



A bounty of vegetables beginning with fresh, energizing greens in Spring; evolving into endless hearty potatoes, onions, zucchini, tomatoes and beans in Summer; and culminating with the pumpkins and winter squash that herald the passage into Autumn.



Membership Information Enclosed

Become a part of a thriving community farm!

Visit us at the farm in Hancock or online:
www.dalozcsa.org



Contact Farm Manager Abby Holm: 603.831.1972 or info@dalozcsa.org

DALOZ

2009 growing season

FARM CSA

Certified Organic

Community Supported Agriculture



Abundant Nutritious Produce Locally Grown in Hancock, New Hampshire

www.dalozcsa.org

What is a CSA?

Community Supported Agriculture, or CSA, is a relationship of mutual support and commitment between farmers and community members. It implies a willingness to share both the bounty from the land and some of the risks involved in production.

Why join a CSA?

Fresh Produce & Your Health: From June until October, the farm crew supplies the Farmstore with freshly harvested Certified Organic produce for pick-up on Saturdays and/or Tuesdays. Eating freshly picked food is the basis of a healthy diet. A CSA offers the opportunity to reconnect with the rhythms of nature by eating produce when it is locally in season. As no pesticides, harmful fertilizers or genetically modified seeds are used, ground water pollution and toxic residue on food are avoided.

Supporting Local Farms: The money paid for the share goes toward the cost of growing and distributing a season's worth of produce and paying farmers a living wage. Farmers who live in your community have a vested interest in using sustainable agricultural methods, unlike many oversized and unhealthy "factory farms". The beauty and character of New England is defined by the working landscape of our well-maintained farms.

Building Community: A CSA is a great place to meet like-minded neighbors and families young and old making healthy lifestyle choices. CSA members often share recipes, food preservation and health information.

Why Join the Daloz Farm CSA?

Daloz Farm CSA not only provides members with a bounty of nutritious, Certified Organic produce, it also strives to serve the community through ecological land stewardship. By limiting the use of mechanization and fossil fuels, using solar panels to charge electric fences and bicycles for transportation, the farm is committed to reducing its ecological footprint.

Daloz Farm CSA also combines the best of scientific agricultural knowledge with more intuitive, hands-on nurturing. Landowner Charles Daloz (PhD Vegetable Crops - Cornell University) offers 20 years of agricultural experience and wisdom to the ecologically-oriented farm staff and interns.

Membership Form

I understand that there is some risk involved in this farming endeavor. However, I believe that the DALOZ FARM CSA will do its best to offer what it has promised and I agree to stoically embrace any misfortunes, including the effects of bad weather, woodchucks and insect pests.

Initials

Date:	Name:
Mailing Address:	
City/State/Zip:	
E-Mail(s):	
Phone Number:	

Shareholder Type

Please indicate your chosen share type below with a check mark:

- Support the Farm Share = \$800-\$1,000 - 2 pick-ups/week*
- Double Share = \$675 (\$625 before Jan. 1) - 2 pick-ups/week*
- Single Share = \$500 (\$450 before Jan. 1) - 1 pick-up/week*
- Working Share = \$350 (\$300 before Jan. 1) - 1 pick-up/week*

For Single or Working share please indicate pick-up day:

_____ Tuesday _____ Saturday

Please make checks payable to Daloz Farm CSA. Thank you!

Please complete this form, cut it out, and mail it along with your payment to Daloz Farm CSA; P.O. Box 203; Hancock, NH 03449



Frequently Asked Questions

After I join, how do I get my produce?

The Daloz Farm CSA is located in Hancock, NH. The farm crew harvests the crops for pick-up every Tuesday and Saturday throughout the growing season. The freshly picked produce is arranged in the farmstore at the Daloz Farm. You bag your own produce - taking what you like and in the quantity you desire. When quantities are limited, signs indicate how much each member may take.

When does the growing season begin?

The farm crew starts work at the beginning of March. Typically, harvesting early crops begins in early June. Depending on growing conditions, harvesting spring greens may begin earlier. Members are notified by e-mail (preferred method) or phone when pick-ups begin. Pick-ups generally run through mid-October.

What time may I pick up my produce?

The farmstore is open on pick-up days (Tuesday and Saturday) from 10am to 6pm. We try to have a member of the farm crew available in the farmstore on those days from 10am to noon.

If I am going to be out of town or unavailable, may I switch days?

Yes! The farm crew is accessible and flexible. Call or e-mail ahead of time, and you are welcome to switch pick-up days. If you know in advance that you will not be able to make it to a pick-up, we encourage you to let the farm crew know if you would like your share bagged up for a later pick-up. Surplus or leftover produce can often be found in the farmstore. *Double & Support the Farm* share members are welcome to any food left over the day after a pick-up.

Do I have to help or volunteer at the farm?

Participation is encouraged, but not required. We recognize that many people are busy during the growing season. However, if you have time to join us in the fields, we especially appreciate help during harvest times. Other folks assist by providing baked goods on occasion for the hardworking farm crew.

Can I split a *Double* share with another family?

No. If you would like to pick up produce once a week, please select the *Single* share option.

What we grow

Arugula	Edamame	Pumpkins
Basil	Garlic	Scallions
Beans	Kale	Sorrel
Beets	Kohlrabi	Spinach
Bok Choy	Lettuce	Summer Squash
Broccoli	Leeks	Tatsoi
Brussels Sprouts	Melons	Tomatoes
Cabbage	Mustard Greens	Turnips
Carrots	Onions	Winter Squash
Cauliflower	Parsley	
Chard	Parsnips	
Chinese Cabbage	Peas	
Cilantro	Peppers (sweet & hot)	
Corn (limited)	Potatoes	
Cucumbers	Radishes	
Daikon		
Dill		



Over 100 different varieties of vegetables are planted each year in order to preserve genetic diversity and protect against individual crop failure. Growing conditions impact the success of all crops, so available produce selections may vary.



Pick Your Own

Flowers and an assortment of herbs are also available as they mature throughout the growing season. Information about items available for harvest by members is posted in the farmstore and included in twice-weekly harvest e-mails.

Share Types

The right-sized share for you depends not just on the number of people in your household, but also on your eating habits:

If you are a vegetarian or if you like to do lots of canning and freezing, you may prefer a larger share divided among fewer people. The cost per week listed in italics beside each share type is based on the total divided by 20 weeks of pick-ups, though folks that take advantage of storage crops and preserve extras throughout the season may find that their vegetables last well into winter.

Double and Support the Farm share members are entitled to come on Wednesdays and Sundays to pick up extras to preserve for Winter.

Support the Farm share = \$800-\$1,000

This membership entitles the shareholder to two pick-ups each week at the farm. This share type is for individuals and/or families that are able to give a bit more to provide a living wage for our farmers and to allow flexibility for growth, infrastructure and special project expenses.

Double share = \$675 (\$625 before January 1, 2009) (\$31.25 per week)

This membership is ideal for a family. Twice a week pick-ups ensure a bounty of fresh produce throughout the season. By picking up every 3-4 days, busy folks have the flexibility to prepare meals at the last minute, rather than planning a week ahead. Short shelf-life produce, like leafy greens, can be enjoyed throughout the week. Individuals and families serious about eating only local foods will love the *Double* share. **Please note** - for the 2009 season, the *Double* share is no longer available for two families to share. Please sign up individually using the *Single* share option. Thanks!

Single share - \$500 (\$450 before January 1, 2009) (\$22.50 per week)

This membership is perfect for a single person dining stylishly, or a couple who goes light on the veggies. One pick-up per week is convenient for people with busy lifestyles who still crave the delicious fresh produce that can only be found at a local organic farm.

Working share - \$350 (\$300 before January 1, 2009)

This membership is great for people who really want to get their hands dirty on the farm. The *Working* share requires a commitment of 2 adult hours each week from May 1 through November 1. Working members are eligible for one pick-up per week. Call for details.

Payment plans are available for all share types.

Free-range Pick-ups

The Daloz Farm CSA offers free-range pick-ups, which give members the opportunity to choose which vegetables they would like and how much to take at each pick-up. Members who would like their share "boxed" regularly or on occasion are encouraged to pre-arrange their preferences with the farm crew at the start of the growing season.

Both Saturday and Tuesday pick-ups begin at 10am, which allows time for the farm crew to harvest the more tender crops early that morning. The farmstore is then open for pick-ups until 6pm, allowing flexibility for members with traditional daytime work schedules.

Eating foods as they are harvested over the course of the year is one of the greatest joys of being a CSA member. It gives us a greater connection to the seasons and reminds us that food can be cherished - from the first peas and greens of the season to the pumpkins that give a majestic salute to the end of a year of hard work. Members must be conscious that the months of May, June and July mostly consist of a great variety of greens, with many full season crops maturing in a rush in August and September. A calendar describing expected harvest times for each crop is available at the farm.

Add-ons

Members have the opportunity to purchase locally produced milk and eggs at the farm when they come for their weekly pick-up(s). Organically raised meat from nearby Sunnyfield Farm is also available on occasion during the season. Other add-ons are largely member driven and may include yogurt, cheese, bread, granola and more. If you have any suggestions for other locally grown/made add-ons, please let us know!

Directions to the Farm

From Peterborough / Antrim / Bennington: Take 202 North (or South from Antrim / Bennington) to the intersection with 123 North (to Hancock). Turn onto 123, go about 100 feet, and take a left onto Tannery Hill Rd. The farm entrance is directly ahead about 100 feet.