholesome production of superior, high quality fresh farm products. Organic certification ensures that we are following safe and sustainable practices every day of the year. Our livestock are well-nurtured and cared for with thought and concern. We use many conservation practices to ensure better soil and water for future generations and received a Master Conservationist award from the Natural Resource and Conservation District of Scott County.

**ORGANIC CERTIFICATION**

Our farm is committed to using smart and sustainable growing methods to ensure healthy and wholesome food as well as building the longevity and good health of our Bluegrass soil. We choose to set up verifiable operating systems, keep records on what we do, and teach our employees conscientious habits to ensure that our safe and sustainable practices are followed every day of the year. Currently we have over 300 acres of our farm certified organic. Each year we learn more production



skills that enable us to produce more organic vegetables in Kentucky's humidity! But, we do not successfully grow everything organically. . . yet. We don't duplicate items in our production system. For example, if we can raise good green beans organically, we will. We won't have both organic and conventional green beans. We take these issues seriously and will always convey the true production practices employed on each item harvested. An agent of USDA annually inspects us for our organic certification for a third-party verification.

**BASIC SHARE OPTIONS**

**Mini Share** is designed to feed single adults or couples who eat out often. This smallest size will contain a good variety each week, but is intended to never overwhelm your refrigerator. Instead of three pounds of tomatoes, you get a pound and a half. Instead of five squash, you'll get two. It will not have the diversity or amount of any one item that a regular share contains.

**Regular Share** is designed to feed 2 adults or a small household most of their weekly vegetable needs

**Robust Share** is designed to feed a larger family or strictly vegetarian couple most of their weekly vegetable needs. This contains the same diversity of vegetables as a regular share but in larger amounts each week.

Example of June Regular Share:

- 1 head organic broccoli
- 1 bunch organic basil
- 2 pounds yellow squash
- 1 pound zucchini
- 1 bunch organic Swiss chard
- 1 bunch organic red beets
- 1 bunch organic green onions
- 1 head organic red leaf lettuce
- 1 bag organic salad mix

Example of August Regular Share:

- 2 pounds organic potatoes
- 6 organic Heirloom tomatoes
- 2 pounds organic green beans
- 2 English cucumbers
- 3 red/green organic bell peppers
- 8 ears sweet corn
- 1 cantaloupe
- 1 pint organic okra
- 1 pint organic yellow pear tomatoes

**Egg Share: 1 dozen or ½ dozen each week.**

These are eggs from free-range chickens living outdoors on organic pasture, enjoying fresh air, sunshine, green grass, & wholesome organic grains. We have a **limited** number of egg shares to offer as an add-on to your basic share.

**Meat Share Weekly: chicken or beef cuts weekly**

Each week you will receive either organic chicken or beef from our certified organic Angus cattle with your vegetable share. All meat is from our own livestock raised on our organic pastures. Your share will be farm choice based on availability.

**Meat Share Every-other-week Chicken**

Every-other-week you will receive organic chicken (either whole hen or cuts). Your share will be farm choice based on availability.

**Meat Share Every-other-week Beef**

Every-other-week you will receive beef from our certified organic Angus cattle (either ground or roasts; steaks and special cuts not available through CSA). Your share will be farm choice based on availability.

**Fall/Winter Share: 5 vegetable distributions over 2 months – only offered as a Regular Size Share.**

Seasonal items include lettuces, heavy greens, broccoli-cabbage, potatoes, winter squashes, root crops & more.