



# Garden of Eve

## ORGANIC FARM & MARKET

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### **RIVERHEAD CSA**

#### **Community Supported Agriculture Member Handbook**

#### **Welcome to the Garden of Eve!**

We hope you enjoy being a member of our CSA. We take great pleasure in providing our members with fresh, high quality produce, love the connections we are able to make with our members, and feel good about providing an experience which lets you and your family participate in local agricultural cycles. This handbook is intended to provide you with information about the logistics of how the CSA actually works. If you have other questions please don't hesitate to email us!

#### **How do we get in touch with the farmers?**

We are a small business with no “administration” or “customer service “ departments. It is mainly just us and our farm crew, growing your vegetables, handling all the financial and paperwork and marketing aspects as well. We check email at [farmer@gardenofevefarm.com](mailto:farmer@gardenofevefarm.com) more or less once per day but do not always have time to respond immediately. We usually return phone and email messages within 2-3 days. You can contact the farmstand at 722-8777 with questions.

#### **When does the CSA go until?**

The CSA goes until two weeks before Thanksgiving; the final pick-up days are Nov 13 (WED) and 16 (SAT). However the farmstand will be closed in November. Pick up will continue on your designated day, but it will be self-service.

#### **How can I get more involved in the CSA? Help out at the farm, or host a member social!**

Let us know if you have the time, space or energy to get more involved. You are not required to help out at the farm, but if you do you'll learn a lot more about where your food comes from, how it's grown, and we'll get a chance to get to know you!

#### **Is there a newsletter?**

We have a weekly e-newsletter with recipes, events, etc. If for some reason you are not receiving it once the season starts, you can go to [www.gardenofevefarm.com](http://www.gardenofevefarm.com) and email the farm to sign up.

#### **Why should I like the farm on FACEBOOK?**

Garden of Eve answers questions, posts news, recipes and events on Facebook. Recipes are also archived in the Notes section on our Facebook page. This is a great way to share comments with other CSA members and find out more about the farm.

### **When is pickup?**

Standard pickup times are Wednesday 10am-6pm, Sat and Sunday 10am-6pm. We always allow some flexibility, since you are picking up at our farmstand and we have vegetables there every day from 10am-6pm. However, if you show up unexpectedly you may have to wait a bit longer than usual as we put your share together, or we may need to substitute some share items that may not be at the stand at that time.

### **How do I change my pickup day?**

Members choose one day to pick up regularly, but if you need to change once in a while we can accommodate you. This is one of the benefits of our CSA at the farmstand, and is rare among other CSA locations. To change your pickup day it is best to call the farmstand directly at 631-722-8777. Please be specific about how long you would like to switch for, be it just one week or for the rest of the season.

### **What happens to the leftover vegetables and other items?**

Small children feed them to the goats and sheep and chickens and rabbits to continue the farm cycle!

### **What if I know in advance I am going to miss pickup?**

You may send anyone in your place to pick up your share if you are unable to make it to pick up, including other CSA members, friends, family, etc. If you do miss the pickup, we are somewhat flexible AT THE FARMSTAND ONLY.

### **How does the pickup work?**

When you arrive at the pickup, check in with our staff at the register, she'll check off your name from the sign-in list and you can go back into the cooler.

Look for the sign which lists what is in the share this week. Simply go around the tables, taking the items listed. DO NOT TAKE SHARE TYPES WHICH YOU ARE NOT SIGNED UP FOR (i.e. fruit, eggs, flower). If you forget, please consult the list. Please remember, to reduce waste we harvest only as much produce as we need for that day—if there are 20 members, we pick 20 lettuces, and 20 bags of spinach. So please do not take extra of an item because you really like it, or it looks small! Then there won't be enough left for people at the end. PLEASE BRING YOUR OWN BAGS.

### **Do I need to wash the produce?**

We wash most of the produce after harvesting (except tomatoes), it helps cool the veggies off so they stay fresh longer. However you will need to give everything another rinse once you get it home to take care of any residual grit. Baby greens and head lettuces generally have a lot of dirt and need to be soaked in a bowl of water.

### **What if I don't like something? What is this and how do I cook it?**

If you don't like an item in the share, take it anyway! You may be surprised at how different fresh, organic produce tastes from what you buy in the store. Not sure what something is, or how to cook it? Ask one of your fellow members! We will be giving new members a cookbook written specifically for CSA members, such as *An Endless Harvest*. Some other good ones are *Farmer John's Cookbook*, *Simply in Season*, or *Preserving the Harvest*, among others.

If you have already tried something in the share, and have decided you definitely don't like it, please let the farmstand staff know and they'll help you switch it for an item of similar value more to your liking.

**What if I'm sharing a share, or I only bought half a share?**

If you are sharing a share, then you both can meet at the location and pick up together, or one of you can pick up the share and split it up later. If you only bought a half share, then you will pick up a whole share every other week. Early in the season you will be assigned either "A" or "B" weeks to pickup. If you think you may miss a pickup, the same rules apply as to a full share. A AND B WEEK DATES ARE LISTED AT THE END OF THIS HANDBOOK FOR YOUR EASY REFERENCE.

**What are some of the "perks" of CSA membership?**

You are welcome to come out to the farm ANY TIME and pick your own herbs and some vegetables and flowers located in the fields behind our farmstand as an extra share bonus.

Garden of Eve Farm Market and Garden Center is newly expanded, and selling our produce, organic foods, herb and vegetable plants, annuals and perennials every day 10am-6pm daily from April 1 through Halloween. You do not need to notify us beforehand. We are also planning a variety of events and CSA "open farm" days where we give tours, teach you about how organic produce is grown, and have fun. Please come see the farm! You'll have a great time.

CSA members can attend cooking classes at the farm for FREE! Register online at [gardenofevefarm.com](http://gardenofevefarm.com) or at the Farmstand. Save these dates for Farm Tours, Cooking Classes & our Annual Garlic Festival:

**Thursdays in July & August, TOTS COOKING! (ages 2-6), Tour the farm to gather produce and learn about how our veggies were produced. Then bring them back to the Farm Market and turn them into delectable delicacies. Fun for families!**

**August 16 & 17, Sat-Sun: FARM-TO-TABLE COOKING CLASS. This class will teach you how to prepare fruit and vegetables for canning or pickling, how to prepare a brine, and how to do water-bath canning.**

**August 16 & 17, Sat-Sun: TOMATO TASTE-OFF FESTIVAL 10am-6pm, rain or shine, Come judge the taste of 20 varieties of heirloom and traditional tomatoes, learn to can your own, make salsa, enjoy tomato cuisine. Enter your homegrown organic veggies in our veggie judging competition and win prizes!**

**September 20-21, Sat-Sun: Tenth Annual LONG ISLAND GARLIC FESTIVAL. 10am-6pm, rain or shine. All-day celebration of the wonders of "Garliciana," with festival vendors featuring a wide variety of garlic inspired foods, crafts, music, and just plain organic garlic to eat and plant. Enter the Garlic Eating Contest or the Garlic Iron Chef! Admission just \$3 per person, children under 6 free.**

**October weekends, Sat-Sun: PUMPKIN FESTIVAL. Enjoy roasted sweet corn and squash, fresh-squeezed lemonade, organic hot dogs and more. Pick out a pumpkin and some beautiful fall mums, and enjoy our live music every weekend as you try our homegrown Farm Café' fare. Time will fly by as the kids disappear into the many attractions including our pedal kart track, maze, and lavender labyrinth, and friendly farm animals.**

**October 25-26, Sat-Sun: OKTOBERFEST (tentative) 11am-5pm, Rain or shine. Featuring Long Island's favorite Craft Brewers with beer to taste and buy, pumpkin picking, hayrides, family fun, and more!**

**October 19: GLEANING OF THE FIELDS** Come out and join us for this Biblical ritual which still makes a difference to people, even today! Help pick vegetables that have been left behind to donate to

those less fortunate than we are through food pantries across Long Island. Free, kids of any ages welcome.

**Is volunteer time required?**

We are asking everyone to sign up for one volunteer shift during the season at the distribution. This will involve helping with plants, produce, or farm jobs. It's fun! Filling your volunteer hours will be mainly on an honor system basis, and if you are truly impossibly busy, we understand. But we guarantee you'll get more out of your CSA experience if you volunteer.

If you'd like to do farm work, call our farmstand at 631-722-8777 and we'll put you on the volunteer calendar. We are in the field from 8am-6pm Monday through Saturday. Typically Tuesday and Friday volunteers help with the harvest, and on other days we are weeding, planting, or doing other special projects. Show up with an open mind and be ready to work—bring sunblock, water, a sun hat and gloves if you want. We provide the tools! Please put the tools back where you found them! Kids are welcome to help you work, however they must be watched at all times. Kids younger than 6 are better off staying at the farmstand (we know from experience!)

**Do the farmers want feedback?**

Yes! Once each season we'll be asking you to fill out an online survey, feedback that we use for planning the following year. But don't wait for us! If there is something that you'd like us to know that would make the CSA work better for you, please let us know.

**2014 A & B WEEKS – IN CASE YOU LOSE TRACK!**

**A WEEK (Weds, Sat)**

- June 11, 14**
- June 25, 28**
- July 9, 12**
- July 23, 26**
- August 6, 9**
- August 20, 23**
- September 3, 6**
- September 17, 20**
- October 1, 4**
- October 15, 18**
- October 29, November 1**
- November 12, 15**

**B WEEKS (Weds, Sat)**

- June 18, 21**
- July 2, 5**
- July 16, 19**
- July 30, August 2**
- August 13, 16**
- August 27, 30**
- September 10, 13**
- September 24, 27**

**October 8, 11**  
**October 22, 25**  
**November 5, 8**  
**November 19, 22**

## **HOW TO TREAT RIPE FRUIT: FOR FRUIT SHARE MEMBERS**

### **1) RIPE FRUIT MUST BE EATEN WITHIN A FEW DAYS OF YOUR CSA PICKUP.**

The fruit in your share is picked no more than one or two days before we bring it to you. Because it is picked ripe, it does not have a long shelf life. Therefore, instead of engineering the fruit to suit your schedule (i.e. picking fruit hard and unripe, cooling it, growing varieties that stay hard for a long time but have no taste, etc.) you will sometimes have to mold your eating schedule to the fruit.

Ripe berries, heirloom tomatoes, ripe peaches, etc. will begin to soften and then mold after a few days... that's just what happens. If you can't eat them by then, cut them up and put them in the freezer, which will give you a source of delicious smoothies for the rest of the year. You can also bake fruit muffins and pies using frozen fruit.

### **2) DON'T CONFUSE SOFT WITH ROTTEN**

Some of the fruit and tomatoes you get may be soft. This does not mean they are rotten. This means they are ripe or sometimes perhaps have spots that are slightly over-ripe. Again, this makes them good candidates for cooking rather than eating raw. Even moldy spots can often just be cut out of fruit and the rest of it used in cooked dishes.

Make a sauce, chop them up and put them in pancakes or an omelet, make jam or cobbler or anything else tasty that occurs to you. Remember, our ancestors invented all these dishes in the first place as a way of using up their over-ripe fruit! Follow their good example of creativity and you will be rewarded.

### **3) LEARN HOW TO RIPEN UN-RIPE FRUIT**

Some of the fruits you get will NOT yet be ripe, because they can't be handled at all when they are ripe and soft. Peaches are picked and delivered to you hard. Some tomatoes may need another couple of days to reach their peak. **DON'T TRY TO EAT HARD FRUIT** until it is **RIPE!**

To ripen, just let the fruit sit on a counter **OUT OF THE FRIDGE** for a couple of days to let the sugars develop. Some people put it in a brown paper bag, which keeps the plant hormones (ethylene) inside and aids ripening. You can put unripe fruit near some ripening bananas etc. to speed ripening. Don't put it near anything you don't want to over-ripen, like cut flowers, tomatoes, or fruit that is already ripe.

Good luck, and yum 🍎



## **Flower Share Care**

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We want your cut flowers to last after you get them, and so do you. Realistically they are likely to last 3-6 days, due to the types of flowers we grow, and often some flowers in a mixed bouquet will die before others. If you pick the dying ones out, you can enjoy the longer-lived varieties for a few more days.

Here are some simple things you can do to help flowers last longer:

### **1. KEEP THEM IN WATER**

This may seem self-evident, but try not to let them be out of water for too long. If you're not going straight home after your CSA pickup, bring some paper towel and a plastic baggie and wet down the stem ends before you put the bouquet in your bag. Try not to leave flowers anywhere hot, like in your car. Once they have wilted, some types of flowers will perk up when put back into water, but some will not.

### **2. CUT THE STEMS ONCE YOU GET HOME**

Trim the stems (anywhere from 1 cm to as much as you want) once you get home, with a knife (not a scissors). This opens the stem water vessels that have hardened from exposure to the air (xylem - remember from biology class?) so that the flower can drink again. They say to "cut under water", but logistically I've never figured out how to do this. If you can, great.

### **3. ADD PRESERVATIVE TO THE WATER**

You can add a tablespoon of sugar, bleach, or commercial floral preservative to your vase water if you want. I usually don't at home, myself, but if you do they will last longer.

### **4. CHANGE WATER FREQUENTLY AND RECUT STEMS**

Every couple of days, dump the vase water out and recut the stems an inch or so. This will slow the decay process and keep the flowers drinking

### **5. KEEP FLOWERS AWAY FROM RIPENING FRUIT**

Hormones (ethylene) from ripening fruit or tomatoes will make your flowers ripen (die) faster. So don't put them next to the banana bowl. Also, if you can keep them out of direct sunlight that will help.

That's about it. Some flowers just intrinsically last longer than others, some wilt more easily, etc., which is not your fault. Unfortunately some of the prettiest flowers have the shortest vase life... but we use many that hold up well, and we hope that your bouquet will last 4-6 days on average.

If you learn tricks that seem to help, or have feedback on which flowers did well/not well, please feel free to share them here - it will help us for future seasons!