



Norwood Food Co-op CSA



a Just Food Community Supported Agriculture (CSA) Program
3150 Rochambeau Ave. Apt C42 . Bronx, NY 10467 . 718-514-3305 . www.norwoodfoodcoop.org

2010 Registration and Information Form

WHAT IS A CSA FOOD CO-OP?

A Community Sponsored Agriculture food co-op connects New York City families with local organic farmers. When you become a member of the Norwood Food Co-op CSA you will receive a share of the weekly harvest of the Norwich Meadows Farm. Through this CSA, affiliated with *Just Food*, we are re-creating the direct link between the farmer and consumer, giving consumers fresh and more wholesome organic foods.

A CSA is not like shopping at the supermarket. Your weekly share will be comprised of fresh organic vegetables and fruits grown in season and picked just prior to delivery. The quantity and variety of items in the share will vary from week to week, depending on weather and season. You will learn to enjoy a wider variety of seasonal vegetables. The quantity of food varies based on the harvest (*there is risk involved*), but we usually receive between 5 and 8 different items per week. In an average year, the share prices reflect a savings of about 15-20% off what you would pay in a green market for a comparable amount of local organic produce. The season lasts from mid-June to mid-November (about 21 weeks), and 2010 will be our seventh season!

BECOMING A MEMBER / PRICING

To become a member, you must purchase a share (includes an administrative fee). There are three size shares:

- **Split Single Share: \$170.00** (about \$8 / week)
 - If a single share is too much and you can't find someone to split it with on your own.
- **Single Share: \$315.00** (about \$15 / week)
 - The most common share, feeds a family of 2 to 4 people
- **Double Share: \$615.00** (about \$29 / week)
 - Feeds a family of 3 to 6 people, or for those who plan to juice or preserve produce

– YOU CAN PAY IN INSTALLMENTS, BUT THE FULL AMOUNT MUST BE RECEIVED BEFORE MAY 31 –

We Accept EBT/Food Stamps: We require a \$50 deposit, half of which is refundable. The balance of your share can be paid through EBT. Please contact Danielle at 631-875-5233 for more information.

Shares in past years have included: Tomatoes (Heirloom, Yellow, Cherry), Potatoes (Fingerling, Blue), Lettuces (Leaf, Romaine, Boston, mixes), Basil, Squashes (many of summer and winter variety), Eggplants (Italian and Asian), Peppers (Sweet, colored, hot), Beans (Fava, French Filet), Cucumbers (Oriental, Middle Eastern, Kirby), Melons (Honey Dew, Oriental, Watermelons), Root Crops (Radishes, Turnips, Onions, Carrots, Garlic, Leeks, Shallots), Greens (Over 20 varieties), Broccoli and Brussels Sprouts.

SPECIAL ITEM SHARES

Once you sign up to become a member, you may also purchase **Special Item Shares**. **FRUIT SHARES** come primarily from Red Jacket Orchard, and are produced with fewer pesticides through *Integrated Pest Management* (IPM). There will be a full fruit share that comes 20 times, and a half share that comes 11 times. We will also offer **EGG, HONEY, GRANOLA, YOGURT, BUTTER, MILK** and **CHEESE SHARES**. Each of these items will be delivered every other week during the season (11 deliveries). See reverse for more details.

PICKING UP YOUR SHARE:

Every week from mid-June through mid-November, the farm will deliver our food to the distribution site at Epiphany Lutheran Church (302 E 206th Street, just off of Bainbridge). Pickup time is between 4 and 7 PM, and will most likely be on Wednesdays or Thursdays.

VOLUNTEERING:

All members MUST volunteer 4 hours (per share or household) over the course of the season at the distribution site or in another manner such as outreach, composting or gardening at the church, contributing articles to the newsletter, delivering leftovers to a soup kitchen, organizing group activities, or serving on the core group. Failure to volunteer will result in a financial penalty.

Members **must attend an orientation and training session** the week before the first delivery at the church. In addition to learning how the CSA works and what volunteer responsibilities will be, you will be able to meet other CSA members and start to build community. More information will follow closer to the beginning of the season.

↓ To join the Norwood Food Co-op CSA, please fill out the back of this form and return with your payment ↓

