

What we do...

Colchester Farm CSA, a 501(c)3 nonprofit, small scale-farm established in 2003, promotes an alternative model of farming that strengthens the relationship between farmers, community members, food, and the land.



On 15 acres, we sustainably grow a wide range of produce for our 200-shareholder CSA (Community Supported Agriculture) Program, and local farmers' markets and restaurants.

In addition, we offer youth programs and

school tours, cooking classes, and sustainable agriculture workshops to the general public. Visit our website to learn about upcoming events.

What is "Community Supported Agriculture"?

Community-Supported Agriculture (CSA) is a mutually beneficial partnership between community members, like you, and a local farm. When you join our CSA program, you pay a share of our farm's annual operating expenses "up front" in the form of a one-time annual fee. In return for your investment, you receive each week a share of our harvest, picked at peak ripeness and flavor, as well as access to the farm, recipes, and events. In this way, shareholders "share" in both the risks and rewards of maintaining a local farm operation.

Our CSA Program

For over ten years, Colchester Farm CSA has offered a **market-style** CSA where our members choose the produce that makes up their weekly share from what we have seasonally available.

In 2015, we introduced several new options to better serve the needs of our CSA members. In addition to the regular 26-week season, members can choose from:

- **Full Season Flexible Share** (pick up vegetables at your choice of 13 out of 26 weeks during our regular season)
- **Summer Season** (weekly pick-ups for 13 weeks from late May through late August)
- **Fall Season** (weekly pick-ups for 13 weeks from late August through mid-November).

There are **three share sizes** available to choose from:

- Small share: 5 units
- Medium share: 8 units
- Large share: 14 units

The total number of units in a share will remain constant throughout the season, but each week a "unit" may vary in size and weight depending on harvest yields.



For those unable to pick up locally, we provide a pre-packed weekly box for our satellite drop-off locations in Middletown and Dover. Although shareholders at these satellite locations cannot choose what goes into their boxes, our staff makes every effort to provide a balanced representation of each week's harvest.

For more information or to sign up, visit our website:

www.colchesterfarm.org

What do we grow and when is it in season?

For 26 weeks, from spring until fall, CSA members enjoy over *forty* different kinds of vegetables, herbs, and fruit including:

	SPRING	SUMMER	FALL
Arugula			✓
Asian greens			✓
Beans		✓	
Beets		✓	✓
Broccoli	✓		✓
Brussels sprouts			✓
Cabbage	✓		✓
Carrots		✓	✓
Cauliflower			✓
Celeriac			✓
Corn, sweet		✓	
Cucumber		✓	
Edamame		✓	
Eggplant		✓	
Fennel		✓	✓
Flowers	✓	✓	
Garlic		✓	✓
Garlic Scapes	✓		
Ginger			✓
Herbs	✓	✓	✓
Kale	✓		✓
Kohlrabi	✓		✓
Leeks			✓
Lettuce	✓	✓	✓
Melon		✓	
Mesclun			✓
Okra		✓	
Onions		✓	✓
Pac choy	✓		✓
Peas	✓		
Peppers		✓	✓
Popcorn			✓
Potatoes		✓	✓
Pumpkins			✓
Radishes	✓		✓
Scallions	✓	✓	✓
Spinach	✓		✓
Summer Squash/Zucchini		✓	
Sweet potatoes			✓
Swiss Chard	✓		✓
Tomatillos		✓	✓
Tomatoes		✓	✓
Turnips	✓		✓
Watermelons		✓	
Winter Squash			✓

Come join us!

When you join our CSA or support Colchester Farm by participating in our classes and workshops, you are also helping to support:

- **Ecologically-minded farming practices:** we commit to NO spraying synthetic pesticides or fertilizers on our 15 acres
- **Land stewardship:** our CSA operates on preserved farmland under conservation status, and follows strict land use practices
- **Training a new generation of farmers:** each year we host apprentices seeking to gain experience in sustainable farming
- **Food accessibility:** our CSA makes produce available at reduced cost to community members demonstrating need

Please check our website for upcoming cooking classes, on-farm workshops, and events this season!



Work Share Option: Instead of exchanging cash for a share of vegetables, you can contribute your labor to the farm operation in exchange for a share. This opportunity may be right for you if you appreciate physical outdoor labor, would like to learn more about sustainable farming through doing, or if your budget cannot accommodate the cash payment for a share. Sign up for a work share online at

www.colchesterfarm.org



...a not-for-profit organization that grows fresh, local produce for shareholders and community members, and offers apprentice-ships and education programs to the public.



Join our CSA

www.colchesterfarm.org

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