



Garden of Eve

ORGANIC FARM & MARKET

4558 Sound Ave, Riverhead NY 11901 • Mail: PO Box 216, Aquebogue NY 11931
tel: (631) 722-8777 Farmer@GardenOfEveFarm.com GardenOfEveFarm.com

Community Supported Agriculture (CSA) Member Handbook

Farm Mailing address: PO Box 216, Aquebogue NY 11931

www.gardenofevefarm.com farmer@gardenofevefarm.com

For questions **DURING PICK UPS** please call (631) 722-8777 or (631) 523-6608

TABLE OF CONTENTS:

Everything You Need to Know About Being a CSA Member (pp 1-4)

Member Agreement (MUST READ) (pp 5-8)

Fruit Share Care (p 9)

Flower Share Care (p 10)

“Core Group” volunteer roles and responsibilities – if you are interested (p11)

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 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. If you need an answer quicker, feel free to try us back again. You can contact the Eve at 631-523-6608 with questions.

Is there a newsletter?

Each week the farm emails out an e-newsletter that contains an approximate share list, recipes, and other farm news. If you have questions or a recipe you would like to share, email it to the farm and we'll include it in the newsletter! If for some reason you are not the e-newsletter, look in your spam box. We'll also be posting our share lists to the "Garden of Eve Organic Farm CSA Members" page on facebook. Find this page, request to join and you will be approved if you are a CSA member.

Remember, the share lists are approximate, just because something is on the list does not mean it's definitely in your box, so if it's not in your box, that does not mean we forgot it!

When and Where is pickup?

You can check our website for all the specifics of your site. Standard pickup times are listed on our website at <https://gardenofevfarm.com/csa/locations/>

What happens to the leftover vegetables and other items?

They are donated to charity.

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

You may send anyone in your place to pickup your share if you are unable to make it to pickup, including other CSA members, friends, family, etc. If you do miss the pickup, you can not get more another week. We will circulate member information among members who are comfortable with this, so you can coordinate pickups.

Oops! I missed a pickup!

Sorry, but we are not able to make up missed items unless there was a shortage that was our fault. If it was our oversight, we will send you the items at the time of a future pick up. Unclaimed items are donated to food pantries and soup kitchens.

How does the pick-up work?

When you arrive at the pickup, you'll check off your name from the sign-in list and simply take your veggie share out of a pre-boxed box or crate and put it into a bag you've brought with you. Eggs and fruit will be in separate crates and flowers will be in buckets keeping hydrated. PLEASE DO NOT TAKE SHARE TYPES WHICH YOU ARE NOT SIGNED UP FOR (i.e. fruit, eggs, flower). If you forget, please consult the list. YOU MUST BRING YOUR OWN BAGS as we will not be supplying bags.

Do I need to wash the produce?

Yes, in most cases. Many vegetables, particularly root vegetables, store better in your fridge with a thin layer of soil on them (i.e. potatoes, carrots, sweet potatoes etc). Although we wash most of the greens after harvesting, 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. Anything that looks slightly dehydrated (wilted) from it's trip from our farm to your home will be perked up by soaking in a bowl of warm or cool water, and will then stay fresh longer.

How do I best store the produce?

Make sure to properly store each type of vegetable. We often have some tips in the weekly newsletter (find online or in email) or you can search youtube or the internet which is a great resource if you are new to fresh veggies.

KEEP IT COOL. Use an insulated bag to store your share in at work, in your office, in your car - wherever your share may live before it makes it to your fridge at the end of the day. Also, it would be helpful to bring an ice pack of some kind to add to the bag with your veggies (don't put directly against fragile greens to prevent freezer burn)

Eeek! There is a bug in my produce!!!!

We use beneficial insects to help eat the pesky ones that make holes in your leaves or cling on for dear life to their food source. Sometimes they aren't as effective as the poison that conventional growers spray food with, so please be forgiving of these holes and 'cling ons' - they are less harmful to you and your family than sprays and GMOs. Not to be gross, but if you accidentally eat an aphid, earworm, or other small bug, it will not make you sick. They don't carry diseases that affect humans, just plants. Soaking produce in water that you've added a lot of table salt to, for an hour or so, is a great way to kill all the bugs and free them from your produce. Pull out the greens and discard the water before cooking.

NONE of our produce is Genetically Modified for shipping durability, perfect looks, or perfect shape & size. If you can look past the surface appearance, you will discover the inner beauty and authenticity of some "Ugly Vegetables"... 😊 Many of our veggies are heirloom varieties - making them superior in flavor but more perishable.

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! Buy a cookbook written specifically for CSA members, such as *An Endless Harvest* (www.anendlessharvest.com), *Farmer John's Cookbook*, *Simply in Season*, or *Preserving the Harvest*, among others.

You can also help at distribution by starting a "SWAP BOX", you can put items you don't like in there, and take something out which you like better. You'd be surprised, sometimes the things you hate, someone else loves, and vice versa!

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. Before the season starts 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.

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 9am-6pm daily from April 1 through Thanksgiving. Farm Share members get 10% off all merchandise at our on-farm Market, as well as free passes to our "FUN FIELDS" play area. You do not need to

notify us beforehand. We also host a variety of events and CSA “open farm” days where we give tours, teach you about how organic produce is grown, and have fun. Check our website for this year’s dates. Please come see the farm! You’ll have a great time.

Is volunteer time required?

This also depends on your pick up site. You can check here to see if your site requires volunteer time: <https://gardenofevefarm.com/csa/locations/>

What does volunteering consist of, if my site requires this?

At these sites everyone will be asked to sign up for one volunteer shift (possibly two if needed) during the season at the distribution. This involves checking people off as they arrive, showing people what vegetables to take, giving recipe suggestions, etc. It’s fun.

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! 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!)

How can I get more involved in the CSA? JOIN THE “CORE” GROUP!

We are usually looking for 1 person per site to help organize and remind people about their volunteer shifts. In exchange, core group members may get a discount on their vegetable share. Duties require about half an hour per week, depending on the season, and include: Member Outreach (talking to people about the CSA, handing out fliers/brochures and signup forms, etc.), Distribution Coordinator, Membership Coordinator (putting together all the member info in the spring), Volunteer Coordinator, and Farm Trip Coordinator. Please see the last page of this handbook for a detailed description of all these positions.

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.



Garden of Eve

ORGANIC FARM & MARKET

4558 Sound Ave, Riverhead NY 11901 • Mail: PO Box 216, Aquebogue NY 11931
tel: (631) 722-8777 Farmer@GardenOfEveFarm.com GardenOfEveFarm.com

FARM SHARE/CSA

MEMBER AGREEMENT

By purchasing a "farm share", otherwise known as Community Supported Agriculture (CSA), you are helping to support a sustainable, certified organic farm. You are helping contribute to the continuation of farming in the densely populated NY-Metro area, keeping land open for the enjoyment of people and wildlife, and helping support a family-run business that educates the public and new farmers about growing and eating healthy food.

1. Pre-Payment. I agree to pay for my summer/fall share(s) in full before August 1 of the year I'm participating in. I agree to pay for my winter/spring share(s) in full before February 1 of the year I'm participating in.

If you sign up online, you will pay at checkout. These payments support us through the winter and in the early spring, when the farm has little produce to sell, so that we do not have to borrow money. In return, we work very hard all season to give you back more value in your share than you have paid – in effect, your "loan" plus "interest".

Sometimes due to typos, cancelled credit cards or bank accounts, your online payment or installment payment will not clear. You will receive an automatic email that your payment has failed, and often a reminder from the farm that you need to supply us with an alternative form of payment. If these payments have not been remitted within one month of the failed payment, we reserve the right to cancel the remainder of your share.

Members at most NYC locations are also asked to pay a small "site fee" at checkout, varying from \$10-\$25. These fees are used by the community organizations and volunteers that run the pick up location to pay for scales, tents, tables, electronic media needed for communication with members, and other needs related to the CSA.

2. Mandatory Volunteer Shift

I commit to working my scheduled distribution shift(s) for sites that require this. (If unsure, check if your pick up site has a volunteer requirement [HERE on our LOCATIONS page](#))

Most CSA pickup sites require that members work 1-2 volunteer shifts. Usually your help is needed to make sure distribution runs smoothly, helping other members make sure to take the right items, identify produce, etc. You will have a chance to select the date and time of your work shifts after online sign up. Only one member is required to work per household share. Members are welcome to work additional shifts and/or participate in the CSA events. You can meet other members and build community in this way – it's fun!

Participating in volunteer work shift(s) when required is MANDATORY as we are member-run and your involvement is what keeps the CSA functioning. Likewise, your participation in your scheduled distribution shift is essential to keep your membership in good standing. If you cannot make your shift, you MUST arrange for someone else to work for you and notify the coordinator of that site as far in advance as possible.

3. Share Pick-Ups (Distribution)

I am responsible for picking up my own shares at my distribution time (or having a designee do so), otherwise I forfeit that weeks share.

Members assume the responsibility to pick up their shares at the weekly pick-up point, on their designated day, during the designated timeframe, or forfeit that week's share. This includes items such as cheese, meat, vegetables, fruit, eggs, flowers, etc. If necessary, members may make their own arrangements to have someone else pick up for them, or with any other CSA member to trade weeks. (The person picking up for you should check off your name on the CSA list at the distribution site.)

When arriving at distribution, members generally first need to check in before picking up a share and check in separately for each share type. Shares are listed under the primary member's name. Members need to pick up their shares with their own bags. We suggest two large tote bags and smaller plastic bags and containers to put individual items in.

I agree to take only the produce/goods that are part of my share, and only in the amounts designated.

Distribution is organized by item, marked with a sign that will tell the member the amount that they should take. Members are free to peruse the produce within the crate, selecting the individual vegetable that they prefer. However, members are to take ONLY the amounts listed on the share sign (whether by weight or volume). The CSA receives a fixed amount from the Farm, based on the number of members. It's important that no one takes more than their share

or change the
so that other



amounts of items taken based on personal preferences, members will not be deprived of some of their veggies.

4. Share

Contents

I understand that the shares vary in content and quantity of items from week to week. Members receive produce that is in season.

Although there is a large variety each week, the produce will change from week to week. The CSA may send an update prior to distribution as to what the share contents are likely to be; however contents are always subject to change.



I understand that the Garden of Eve Farm may reduce share quantities in the event of bad weather or other detrimental natural conditions affecting harvest.

The production and delivery of farm produce relies heavily upon weather and natural conditions. During exceptionally good conditions, CSA members benefit from surplus produce. Conversely, in the case of a season of bad weather, a natural disaster, crop failure, wild animals picking off the chickens, or other natural forces beyond control, the Farm is not liable to distribute produce or other goods it does not have to the CSA. The Farm works to mitigate these situations to the extent possible, however, this means that there may be times when share quantities be reduced. Members understand and accept the benefits and risks inherent to agriculture and neither the Garden of Eve Farm nor any CSA "core group members" or volunteer shall be held liable in the event of reduced shares. Working together to support the farm through difficult times means that the Farm will be able to recover and continue to sustain a source of quality produce for the CSA community in the long term.

5. Membership. I understand the CSA distribution is a volunteer run operation.

All CSA distribution locations not located at the farm or at one of our Farmers Market stalls are maintained by other CSA members just like yourselves. You agree not to berate, insult, or argue with them, as you understand that they are not responsible for either the quality or quantity of share items, and may have limited or incomplete knowledge about share contents. If you do have feedback or complaints (or compliments!) feel free to contact the farm DIRECTLY by email at farmer@gardenofevefarm.com at any time.

Garden of Eve Farm relies on the CSA community's support to maintain our sustainable, organic farming. CSA members rely on the Farm to provide us with healthy, local, organic produce. Members commit to help do their part and realize that participation is the key to sustainable living. THANK YOU for making sustainable farming possible!

6. REFUND & CANCELLATION POLICY

CSA Subscriptions. The spirit of a CSA subscription is for the subscriber to buy a share of our farm's products for a particular season. This means that you as the shareholder will share with the farmer in both the bounty and the risks associated with farming.

If you are not satisfied with your CSA subscription, you can cancel in writing to farmer@gardenofevefarm.com at any time within the first FOUR weeks of CSA deliveries. Garden of Eve farm will refund you with the unused portion of your subscription, by electronic means only.

AFTER THE FIRST FOUR WEEKS OF THE SUBSCRIPTION, THERE WILL BE NO REFUNDS. If you need to end your CSA subscription during the season for any reason (i.e. moving house, change in job schedule, etc.) we encourage you to re-sell the unused portion of your share, often people post things online such as "craigslist" with success. The farm and most of the coordinating groups keep lists of people on the waiting list. However, selling your share is your responsibility and the farm is NOT RESPONSIBLE for credits, refunds or otherwise for any missed weeks of pickups.

Perishable Products We will replace any perishable product (produce, eggs, turkeys) sold through our web site which the buyer deemed inedible within one week of purchase. Replacement will be with same or similar product, if the original product is not available.

Non-Perishables Garden of Eve unconditionally guarantees the quality of the non-perishable products sold on our Web site, with the exception of CSA subscriptions (see below). If you are not completely satisfied with the quality of our non-perishable products or if you find that your order contains an item you did not order, please contact us and return the item within 15 days of delivery.

Within 15 days of delivery, you may return any non-perishable product purchased from Garden of Eve for full credit, provided that the item is returned in saleable condition. Please include the following in your package: unopened items you are returning in the original packaging, original (or adequate) packing material to ensure the item's safe arrival, and the sales invoice with the items and prices circled. Please note that we can process returns and refunds only for items purchased on GardenofEveFarm.com. Please write the reason for your return and enclose it in the box. For your protection, please use UPS or Insured Parcel Post for shipment.

THANK YOU FOR SUPPORTING OUR FARM!

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

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!

WANTED: CORE GROUP MEMBERS!!!

Distribution Coordinator - On-site

2-4 hours / week

(NB: this could be one person, or a rotating crew which would be organized by one person)

- help/direct volunteers to arrange vegetables on table, make signs
- make sure people sign in
- answer questions about share amounts/vegetables
- keep tables tidy
- replenish Swap Box when necessary
- supervise clean up and wait until the food collection people have taken the leftovers

Volunteer Coordinator

.5 hr / week

- keep Volunteer Sign up Sheet between every pick up date
- email volunteers to remind them the week they have signed up (email Monday)
- keep track of which members still need to complete their volunteer shift, fill empty slots

News Coordinator

1 hour / week

- collect reports from other core group members for publication, when relevant
- coordinate with farmer about feature food of the week (check Garden of Eve online forum on Monday) then find recipes/food facts
- email newsletter to all members

Membership Accounts Coordinator

(.5 hrs per week)

- make sure that Distribution Coordinators/Site coordinators have up-to-date member lists
- assign A/B weeks to members, help resolve signup issues etc.

Membership Outreach & Farm Trip Coordinators:

(2 hrs/week Jan-June, then it's over)

- Create and keep lists of organizations, synagogues, co-ops etc. to outreach to
- Make calls/establish relationships with these partner orgs. etc.
- Follow up with the marketing plan and make sure items are completed
- Work with Temple Sinai to promote events
- Promote CSA farm visit days to membership
- Help coordinate carpooling/bus/driving to the farm