

Colchester Farm CSA Welcome Booklet for Shareholders 2017 Season

Welcome to Colchester Farm Community Supported Agriculture (CFCSA)! CFCSA is a shareholder-supported farm in Kent County, Maryland. The CSA is governed by a 15-member Board of Directors and daily operations are run by the Farm Manager. This Welcome Packet is designed to give you an overview of CFCSA and its operations, policies, and procedures. Visit the CFCSA website at www.colchesterfarm.org for more information.

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What is Community Supported Agriculture?

Community-Supported Agriculture (CSA) is a mutually beneficial partnership between local farmers and community members. In advance of the season, shareholders buy a share of the upcoming harvest providing the farmer with the funds needed to cover the costs of operation. In return for their investment, shareholders receive a weekly share of freshly harvested produce. In this commitment, CSA shareholders share with the farmer both the bounty and the risks involved with farming.

(from the Robyn Van En Center: www.csacenter.org)

Colchester Farm CSA strives to be economically sustainable and self-supporting through the sale of vegetables and other products. Because the farm is young and growing, however, there is always a need for financial support.

The farm is a 501(c)(3) tax-exempt organization approved by the Internal Revenue Service. Contributions to the CSA are deductible to the full extent of the law. Your contribution will be acknowledged and will help to further the programs of Colchester Farm CSA.

Contact Information

Theresa Mycek, Farm Manager, can be reached via e-mail at manager@colchesterfarm.org or by phone at 443-480-9267. Please be patient when sending an e-mail or leaving a voicemail – Theresa spends most of her days during the season out in the field and may not be able to get back to you right away.

Questions about CFCSA policies can be directed to Marica Landskroener, President of the CFCSA Board of Directors. She can be reached via e-mail at m Landskroener@gmail.com.

Our primary means of staying in touch with our CSA shareholders is through the Internet via our website and email. We post and send out information regarding the CSA and its operations, notices of upcoming events, and other updates. Throughout the season, our shareholders receive a weekly e-mail the day before their pick-up from the farm manager with projected vegetable availability; recipes, storage and preservation tips are frequently provided as well. We are also available and look forward to speaking with you face-to-face at the farm, our pick-up locations and the Chestertown farmers' market.

Colchester Farm CSA Mission, Vision, and Values

Mission Statement

Colchester Farm Community Supported Agriculture (CSA) is a nonprofit, small-scale farm that grows fresh local produce for shareholders and community members, and offers apprenticeships and education programs. The CSA promotes an alternative model of farming that strengthens the relationship between farmers, community members, food, and the land.

Vision

CFCSA will lead and inspire a broad movement of people who eat and live in close relationship with their communities and the land. CFCSA will be economically and environmentally self-sustaining and will be recognized as an alternative model of sustainable agriculture by the people of the Eastern Shore.

Values

The work of CFCSA is driven by a core set of values:

Land Stewardship — Farming has been a defining characteristic of the Eastern Shore heritage for hundreds of years. We must preserve farmland and farming if we are to pass on that heritage intact into the future.

Community — People thrive in communities which bond them together and provide them support. We will be active participants in a vibrant Eastern Shore community, drawing our support from our neighbors and returning that support through all our activities.

Support for Our Workers — The mission of CFCSA is achieved only through the efforts of its employees and volunteers. All work on behalf of the CSA will be highly valued and those who work for pay will have a sustainable livelihood.

Accessibility — We will work to make our food and education programs available to all members of our community, regardless of income.

CFCSA Season

The full 2017 CSA season will be 26 weeks long. The beginning and ending dates vary each year according to the weather, but the season generally begins at the end of May or early June and continues through mid- to late-November. In May, we will let shareholders know the exact date of the first pick-up through email or by phone and also post it on our website.

2017 Share Options and Prices

The price structure for 2017 is as follows:

Full Season – pick up once a week for 26 weeks (roughly Memorial Day to Thanksgiving)

Small share	(5 units of vegetables per week)	\$375	(\$14.42 per week)
Medium share	(8 units per week)	\$540	(\$20.77 per week)
Large share	(14 units per week)	\$820	(\$31.54 per week)

Full Season Flex Share – you choose 13 pick-ups out of 26 possible weeks (roughly Memorial Day to Thanksgiving)

Small share	(5 units of vegetables per week)	\$225	(\$17.31 per week)
Medium share	(8 units of vegetables per week)	\$280	(\$21.54 per week)

Half Season – pick up once a week for 13 weeks and choose: **Summer** (roughly Memorial Day until late August) or **Fall** (late August until about Thanksgiving)

Small share	(5 units of vegetables per week)	\$225	(\$17.31 per week)
Medium share	(8 units of vegetables per week)	\$280	(\$21.54 per week)

Work Share

A work share is a system by which, instead of exchanging cash for a share of vegetables, you contribute your labor to the farm operation in exchange for a share. A work share may be right for you if you want to be more involved with the CSA, if you appreciate physical labor, if you have skills well suited to our operation, or if you have no prior farming experience but you want to learn more about farming.

In exchange for 26 weeks of vegetables, shareholders commit to working ½ day (4 hours) per week for a small share (5 units per week) or a full day (8 hours) of work per week for 10 units per week. The time period of the work share matches the 26-week long CSA season and begins the end of May and continues until mid-November.

You may schedule hours Monday through Friday during the farm crew's regular work hours which are Monday–Friday 7am-4pm (end of May through September) and 8am-5pm (October and November) with a one hour lunch (usually 12-1pm).

Please see our work share agreement or contact us for more details about work share opportunities.

CFCSA Distribution System

Distribution System:

When shareholders sign up, they designate a pick-up location, which remains the same throughout the CSA season.

Pick-up Locations:

Kingstown Garden Center (7121 Church Hill Road, Chestertown, MD 21620)

Tuesday 4-6pm

We set up our distribution site under the shade of trees next to the larger parking lot adjacent to the garden center.

Chestertown Farmers' Market (Fountain Park, Chestertown, MD 21620)

Saturday 8am-10am

We will offer a limited number of CSA shares for pick-up during the early hours of the Chestertown Farmers' Market. We understand that a weekday afternoon isn't convenient for everyone; the farmers' market pick-up option is meant to accommodate those who couldn't participate in the past due to their weekday schedules. We will plan to harvest enough to have a good selection for shareholders, plus additional produce to sell to market goers. This isn't a pre-packed box of produce; shareholders are able to select what makes up their share of produce from what we have available. Though the farmers market runs from 8am-12 noon each week, we ask shareholders selecting a farmers market pick-up option arrive before 10am for best selection, since we will sell our produce to non-shareholders that day.

Colchester Farm (31285 Georgetown Cemetery Road, Galena, MD 21635)

Thursday 4pm - 6pm (new time and day in 2017)

Directions to the farm pick-up area: Turn off route 213 onto Georgetown Cemetery Road, which is paved. You'll pass a home on your left, and a cemetery on your right --- the road transitions rather quickly from paved to a dirt road. The turn onto Georgetown Cemetery Road is a right hand turn if you're heading south on Rt. 213 from Cecil County; a left hand turn if you're heading north on Rt. 213 from Galena. The dirt road leading back to the farm is a single lane; you may need to pull off to the side of the road to let someone else by. We ask that you drive slowly to reduce damage to the farm lane, and because the farm lane, despite our best efforts, is uneven and frequently riddled with potholes. Drive carefully! When you come to the end of the farm lane, you'll see a white house in front of you. At this point, take a right hand turn and head towards the old silo. Turn left just after the silo and head towards a large red equipment shed. There is parking in front of the shed facing towards the goat pasture fence. Please find a map of the farm later in this document in the section entitled "Colchester Farm Regulations"; the map should help you find the veggie shed. Upon arrival, you are welcome to walk around the farm or in the CSA fields. Bathroom facilities are available.

General pick-up instructions:

Please arrive at your pick-up location during the designated time frame. If you arrive early, we are unlikely to be fully set-up; we ask that you wait until we indicate we're ready to begin selecting your vegetables.

When you arrive at your pick-up location, please:

- Park in a reasonable location so you are not obstructing traffic;
- Sign in with the CSA manager, or one of our friendly apprentices or volunteers;
- Remember to bring your own bags or boxes; we are always happy to assist you with your vegetables, but we cannot guarantee we'll have anything for you to put your produce in. We accept donations of plastic and paper bags that we can make available for other CSA shareholders to use;
- Each bin or cooler of produce will be labeled with the name of the crop and the amount that constitutes a unit. Some items will be bunched or pre-boxed, while other items you must weigh yourself; scales are provided. Usually, you can take more than one unit of a given vegetable. However, at times, when supplies of a given vegetable are limited, we may limit that item to one unit per CSA shareholder in an attempt to make it available to all shareholders;
- Please leave pets in your vehicle;
- Feel free to ask questions. We will always have someone available to help explain our pick-up system and answer any questions you may have.

Missed Pick-ups:

If you go on vacation or know ahead of time that you will not be able to pick up your share, you can either send a friend or neighbor to pick up your share on your designated day or you can arrange ahead of time to pick up at the alternate pick-up location that week. Please call or email the farm manager at least 24 hrs in advance so that we can plan accordingly.

If you forget to pick-up your share, please do not just show up on another day. On each harvest day, we harvest and bring enough for everyone assigned to pick up that day, and it is your responsibility to be there to pick it up. We are not able to hold produce for you to pick up on another day.

Boxed Shares:

On a harvest day, after completing the harvest but before making produce available to shareholders at our pick-ups, we pack boxes for delivery to CSA shareholders at various drop-off points. Usually, a CSA shareholder coordinates the drop-off location and is responsible for picking up the boxes of produce at the farm and delivering them to other CSA shareholders. Unlike CSA shareholders who come to one of our pick-up locations, shareholders with boxes cannot hand select their produce. However, just like all CSA shareholders, you receive the correct number of units based on your purchased share size each week; Colchester Farm CSA staff packs your box carefully and thoughtfully and varies the selection each week based on what we have seasonally available. Please pick up your box the same day it is delivered for best quality. Please see the section regarding vegetable availability to learn why sometimes you'll receive a wide variety of items in your box, and on other occasions, multiple of the same items.

Please remember to bring back the box in which you received your share the previous week. We expect to reuse all boxes. Help us prevent waste and keep costs down --- return your box!

Drop-off locations:

Living Well Pharmacy (723 N. Broad Street, Middletown, DE 19709)

Boxes will be delivered Wednesday mornings and are available to pick up 11 am -7 pm.

Dover, DE

Boxes will be delivered Saturday mornings by 8 am.

Chestertown Farmers' Market

Going to the market in Chestertown was at first an opportunity to sell excess produce, but now it has become an important source of income for Colchester Farm CSA, allowing us to hire more staff (thus, expanding our apprenticeship and farmer training program) and expand our shareholder capacity. Determining how much to plant and how much we'll harvest from what we plant is more art than science. Regardless, at this time, we always plant a little extra to make sure we can supply non-shareholders and shareholders alike who want to purchase our produce in Chestertown on Saturday mornings, from 8am-12 noon year-round, weather permitting. CSA shareholders must be scheduled to pick-up their produce at the farmers market. Learn more about the Chestertown market online: <http://www.chestertown.com/market/index.php>

Historic Lewes Farmers' Market

In 2016, we will continue selling at the Historic Lewes Farmers Market on Saturdays from 8 am until noon from early May until late November. Learn more about this market online at <http://www.historiclewesfarmersmarket.org/>

Donating Food

If we have surplus produce remaining after CSA pick-ups and farmers' markets, we donate to a local food pantries whenever possible.

Volunteer Opportunities

Volunteers are welcome to help out at the farm. It is important to us to share what we do with our shareholders, and it is helpful to have a bigger crew when tackling some of the larger tasks here at the farm. Please contact the farm manager if you are interested in learning how you can be more involved.

Some tasks that volunteers can help out with include:

- Planting – potatoes in the spring and garlic in the fall
- Mulching crops with straw
- Weeding – We can always use help with weeding, whether hand-pulling or hoeing
- Digging potatoes, pulling and hanging garlic to dry, harvesting winter squash
- Harvesting for share distribution
- Helping out during CSA pick-ups: setting up, restocking, answering questions, cleaning up
- Delivering boxed shares to drop-off points once a week

Education and Social Activities

CSA shareholders are always invited to participate in CSA events throughout the season. Notice of upcoming events will be emailed to shareholders and posted on our website at

<http://www.colchesterfarm.org/calendar.html>

Overview: How much food do I get?

At Colchester Farm CSA, the amount of produce available to you each week depends on which share size you decide to purchase. We offer three share size options: small (5 units), medium (8 units) and large (14 units).

You might be wondering: what is a “unit” of vegetables? How does the farmer determine how big a unit will be? What does a share *really* amount to at different points in the growing season? What follows is an attempt to answer those questions.

What is a “unit” of vegetables?

A “unit” of vegetables is meant to approximate what one would typically find at a supermarket: a bunch of carrots, a pint of cherry tomatoes, a bag of lettuce, or a head of broccoli. The exact weight or volume of a given “unit” of vegetables may differ somewhat from one week to the next depending on a number of factors. Read on to learn more about what lies behind the “unit” size.

How does CFCSA determine a “unit” size?

We determine the “unit” size of a given vegetable on a given week based on the following constraints: convention, the whims of Mother Nature, time, space and labor availability.

We generally try to plant enough of a given vegetable to make a fairly standard amount of that vegetable available to shareholders during the time of year that vegetable is in season in our temperate climate. But other factors may allow us to offer more or less of a vegetable on a given week.

Crop failure due to pest pressure and harsh weather conditions may preclude our ability to offer as much to shareholders as we would like; especially favorable weather conditions and very productive plantings may allow us to offer more than would normally be possible. Nevertheless, we harvest most everything by hand. Time and labor are major constraints in planting, tending, and harvesting. We can only harvest so much of certain vegetables because they're labor intensive to pick (e.g., peas, beans and cherry tomatoes).

If you would like a more concrete idea of what constitutes a "unit" of the various vegetables we grow, please review our harvest summary from last season.

Can I take more than one "unit" of a given vegetable?

We understand individual preference and menu requirements differ; usually, shareholders may take as many or as few "units" of a given vegetable as desired (unless you're receiving a pre-boxed share), though no more than the number of "units" you paid for. Vegetables that are limited in quantity on a given week will be limited to one "unit" per share.

Share Size and "Unit" Size Examples

The share size and "unit" size examples below provide a snapshot of vegetable availability at different points in the season, and also provide a concrete quantification of "unit" sizes for different vegetables at different points in the season.

The examples below are based on 2009 harvest data. Examples are provided for our small and large share sizes during the first and second half of each month during the 2009 CSA season (late-May through early-November). The harvest varies year-to-year depending on a multitude of factors, so the examples provided only offer a general guide to vegetable availability, in terms of both variety and quantity; it is not a prediction of our future harvests or a guarantee of weekly availability this season.

You might also find useful our vegetable seasonal availability chart, posted on the following page: <http://www.colchesterfarm.org/seasonalavailability.html>.

June (earlier / late-May)

Small Share: 5 oz. lettuce mix * 8 oz. spinach * 12 oz. broccoli * 1 bunch radishes * bunch of 12 garlic scapes * (*bonus items: chives, garlic chives, spearmint, oregano*)

Large Share: 10 oz. lettuce mix * 1 lb. spinach * 2 lbs. broccoli * 2 bunches radishes * bunch of 12 garlic scapes * 2 heads lettuce * 5 oz. arugula * 1 12 oz. bunch kale * 1 head bok choy * (*bonus items: chives, garlic chives, spearmint, oregano*)

June (later)

Small Share: 5 oz. lettuce mix * 1 12 oz. bunch Swiss chard * 8 oz. sugar snap peas * 1 lb. purplette onions * 1 bunch carrots * (*bonus items: basil, cilantro, dill and parsley*)

Large Share: 10 oz. lettuce mix * 1 12 oz. bunch Swiss chard * 8 oz. sugar snap peas * 1 lb. purplette onions * 1 head cabbage * 1 bunch carrots * 2 slicing cucumbers * 1 head bok choy * 1 lb. summer squash/zucchini * 8 oz. shell or snow peas * 2 lb. new potatoes * 1 12 oz. bunch kale * 1 flower bouquet * (*bonus items: basil, cilantro, dill and parsley*)

July (earlier)

Small Share: 5 oz. lettuce mix * 2 lbs. summer squash/zucchini * 3 slicing cucumbers * 1 lb. green beans * 1 head cabbage * (*bonus items: basil, cilantro, dill, parsley*)

Large Share: 5 oz. lettuce mix * 4 lbs. summer squash/zucchini * 3 slicing cucumbers * 2 lb. green beans * 1 head cabbage * 1 lb. purplette onions * 2 lbs. potatoes * 3 heads garlic * 1 bunch carrots * 1 12 oz. bunch Swiss chard * 1 bunch kohlrabi (*bonus items: basil, cilantro, dill, parsley*)

July (later)

Small Share: 5 oz. lettuce mix * 1 lb. tomatoes plus 1 pint cherry tomatoes * 2 lbs. summer squash/zucchini * 1 lb. white onions * 3 slicing cucumbers * (*bonus items: basil, hot peppers, parsley, peppermint and spearmint*)

Large Share: 10 oz. lettuce mix * 3 lbs. tomatoes plus 1 pint cherry tomatoes * 2 lbs. summer squash/zucchini * 1 lb. white onions * 3 slicing cucumbers * 6 pickling cucumbers * 6 ears corn * 2 heads cabbage * 3 heads garlic * 2 lb. potatoes * 1 bunch beets (*bonus items: basil, hot peppers, parsley, peppermint and spearmint*)

August (earlier)

Small Share: 1 lb. green beans * 2 muskmelons/cantaloupes * 2 lbs. summer squash/zucchini * 4 lbs. tomatoes (heirloom, red slicing, and/or plum) + 1 pint cherry tomatoes * 6 ears sweet corn * (*bonus items: basil and hot peppers*)

Large Share: 2 lbs. green beans * 2 muskmelons/cantaloupes * 1 watermelon * 2 lbs. summer squash/zucchini * 4 lbs. tomatoes (heirloom, red slicing, and/or plum) + 1 pint cherry tomatoes * 1 dozen ears sweet corn * 5 oz. lettuce mix * 2 lbs. potatoes * 4 heads garlic * 2 slicing cucumbers or 4 pickling cucumbers * 3 sweet bell peppers * 1 bunch scallions (*bonus items: basil and hot peppers*)

August (later)

Small Share: 1 bunch carrots * 2 sweet bell peppers * 2 lbs. potatoes * 1 spaghetti or 1 acorn squash * 1 watermelon * (*bonus items: basil and hot peppers*)

Large Share: 1 bunch carrots * 4 sweet bell peppers * 2 lbs. potatoes * 1 spaghetti or 1 acorn squash * 1 watermelon * 6 ears sweet corn * 2 lbs. white onions * 1 bunch scallions * 1 pint edamame * 5 oz. lettuce mix * 1 bunch purslane * 2 lbs. tomatoes (red slicing, heirloom and/or plum) or 2 pints cherry tomatoes * (*bonus items: basil and hot peppers*)

September (earlier)

Small Share: 6 ears sweet corn * 1 head bok choy * 2 lbs tomatoes (heirloom, red slicing, and/or plum) * 1 bunch radishes * 2 lbs. mixed yellow and red onions * (*bonus items: basil, cilantro, hot peppers*)

Large Share: 6 ears sweet corn * 1 head bok choy * 2 lbs tomatoes * 1 bunch radishes * 2 lbs. mixed yellow and red onions * ½ pint shallots * 2 pints cherry tomatoes * 2 lbs. potatoes * 1 watermelon * 1 winter squash * 6 sweet bell peppers * 3 small eggplant * 5 oz. lettuce mix * 4 heads garlic * (*bonus items: basil, cilantro, hot peppers*)

September (later)

Small Share: 1 winter squash (delicata, sweet dumpling or butternut) * 5 oz. arugula or lettuce mix * 3 small eggplant * 1 bunch watermelon radishes * 1 bunch turnips * (*bonus items: basil, cilantro, dill, rosemary, sage and assorted hot peppers*)

Large Share: 1 winter squash (delicata, sweet dumpling or butternut) * 5 oz. arugula * 5 oz. lettuce mix * 3 small eggplant * 1 bunch watermelon radishes * 1 bunch turnips * 2 lbs. mixed red and yellow onions * 4 heads garlic * 3 or 4 bell peppers * 2 lbs. potatoes * 1 bunch beets * 2 heads bok choy * 1 bunch kohlrabi * ½ pint shallots * (*bonus items: basil, cilantro, dill, rosemary, sage and assorted hot peppers*)

October (earlier)

Small Share: 1 butternut squash * 8 oz. spinach * 1 lb. broccoli * 2 lbs. sweet potatoes * 4 heads garlic *
(*bonus items: basil, cilantro, dill, rosemary, sage and assorted hot peppers*)

Large Share: 1 butternut squash * 8 oz. spinach * 1 lb. broccoli * 2 lbs. sweet potatoes * 4 heads garlic *
1 bunch leeks * 5 oz. mixed asian greens * 2 daikon radishes * 3 or 4 bell peppers * 2 lbs. potatoes * 1
bunch turnips * ½ pint shallots * 1 bunch kohlrabi * 5 oz. lettuce mix or arugula * (*bonus items: basil,
cilantro, dill, rosemary, sage and assorted hot peppers*)

October (later)

Small Share: 1 head cauliflower * 8 oz. spinach * 5 oz. lettuce mix * 1 12 oz. bunch kale * 2 heads bok
choy * (*bonus items: basil, cilantro, dill, rosemary and sage*)

Large Share: 1 head cauliflower * 8 oz. spinach * 5 oz. lettuce mix * 1 12 oz. bunch kale * 2 heads bok
choy * 5 oz. mixed asian greens * 2 lbs. potatoes * 1 head cabbage * 1 bunch radishes * 1 bunch turnips
* 5 oz. arugula * 4 heads garlic * ½ pint shallots * 1 lb. broccoli (*bonus items: basil, cilantro, dill,
rosemary and sage*)

November

Small Share: 5 oz. arugula * 1 bunch beets * 2 celery roots * 8 oz. spinach * 1 head cauliflower or 1 lb.
broccoli or 1 head cabbage * (*bonus items: cilantro, dill, parsley, and rosemary*)

Large Share: 5 oz. arugula * 1 bunch beets * 2 celery roots * 8 oz. spinach * 1 head cabbage * 1 lb.
broccoli * 1 bunch carrots * 1 bunch turnips * 1 butternut squash * 2 lbs. onions * 5 oz. lettuce mix * 2
lbs sweet potatoes * 4 heads garlic * 2 lb. potatoes * (*bonus items: cilantro, dill, parsley, thyme, and
rosemary*)

Crop List and Projected Seasonal Availability Chart

*will be updated in Jan 2016 after the seed order is complete

	SPRING	SUMMER	FALL
Arugula			ü
Beans: standard and French green beans, and yellow wax beans		ü	
Beets		ü	ü
Broccoli	ü		ü
Brussels sprouts			ü
Cabbage: green, red, savoy and Chinese or napa varieties	ü		ü
Carrots		ü	ü
Cauliflower			ü
Celeriac			ü
Corn, sweet: brocade, a bi-color variety		ü	
Cucumber: a long, slender slicing variety and pickling cucumbers		ü	
Edamame		ü	
Eggplant: Italian and Oriental varieties in dark purple, lavender, and striped		ü	
Fennel		ü	ü
Flowers: snap dragons, zinnias, black-eyed susans and sunflowers	ü	ü	
Garlic: 7 hard-neck varieties		ü	ü
Garlic Scapes	ü		
Herbs: basil, chives, cilantro, dill, marjoram, oregano, parsley, rosemary, sage, thyme	ü	ü	ü
Kale: winterbor (ruffled green), nero di toscano or lacinato (dark green, crinkled narrow leaf), red russian	ü		ü
Kohlrabi	ü		ü
Leeks			ü
Lettuce, Head: green and red oakleaf, butterhead, french crisp, romaine, and speckled varieties	ü		ü
Lettuce Mix: a variety of red and green oakleaf and romaine varieties	ü	ü	ü
Melon: orange-fleshed cantaloupe, Jenny Lind, a sweet, green-fleshed variety		ü	
Mesclun: a mix of mustard and Asian greens			ü
Okra		ü	
Onions: purplette (a mini red), sweet white, red, and yellow		ü	ü
Pac choy: a smaller, green-stemmed variety and a large, white-stemmed variety	ü		ü
Peas: shelling, snow, and sugar snap	ü		
Peppers, hot: cayenne, fish, jalapeño, lemon, poblano		ü	
Peppers, sweet: green bells turning red, yellow, and orange and a purple variety		ü	ü
Popcorn: multi-colored heirloom, Calico			ü
Potatoes: 8 varieties including red-skinned with white flesh, red-skinned with yellow flesh, yellow skin and flesh, pink-splashed purple skin and white interior and yellow-fleshed fingerlings		ü	ü
Pumpkins: New England Pie			ü
Radishes: daikon, French breakfast, and watermelon (green skin with red interior)	ü		ü
Scallions	ü	ü	ü
Spinach	ü		ü
Summer Squash/Zucchini: yellow summer squash, patty pan, and dark green, yellow zucchini		ü	
Sweet potatoes: orange-fleshed and cream-colored flesh varieties			ü
Swiss Chard: white-, red- and rainbow-colored stems with green leaves	ü		ü
Tomatillos		ü	ü
Tomatoes: red, paste, and heirloom varieties including cherokee purple, pruden's purple, striped german, striped german, goldie, and Lillian's yellow heirloom		ü	ü
Tomatoes, cherry: a mix of red, orange, yellow, pink and purple		ü	ü
Turnips: purple top white globe and sweet, gold ball, white hakurei varieties	ü		ü
Watermelons: small, round ice-box sized with sweet pink or yellow centers and oval orange-fleshed varieties		ü	
Winter Squash: butternut, delicata, spaghetti squash, sweet dumpling, acorn			ü

Growing Practices at Colchester Farm CSA

At Colchester Farm CSA, our goal is to use farming methods that allow us to work with and imitate, as closely as possible, nature's regular cycles of growth and decay. We mulch, compost, vary planting and harvesting dates, rotate crops, use cover crops, let rich organic matter decay in the fields. We avoid using synthetic fertilizers and pesticides which may disrupt the life cycles of and harm the beneficial organisms living in our fields. Rather than treat the soil simply as a substrate in which to grow produce, our entire growing system is designed to maintain a healthy soil filled with living organisms.

Fertile Soil

Healthy, fertile soil is fundamental in producing healthy plants and quality vegetables for our CSA shareholders. To maintain healthy soil, we apply humus-building compost and use straw as a natural mulch. We work leafy matter back into the soil every season. We grow green manures or cover crops to protect the soil from erosion and to be incorporated back into the soil to enrich it. We may also use animal manures and other natural amendments to increase fertility.

Weed Control

Keeping weeds under control is our biggest challenge and how we spend most of our time out in field. To reduce the number of weeds that grow in our fields, we use cover crops to suppress weeds and bare fallow periods to decrease the number of weed seeds that were laying dormant in the soil. In theory, as we continue to improve the timing of our planting and harvesting cycles in combination with bare fallow and cover cropped periods, weeds will have a harder time getting established. We also utilize mulches such as black plastic or cardboard and straw to reduce weed pressure. In the meantime, we depend on our tireless interns and volunteers to hoe, hand-pull or mow the weeds that do grow amongst our crops.

Pest Control

Plants growing in healthy soil with proper nutrition and without competition from weeds are less susceptible to insect damage and disease. We encourage the presence of beneficial insects, frogs or toads and birds by providing habitat and not using harmful chemicals. Lady bugs, praying mantises, garden spiders, and wasps all play roles in controlling pests such as aphids, hornworms and squash bugs. We use floating row covers as a physical barrier to keep pests from feeding on our crops. We hunt out and hand pick off hungry beetles and caterpillars. If our attempts at keeping pests under control using these methods fail, as a last resort we may spray organically approved bacteria, fungus, or concentrated plant extracts to save some plants from predators.

Growing organically is a complicated system of checks and balances involving a multitude of daily decisions. Farming is unpredictable. Practices that worked last year may not work as well with this year's weather conditions. As any gardener knows, there's a lot of observation, experimenting, and learning involved.

At Colchester Farm CSA, we are not certified organic, but we use organic gardening methods. Because we communicate directly with our customers, our customers are able to ask us directly how we grow and can come out to the farm and see for themselves how we operate.

Colchester Farm Regulations

Colchester Farm is a private residence. Shareholders of CFCSA are welcome to visit the Farm but please be mindful that the Farm is also home to the CFCSA staff and family renting the farmhouse. The CFCSA is also just one piece of a larger farming operation, so there might be spraying, harvesting, or other agricultural operations underway during your visit. Please be respectful of these operations and walk only along paths or grassy areas.

Dogs should be kept on a leash at all times. Chickens and livestock also call the Farm home and should not be disturbed.

A map of the farm is provided below, which is to help CSA shareholders who pick-up their share at the farm find the pick-up area and parking.



A History of Colchester Farm

written by Charlotte Staelin

Colchester Farm today is 345 acres of land in Kent County, Maryland. It lies between the town of Galena to the south and the village of Georgetown on the Sassafras River to the north. It fronts on Maryland Route 213 on the east, and Dyer creek to the west. Before the arrival of Europeans, and the need for titles and deeds, it was populated mainly by Tockwogh Indians.

14th to 16th Centuries

Often in competition with the Massawoaks and the Susquesahanocks, the Tockwogh did not settle and farm in this area. They moved from place to place hunting; only occasionally settling long enough to anticipate a small harvest. Archaeology suggests that the area that is now Colchester Farm in the 14th and 16th centuries was a sparsely settled region, used more as a pass-through for Native Americans than for settlement.

The first Europeans arrived by water when Captain John Smith sailed up the Sassafras River from the Chesapeake Bay. He named it the Tockwogh in honor of the inhabitants he found there. Captain Smith's journal describes meeting with the Tockwogh and dining with them peacefully. Perhaps because he was also a transient this early encounter caused no hostilities. The Tockwogh stayed in the area until as late as the 1740s, by which time most had migrated north to western Pennsylvania to get away from growing British settlements on the Eastern Shore.

17th and 18th Centuries

As more Europeans explored the area, by 1632 King George I of England was convinced of the worthiness of the land and granted a Charter to George Calvert, 1st Lord of Baltimore, to plan and settle what was to be called the Maryland Colony. By 1642 there were already documents referring to the area called Kent County. And by 1673 the first documents referring to Colchester Farm show that Lord Baltimore granted 1000 acres to one William Palmer at this location. And in 1778 "Charles, Absolute Lord" granted the majority of present day Colchester lands to William Pearce, around 800 acres at the time. Colchester Farm was to remain in the Pearce family for over eighty years.

The small riverside village of Georgetown, next to which Colchester Farm sits, had petitioned the Maryland Colonial Assembly in 1683 to lay out a larger plan for a town on the river, already by that time called the Sassafras River. This would be the first of several plans to expand Georgetown that never came to fruition. In the meantime, Colchester Farm began to be used for tobacco production. Tobacco proved less successful in Maryland than in its sister state, Virginia, and by the early 1700s records show that Pearce had switched mainly to grains, vegetables and fruit production. By 1713 Gideon Pearce was operating a ferry from the northern-most point of Colchester Farm across to the Cecil County side of the Sassafras at Pennington's Point (later to be called Fredericktown).

19th Century

Although the Pearce family was to own Colchester Farm until 1859, the second, and last, family to own Colchester had moved into the small village of Georgetown in the 18th century. Simon Woodall, born in 1797, married a local Georgetown girl just at the beginning of the Second Anglo-American War or the War of 1812. They were to raise six sons.

Before those sons could be raised, however, Georgetown had to be defended. On May 6, 1813 Rear Admiral George Cockburn and 500 British Royal Marines sailed up the Sassafras River, past Colchester Farm and attacked the settlement on both sides of the River.

When the British finished their rampage only one building remained, the home of Kitty Knight, who is credited with holding off the soldiers from the front steps of her porch at the top of the hill. Everything else in Georgetown was burned to the ground, docks, granary, shoemaker's shop, tavern, everything. The town rebuilt at the same location.

According to Kent County Courthouse records, in 1832 James Pearce deeded his land to his sister, who then married Joseph Malsburger. By 1859 Malsburger had died and the farm remained in trust for the Civil War period, administered first by George Vickers of Chestertown, then by Richard Hyson. During the time the farm was in trust, there was a dispute about the boundaries and ownership. In any case, in 1875 Simon Woodall's son, Andrew Woodall, bought Colchester Farm from the trustees for \$29,000.

Captain Andrew Woodall went on to become the first millionaire in Kent County, or so his obituary in the Kent County News was to say when he died in 1906. By the time he died he owned thirty-seven farms in the County, Colchester being just one among several. Although his grandchildren affectionately called him Toddy, after his affinity for hot rum toddies, acquiring over thirty farms in as many years suggests a certain ruthlessness in Colchester's owner. His farms were always managed on a sharecrop basis, with tenant farmer and landlord sharing the costs of inputs as well as the rewards of production.

Captain Andrew's house used to be where Georgetown Yacht Basin now has its I, J, and K docks for the summer boating patrons; the brick steps leading up to his front porch are still visible from Route 213 just north of the Kitty Knight House Restaurant.

20th Century

In 1900 Kent County was still an isolated and sparsely populated area with no paved roads. The Woodall family continued to own Colchester farm; in 1898 it was deeded to James E. Woodall, great, great grandson of Simon, then to his wife, Justine, then to his two daughters in their turn. The present owner is Justine's granddaughter.

By the time Colchester's current owner moved to the farm in 1991, both the farm and farm house had been rented for over a hundred years. By that time Georgetown harbor, from which James Woodall had once run his lumber and barge business, was full of more than three thousand leisure craft and boasted five independent yacht basins. Colchester Farm remained the same, although its resources were depleted by 100 years of absentee landlords. Cousin Kitty Baxter remembers that during the Great Depression the tenant farmer on Colchester had dropped out of school in the fourth grade. He and his family farmed Colchester with the help of "dollar-a-day men", usually African Americans who came to work only on an as-needed basis.

From 1957 to the present the majority of Colchester Farm has been used to grow feed grains, corn, wheat, barley and soybeans. The Chance family, grandfather Earl, father Andy, and grandson Jakey, continue to work the feed grain operations. Like other 'traditional' farmers in Kent County, the Chances need to farm several farms to remain in the farming business.

In the last fifteen years Colchester Farm has been slowly reconditioned and improved by having both a resident owner and a dedicated group of volunteers to guide it into the future. In 2003, a Community Supported Agriculture Project (CSA) was created on ten acres of the Farm under the direction of Andy Andrews, as well as a dedicated Core Group of volunteers.

In 2012, Colchester Farm changed hands and is now owned by Trey and Cheryl Hill of Harborview Farms. They are supportive of the CSA and our continuing to farm and operate at Colchester Farm.

Additional CSA Resources

Chesapeake Alliance for Sustainable Agriculture <http://www.futureharvestcasa.org/>

CSAs in Maryland http://www.marylandagriculture.info/category_info.cfm?categoryid=46

Maryland Rural Enterprise Development Center <http://mredc.umd.edu/rootdistance.html>

Local Harvest <http://www.localharvest.org/csa/>

Community-supported Agriculture http://en.wikipedia.org/wiki/Community-supported_agriculture

USDA Community Supported Agriculture <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>