



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

Welcome to the 24th Harvest Season of the Fredericksburg Area CSA Project!

Your door to organic farms in the Fredericksburg area

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

1. COMPLETE the MEMBER SIGN-UP FORM with your information. Download the FACSAP 2020 Share Commitment Form at www.fredericksburgcsa.com
2. SEND an email to info@fredericksburgcsa.com to reserve your share (attach your form or print and bring with you, along with your payment, to your first produce pick-up).
3. COME each Thursday evening to your designated location during specified time to pick up your weekly harvest share.

Why join the Fredericksburg Area CSA Project?



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

The food you eat and how it is produced has a direct impact on your health!

Industrial farming practices pose a profound threat to human health—they pollute the environment, affect the water we drink and the air we breathe; they deplete the soil. There is a direct link between this environmental degradation—along with the use of chemicals common in industrial agriculture (like atrazine and glyphosate, which are known endocrine disruptors)—to the rise in chronic disease in humans. **Regenerative, organic farming** keeps nutrients in the earth and in your food—it helps improve your quality of life, as well as that of future generations!

Buy Local & Organic

CSA directly supports small local organic family farms and helps grow the next generation of organic farmers. Connect with the food you eat by knowing your growers and exploring the farms.

2020 HIGHLIGHTS

- **CHOICE OF 2 SHARE SIZES:**

Small Share: for 1-2-person households

Large Share: for 3-4-person households

- **CHOICE OF 3 SHARE TYPES:**

full 20-week Summer Share—small \$450 / large \$790

10-week Summer Share—small \$225 / large \$395

4-week Summer Share—small \$90 / large \$158

\$22.50 per week for small share / \$39.50 per week for large share

- **CHOICE OF 3 PICK-UP LOCATIONS:**

Downtown Fredericksburg 6–7 PM

Walker-Grant Center, rear parking lot (near Downtown Greens) 200 Gunnery Road, Fredericksburg, VA

Stafford County* 6:30–7:30 PM

Hartwood Presbyterian Church, Community Center covered porch

North Stafford County* 6:45–7:30 PM

at Hidden Lake Subdivision Pavilion

*Add \$10 for Small Shares or \$20 for Large Shares, for boxes

- **DELIVERY OPTION AVAILABLE (\$10 per delivery)**

- **RECIPES & COOKING TIPS in our weekly email & blog**

- **ANNUAL SEASON OPENING MEET & GREET-**

one week before first harvest, at the Dorothy Hart Community Center on Canal Street in downtown Fredericksburg, VA **cancelled for 2020**

- **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 six to ten 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 olive oil, *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 opening and closing of each season with the traditional Potluck Suppers. 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.

WELCOME TO THE 2020 HARVEST SEASON! We look forward to growing with you!

The FACSAP Growers and Producers –

José Antonio Guerra at Guerra Garden, **Esteban Cabrera, Matz Groschel & Amir Davis** at Hartland Natural Farm, **Lawrence & Becky Latané** at Blenheim Organic Gardens, **Tom Miller** at Green Thumb Growers, **Francis Ngoh** at Rock Run Creek Farm, **Sarah Perry & Janet Douberly** & their students at the Downtown Greens Youth Farm Program, **Christien Conniff** at Blasquez Gardens, **Pete Burt** & his family at Cardinal Apiaries, **Jen Ferinde** at Charis Farm & Homestead, **Heidi Reszies** at FolkCity Soap, **John Thomson & Mrs. A. P. Thomson** at Golden Acres Orchard, **Aline Fisher** at Seedling Source, **Dimitris Therianos** at Therianos Family Organic Farm, and **Dave & Wendy Williams and Rebecca (Becky) Bracewell** at All Things Farm

and Volunteer Organizers –

Stavroula Conrad, President/Grower Coordinator; **Heidi Reszies**, Vice President; **Liese Haley**, Treasurer; **Misha Sanborn**, Distribution Coordinator; **Tom Miller**, Grower/Organizer/CNG Inspection Support; **Nancy Yun-Sheldon**, Distribution Volunteer Co-Coordinator; **Jamie Smith**, Member Email Correspondence Coordinator/Distribution Volunteer Co-Coordinator & Greeter; **Nancy Gravely**, Hidden Lake Distribution Coordinator; **TJ Weatherspoon**, Hartwood Distribution Coordinator; **Sarah Perry**, Distribution Volunteer; **Denise Regeimbal**, Member Email Communications Coordinator; **Wendy LaRue**, Social Media Coordinator; **Jen Ferinde**, Distribution Volunteer; and **Mike Hayden**, Tax Preparation Volunteer

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.

The CSA concept 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 and your health.

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. Harvest season runs **June 4 through October 22**. We take a “CSA Mid-Summer Break” — **no harvest on July 2**.



QUESTIONS? email us: info@fredericksburgcsa.com

Visit our website: fredericksburgcsa.com

FACSAP is on Facebook and Instagram!

Tips for Potential CSA Members:

www.localharvest.org/csa/tips.jsp

Questions You Might Ask Your CSA:

www.localharvest.org/csa/questions-for-csa.jsp

How to Choose a CSA:

www.localharvest.org/newsletter/20100223/choosing-a-csa.html

RECIPES

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

CSA Solutions Hub

Eating Well

Feasting At Home

Adventure Kitchen

Taste of Home





What's Growing

The growers plan on growing and harvesting the following for the 2020 FACSAP Summer Shares, weather and field-conditions permitting:

Guerra Garden

Tomatoes, various varieties
 Green sweet peppers
 Chili peppers (hot)
 Eggplant, various varieties
 Potatoes, various varieties
 Magda Squash
 Zucchini
 Yellow Summer Squash
 Basil
 Swiss Chard
 Beets with Greens
 Kale
 Watermelons
 Green Beans
 Shelling Beans
 Dry Beans
 Sweet Corn
 Cucumbers
 Butternut Squash
 Bonbon Squash
 Green Cabbage
 Onions
 Herbs

Hartland Natural Farm

Kale (Curly, Red Russian & Lacinato)
 Swiss Chard
 Asian Cabbage
 Beets
 Red Leaf Lettuce
 Romaine Lettuce
 Mixed baby salad greens
 Tomatoes
 Potatoes
 Sweet Peppers
 Eggplant
 Carrots
 Beans
 Cucumbers
 Summer Squashes, various
 Garlic
 Herbs
 Blueberries

Blenheim Organic Gardens

Asparagus
 White Sweet Potatoes
 Collards
 Cabbage
 Elephant Garlic
 Napa Cabbage
 New Potatoes
 Cucumbers

(cont'd)

Bok Choy
 Head Lettuce
 Sweet Corn
 Thai Basil
 Beets
 Tomatoes, various varieties
 Sweet Potatoes
 Black-eyed Peas
 Potatoes
 Arugula

Rock Run Creek Farm

(Some items will be included with the Share if quantities are there. If not enough for all the shares, will be available for direct purchase)
 Shiitake Mushrooms
 Oyster Mushrooms
 Garlic
 Garlic Scapes
 Leeks
 Microgreens
 Fingerling Potatoes
 Herbs
 Melons

Green Thumb Growers

Kale
 Winter Squash

Downtown Greens – Youth Farm Program

Herbs, including Sweet Basil, Thyme, Oregano, Dill, Cilantro and Parsley
 Assorted hot peppers
 Ground cherries & other surprises

Blasquez Gardens

Cherry Tomatoes, in numerous varieties!
 Okra, in assorted varieties

Golden Acres Orchard

Apples, assorted varieties
 Apple Juice and Apple Cider Vinegar will be offered as a Side Share, along with bulk apples outside the Summer Share

Folk City Soap

Selection of artisan, hand-made soaps from organic ingredients

Cardinal Apiaries

Raw, nectar-only (no sugar water)
 Wildflower Honey



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



FARMERS & PRODUCERS

Guerra Garden, CNG / José Antonio Guerra
Fauquier County

Hartland Natural Farm, CNG / Esteban Cabrera, Matz Groschel & Amir Davis
Madison County

Blenheim Organic Gardens, QCS, CNG / Lawrence & Becky Latané
Westmoreland County

Green Thumb Growers, CNG / Tom Miller
City of Fredericksburg

Rock Run Creek Farm, CNG / Francis E. Ngoh
Fauquier County

Downtown Greens-Youth Farm Program, CNG / Sarah Perry & Janet Douberly
City of Fredericksburg

Blasquez Gardens, CNG / Christien Conniff
Stafford County

FolkCity Soap / Heidi Reszies
Richmond

Golden Acres Orchard Biologically Grown / John Thomson & Mrs. A.P. “Scottie” Thomson
Shenandoah Valley

Cardinal Apiaries, CNG / Pete Burt
Stafford County

SIDE SHARE GROWERS & PRODUCERS

Charis Farm & Homestead, *CNG* / Jennifer (Jen) Ferinde
Spotsylvania County

All Things Farm, *CNG* / Dave & Wendy Williams, Rebecca (Becky) Bracewell
Fauquier County

Therianos Family Organic Farm, *TUV Hellas* / Dimitris Therianos
Zakynthos, Greece

Seedling Source, *CNG* / Aline Fisher
City of Fredericksburg

Colebrook Garden / Jennifer Gron
Stafford County

Terembry Farm, *CNG* / Sharon McCamy
Fauquier County

Kickshaw's Gluten-Free Bakery / Kathy Craddock
Spotsylvania County

Pälzer Mädél / Nicole Maynard
Spotsylvania County

OUR COMMUNITY PARTNERS

Regular Summer Distribution Site, downtown Fredericksburg:
Downtown Greens Community Greenspace

2020 Summer Distribution Site, downtown Fredericksburg:
Walker-Grant Center

Fall, Winter & Spring Season Distribution Site, downtown Fredericksburg:
Liberty Town Arts Workshop

Stafford Distribution Site #1 - Hartwood
Hartwood Presbyterian Church

Stafford Distribution Site #2 – North Stafford
Hidden Lake Subdivision

Hazel Hill Shares, downtown Fredericksburg
Saint George's Episcopal Church – The Table

Sunday CSA Delivery, Manassas:
Nativity of Our Lord Orthodox Church – Parish Organic Farm Support Ministry

Table & Distribution Supplies Storage, downtown Fredericksburg
Katora Coffee

