



FACSAP • our food, our farmers, our community • growing since 1997

## Welcome to the 23<sup>rd</sup> Harvest Season of the Fredericksburg Area CSA Project!

*Your door to Fredericksburg's organic farms and gardens*

### WHO WE ARE

We are a community of people in the Fredericksburg area who believe it is important for local organic farms to exist here and who make a direct, personal commitment to support these growers, receiving a share of the harvest each week during the growing season. This is your invitation to be part of it!

We are Fredericksburg's first and finest CSA, established in 1997. We are a coalition of nearly all the organic produce growers in our region, following either USDA Certified Organic or Certified Naturally Grown standards. Both certification programs have requirements for the organic production of farm products and require annual inspections.

This dedication to food purity is the reason our CSA was founded, and remains our top priority. Other CSA communities may feature local produce, but FACSAP is the only organic CSA in the Fredericksburg area. Our aim has always been, and continues to be, establishing, maintaining and supporting local organic food producers. We also inspect and certify local growers.

To partake of this food, you become a shareholder—part-owner of the farms' harvest. This secures your portion of the annual harvest and secures a market for the growers. Even before the crops are sown, you help keep these farms economically viable. Your participation is a primary reason these farms continue to operate. Building a connection between organic farmers and the community is a very important part of our mission. Together, we continue making a difference!

**These growers do not sell at Farmer's Markets, so this is your opportunity to access the local organic food supply.**

### HOW TO GET YOUR SHARE OF THE HARVEST

- COMPLETE the MEMBER SIGN-UP FORM with your information.  
<https://www.fredericksburgcsa.com/2019-membership>
- FILL IN your information
- MAIL it with your check to **FACSAP, INC. PO Box 340, Hartwood, VA 22471.**
- COME each Thursday evening between 6–7 p.m. to downtown Fredericksburg and PICK UP your weekly harvest share. BRING your own bag, basket, or box with you to fill.

Why join the Fredericksburg Area CSA Project?



### Buy Local & Organic

Your support helps small local organic farms and gardens stay afloat. Connect with the food you eat by knowing your growers and exploring the farms.

### Eat Well

Buy the freshest food for your table. Explore new foods and learn to cook with them. Find out that beet greens aren't just good for you, they're tasty too!

### Be Healthy

Eat more fresh seasonal vegetables. Share healthy eating habits with your kids and friends. Expose them to the variety of regional organic produce.

### Protect the Environment

Support farmers (and future farmers!) who take care of the land by growing food in ways that take care of the soil, the animals and the people. Support farmers who have given up day jobs to grow local organic food, or farmers who keep their day jobs AND grow local organic food—because it's important! Cut down on the number of miles your food travels from the farm to your plate.

## 2019 HIGHLIGHTS

### • Two Share Sizes:

**LARGE SHARE** – for 3 to 4 person households  
**\$39.50 per week**, \$790 total for 20 weeks

**SMALL SHARE** – for 1 to 2 person households  
**\$22.50 per week**, \$450 total for 20 weeks

[Note: If you still want to split a share, go for it!]

- About **36 LARGE SHARES** and **48 SMALL SHARES** are available for 2019
- Harvest Season is 20 Weeks—**Thursdays, June 6 through October 24**
- Mid-summer break on **July 4** with no harvest pick-up that week.
- **Pick-up Location:** Downtown Greens Community Greenspace in downtown Fredericksburg, at the corner of Princess Anne Street and Dixon Street. Easy access and plenty of parking
- **Recipe cards** and **cooking tips** with each week's harvest
- **Annual Member Meeting** one week before first harvest, **Thursday, May 30, 7-8:30 p.m.** at the Dorothy Hart Community Center on Canal Street in downtown Fredericksburg. Meet and chat with your farmers and fellow members.

## EXTENDED GROWING SEASON

We are grateful that some of our growers are able to supply us with fresh produce throughout most of the year. In addition to our main season **Harvest Share**, FACSAP will continue to offer a **Winter Share** (February–March), and **Early Spring Share** (April–May), and **Late Fall Share** (November–December). News and updates about these opportunities will be posted on our website and included in our member newsletter emails.

## MORE ABOUT YOUR SHARE

A share in the harvest contains a diverse assortment of freshly harvested produce. Each week's share typically includes about ten to twelve types of produce—sometimes more—approximately a 3/4-bushel basketful for the Large Share and about half that amount for the Small Share. Occasionally, the share will also include special items such as local organic raw honey, natural handmade soap, and biologically-grown (organic) apple cider. Our website blog lists the expected contents of each week's harvest.

### Side Shares

We will continue to offer 'side shares' that members can purchase in addition to their regular harvest share. These include items like *Shiitake* mushrooms, gluten-free bread, honey, and apples. More information will be announced on our website and included in our member emails.

### Bulk Purchase Opportunities

During the harvest season, some of our farmers may offer additional produce for direct bulk purchase outside the FACSAP weekly share—tomatoes and green beans for canning, winter squash for storing, etc. More information about these offerings will be made available throughout the season.

### Potluck Suppers, Weekly Updates & Recipe Exchange

We celebrate the first and the last harvest days of each season with the traditional Potluck Suppers on the lawn. Details will be included in the weekly emails and blog posts, sent throughout the season with news about what's happening on the farms, what produce to expect in the upcoming week, and recipe ideas. The FACSAP Facebook page provides a place where members can share recipes and other food-related resources.

### What If I Can't Pick Up My Share on a Certain Week?

Members unable to pick-up their share during the scheduled time on a Thursday should have a family member or friend pick up for them. Shares are not transferable to a future week—for example, if you don't pick up your share one week, you may not take a double share the following week. We cannot hold shares past 7:00 p.m.

## WELCOME TO THE 2019 HARVEST SEASON and we look forward to growing for you!

### The FACSAP Growers and Producers –

**Tom Miller** & his crew at Green Thumb Growers, **José Antonio Guerra** at Guerra Gardens, **Jamie Whitaker** & her students at Hartland Natural Farm, **Lawrence & Becky Latané** & their crew at Blenheim Organic Gardens, **Sarah Perry & Jennifer Gron** & their students at the Downtown Greens Youth Farm Program, **Heidi Reszies** at Folk City Soap, **Pete Burt** & his family at Cardinal Apiaries, **Francis Ngoh** at Rock Run Creek Farm, and **John Thomson & Mrs. A. P. Thomson** at Golden Acres Orchard

### and Volunteer Organizers –

**Stavroula Conrad**, President/Grower Co-Coordinator; **Heidi Reszies**, Vice President; **Liese Haley**, Treasurer; **Tom Miller**, Grower/Organizer/CNG Inspector; **Jennifer Gron**, Consultant; **Meg Sneed**, Communications Coordinator; **Misha Sanborn**, Distribution Coordinator/Grower Co-coordinator; **Cecelia Kirkman**, Assistant Communications Coordinator/Outreach; **Nancy Yun-Sheldon**, Volunteer Co-Coordinator; **Jamie Smith**, Volunteer Co-Coordinator; **TJ Weatherspoon**, Produce Resources & Support



## Community Supported Agriculture is a Way of Life!

CSA is not a marketing model or a business scheme, *it is a way of life.*

Community Supported Agriculture (CSA) is a two-way relationship created by members purchasing in advance a “share” in the annual harvest of local farmers. Farmers provide fresh produce throughout the growing season; in turn, the CSA members make a financial commitment to the farms. This creates economic stability for local farmers and ensures members a source of fresh, local produce. Partnering together, farmers and members share the risks and rewards of each year’s harvest. This worldwide movement for preserving local farms originated in Japan in the mid-1960’s.

The CSA concept came to the U.S. in the 1980’s, and since then it has become a nationwide movement that brings small farmers and consumers closer together. As a CSA member, this relationship to your farmers and CSA community cannot be understated. There are many ways to get food; choosing to join a CSA means a commitment to eating seasonally and locally-grown food, as well as investing in small family farms.

CSA is a community, with the growers and consumers providing mutual support and sharing the benefits as well as the risks of food production. Joining a CSA means eating with the seasons and, perhaps, trying vegetables that may be new to you and your family. We recommend reading cookbooks that focus on storing and preparing seasonal produce, such as *From Asparagus to Zucchini* (a wonderful resource created by the *Madison Area Community Supported Agriculture Coalition* in Wisconsin) or *Simply in Season* (by Cathleen Hockman-Wert and Mary Beth Lind).

## How Does Our CSA Operate?

Members purchase a **Share in the Harvest** before the season begins. The share price reflects the cost of producing and distributing the harvest using environmentally sound practices.

A variety of produce is harvested and distributed each week to members throughout the 20-week harvest season. This year, we will continue to deliver shares to our **distribution site at Downtown Greens Community Greenspace** in historic downtown Fredericksburg on **Thursday evenings, 6-7 p.m.**

Harvest season runs **June 6 through October 24**. We take a “CSA Mid-Summer Break”—no harvest on **July 4**.

This year we’re offering **TWO share sizes to choose from:**

**Large Share**—for 3 to 4-person households / \$790 (\$39.50 per week)

**Small Share**—for 1 to 2-person households / \$450 (\$22.50 per week)

Our “Harvest Bar” Distribution allows you to fill your bags with produce, typically between 8-12 different types of produce each week, taking advantage of the “take one/leave one” box.



**QUESTIONS? email us: [info@fredericksburgcsa.com](mailto:info@fredericksburgcsa.com)**

**Visit our website: [fredericksburgcsa.com](http://fredericksburgcsa.com)**

**FACSAP is on Facebook!**

**Tips for Potential CSA Members:**

[www.localharvest.org/csa/tips.jsp](http://www.localharvest.org/csa/tips.jsp)

**Questions You Might Ask Your CSA:**

[www.localharvest.org/csa/questions-for-csa.jsp](http://www.localharvest.org/csa/questions-for-csa.jsp)

**How to Choose a CSA:**

[www.localharvest.org/newsletter/20100223/choosing-a-csa.html](http://www.localharvest.org/newsletter/20100223/choosing-a-csa.html)

## What's Growing



The CSA concept embraces the idea of *eating with the seasons*. Eating seasonal, local produce helps you enjoy the full nourishment of food. FACSAP growers deliver a wide variety of vegetables and some fruit —many of which are heirloom varieties that are grown for flavor and nutrition (rather than long distance hauling). Here are the seasonal items you can expect to see this year:

arugula	onions
beans	peas
beets	peppers
bok choy	potatoes
broccoli	pumpkins
cabbage	radishes
carrots	spinach
cauliflower	summer squash
chard	sweet corn
cucumbers	sweet potatoes
eggplant	tomatoes
garlic	turnips
kale	winter squash
kohlrabi	herbs
leeks	honey
lettuce	handmade soap
melons	apple juice
mushrooms	

...plus occasional surprise items!

## RECIPES

Here are hyper-links to just a few of the many websites that will provide ideas and inspiration when it comes to preparing your fresh veggies:

[Recipe Source](#)

[Cooks Illustrated](#)

[Food 52](#)

[Epicurious](#)

[Pinterest](#)

[Celiacs Support Association](#)



FACSAP growers follow the guidelines established by **Certified Naturally Grown** (a program that follows the standards set by the USDA National Organic Program) or **USDA Certified Organic**.



“Certified Naturally Grown farmers reflect a commitment to work within the natural biological cycles that are necessary for a truly sustainable farming system—a system that works in harmony with micro-organisms, soil flora and fauna, plants and animals — to maintain and increase the long-term fertility of soil, leaving it even more vibrant and alive for the next generation of farmers.” More info. can be found at [www.naturallygrown.org](http://www.naturallygrown.org)

### **GREEN THUMB GROWERS, CNG**

*City of Fredericksburg*

Green Thumb Growers grows food on city lots. This is Tom Miller’s eleventh year providing produce for FACSAP members. The staff at Green Thumb Growers cultivate Certified Naturally Grown produce at Downtown Greens on Dixon Street and at new gardens on Elm and Charlotte Streets.



### **HARTLAND NATURAL FARM, CNG**

*Rapidan, Madison County*

Hartland Institute was established in 1983 in Rapidan, Virginia as a comprehensive training center for Adventist young people with a vision for missionary work. The farm serves as a training ground for students to gain experience in growing food from the fields, gardens, and greenhouses. The farm compensates students for their work by deducting a portion of their tuition, so all purchases from the farm will help these students go through school. Hartland’s farm’s growing practices are directed to producing healthy naturally grown, nutrient-rich produce which is free from harmful contaminants and genetically-modified organisms. The bountiful harvests of superior quality fruits and vegetables supply the Hartland Institute’s kitchens, the Fredericksburg Area CSA Project, the Local Food Hub, and other area markets. This is Hartland’s fifth year growing for FACSAP members.



### **GUERRA GARDENS, CNG**

*Bealton, Fauquier County*

Guerra Farm offers a variety of high-quality produce to the local community. Jose Antonio Guerra, prize-winning grower from his native Guatemala and former lead grower for Virginia Green Grocer certified organic farm in Fauquier County, established his own farm in 2015, and returns for his eleventh season growing for FACSAP members.



### **GOLDEN ACRES ORCHARD, Virginia Association of Biological Farming**

*Front Royal, Warren County*

GOLDEN ACRES ORCHARD is 35-acre farm in the rolling countryside of the Shenandoah Valley. Every year, Thomson’s Golden Acres Orchard produces seven different varieties of organically grown apples... in addition to unfiltered apple juice and apple cider vinegar.



### CARDINAL APIARIES, CNG

*Stafford County*

*Cardinal Apiaries* is a homestead operation established in 2014 when Pete and Angie Burt moved their family and their bees to Stafford County. Cardinal Apiaries is one of two Certified Naturally Grown apiaries in the area. The homestead is an experiment in self-sufficiency designed in part to practice producing, preserving, and eating wholesome food with minimal commercial inputs. The Burts are helping to train the next generation of beekeepers. You can learn about the bees and other projects at Cardinal Apiaries by visiting [www.cardinalapiaries.com](http://www.cardinalapiaries.com) or [www.facebook.com/cardinalapiaries](https://www.facebook.com/cardinalapiaries). This is their fifth year providing honey for FACSAP members.



### FOLK CITY SOAP

*Richmond, VA*

For Heidi Reszies, natural soap making is a balance of science and art. Folk City Soap is crafted in small batches, using the cold process method. These soaps are made with sustainable and organic plant-based oils, as well as essential botanical oils. This is Heidi's twenty-second year with FACSAP.



### BLENHEIM ORGANIC GARDENS, QCS Certified Organic

*Westmoreland County*

*Blenheim Organic Gardens* is part of Blenheim Farm, a 400-acre farm long associated with the Washington family in Westmoreland County Virginia. Blenheim farm was established by George Washington's family in the 18<sup>th</sup> century and is protected with conservation easements that preserve its historic character, open spaces, farmland and wildlife habitats in perpetuity. This family farm's top priorities are sustainable agriculture, wildlife conservation, and satisfied customers. Blenheim grows a large variety of crops on about 15 acres, with 20 acres USDA certified organic by QCS. Land that is not in vegetable production is planted in cover crops to increase field fertility or to attract beneficial insects. This is the third year Blenheim will be growing for FACSAP members.



### DOWNTOWN GREENS – YOUTH FARM PROGRAM, CNG

*City of Fredericksburg*

The mission of Downtown Greens, Inc. is to foster community involvement and growth by preserving and protecting urban greenspace through collaborative environmental stewardship and experiential education. Through the Youth Farm Program, area children will be engaged in an after-school and summer program where they will be growing food for their families and our community, learning entrepreneurial skills to serve them throughout their lives, and learning to love nutritious organic foods by preparing their harvested produce. This is the Youth Farm Program's third year of growing for FACSAP.



### ROCK RUN CREEK FARM – CNG

*Fauquier County*

The Ngoh family incorporates Rock Run Creek Farm's natural woodlands into a sustainable agricultural system, cultivating organic oak log Shiitake mushrooms as part of the farm's greater forest management. Rock Run Creek Farm started growing for FACSAP members in 2003.