



Welcome to
BUCKHILL FARM
Community Supported Agriculture

We hope you find this handbook useful in explaining the day-to-day operations of the CSA. Every adult who plans to come to the farm to pick up food should take the time to read this handbook. Thank you for your membership and participation. Enjoy!

OUR MISSION

Buckhill Farm CSA is committed to land stewardship based on sustainable agriculture, and to the distribution of the highest quality agricultural products. We produce wholesome, fresh food through our farm. Our techniques reflect a commitment to protecting and improving the health of the land and the surrounding community. By developing economic, educational, and cultural relationships, we strive to raise social and ecological awareness as our members and community learn more about the production of their food.

BUCKHILL FARM CSA

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* The above address is for mailing purposes only.

The farm is located directly across from the Shoppes of Kissel Hill on Route 501, Lititz Pike.

WEBSITE

Please explore and use our website www.buckhillfarm.net. It is full of information and we're always working to make it more relevant to your experience. Recipes, veggie storage tips, events and relevant links can all be found on our site. Please also visit our Facebook page (Buck Hill Farm CSA) for blog and event updates, photos, and much more.

FULL SHARE VS. HALF SHARE

A full share member comes to the farm every week to pick up their share. A half share member picks up their share every other week. For example, if a half share member picks up on Wednesday, June 3rd, their next pick up will be on Wednesday, June 17th. Weekly reminders will not be sent out. We encourage you to mark your pick up dates on a calendar or put reminders in your smart phone. Creating an event on your phone and then having it repeat is very simple and will help get you in the CSA pick up routine.

PICK UP TIMES

Wednesday from 2:00 – 6:30 pm

Friday from 2:00 – 6:30 pm

Saturday from 8:00 – 1:00 pm

You selected one of these days when you signed up and will stick with it for the season.

PARKING

For distributions, please park in the stone lot to the south of our big white barn, located just off Route 501. Please **do not park** on the north side of the distribution room, or on the road running parallel to 501. If you park in either of these places you will be asked to move your car immediately. Safe entry/exit from the property is at the traffic light. Remember to please drive slowly on the farm. We love and encourage members to bring their children to the farm, but they must be under parental supervision at all times. If they would like to go see the chickens a parent must accompany them.

“WHAT DO I DO WHEN I GET THERE?”

1. First things first -- remember to bring your own bags. Just say no to plastic. Take a deep breath and relax. This is not a grocery store and it should not be seen as a chore. Have fun and enjoy the experience of being here.
2. Sign In!! The first thing you should do when you come into the distribution room, after you've taken in the beauty and aroma of the harvest, is locate your name on the pick up list at the counter, and check off your name. Updating this list helps the farmers confirm that there's enough of everything throughout the day.
3. Next, before you pick up your veggies, read the board on the sign in table for any announcements.
4. Then, take a look at the large white dry erase board above the steps. This board lists the share for the day. It will note each vegetable and the amount to take. Some items will be bunched, while others will require you to count things out or weigh them on the hanging scales. Keep in mind when weighing or counting that a fair share is not only the correct amount, but also a fair share of size and beauty. Please do not strip stalks or other parts off the vegetables before weighing them. How the produce is presented to you in the crates is how you should weigh it to determine your share.
5. Mysterious vegetables [or, “What the heck is Bok Choi?”]: Part of the CSA experience, and for many members one of the bonuses, is trying new vegetables – some of which may go on to become new favorites. We will often write about our more obscure veggies and give tips on how best to use them. You can always refer to our website and the “Veggie Care” page when you have questions about storing and preparing certain vegetables. The distribution room is

also a great place to swap cooking tips and recipes with your fellow members. We hope our Facebook page will provide another forum for members to discuss the share and swap ideas.

6. **Sharing Table:** “The Sharing Table” is a place in the distribution room to put items from the share you may not want or need that week. Remember, it is okay to leave something behind. If you have yet to use the four cucumbers from last week, just leave this week’s behind. We estimate that each member saves about \$8 per weekly share. Meaning, if you were to go to the store or our farmers’ market stand, you would be paying the “off farm tax”, as we like to call it. If you leave those cucumbers or Swiss chard behind, you are still coming out ahead. The sharing table is also where we put crops that are optional for the share, such as hot peppers. Sometimes we may harvest a small crop that's not enough to include in the week's share, or something that we're offering as a limited “trial”, or we may put a crate of seconds or extras there. The sharing table works on the honor system. Please be considerate of your fellow members. If you see something on the sharing table you would like, it may help to consider the sign in sheet, and how many and how many more people have yet to pick up their share. You don’t have to leave something to take something. Do also remember that you may only swap or share at the sharing table. **Under no circumstances should you leave something on the sharing table and replace it with something from one of the main bins.** Please also note that if it is not your week to pick up vegetables you shouldn’t take items off the table.

7. **Other Local Foods:** During your pick up, you can also purchase products like grass-fed beef, pork, and chicken; as well as organic cheese from local farms practicing sustainable agriculture.

NEWSLETTER

We do our best to communicate news and information to our members. If you want to get the most out of your share, please make sure we have the most updated email and take the time to read the newsletter that will be emailed on a bi-weekly basis.

PICK YOUR OWN CROPS

Throughout the season there will be various “Pick Your Own” crops. These items are easy to pick, but are sometimes too time consuming for the farmers to harvest cost-efficiently. PYO can be fun, relaxing, and a good opportunity for you to enjoy the farm. It is also a great hands-on activity that children seem to enjoy as well. Who doesn't like a freshly picked pea right from the plant?! These veggies will be listed on the dry erase board in the distribution room and marked as PYO with an attached quantity. Arrows and signs will guide you around the fields -- there will also be sign posts marking the beds to be picked. Pay careful attention to the crops growing behind you as you pick. Please **DO NOT** walk in the raised beds in the fields, even if they appear empty...walk in the paths between the beds. Feel free to use the quart and pint baskets provided to measure out your share and to pick into, but please leave the baskets here at the farm. Some members get into the habit of bringing containers to transport their fragile cherry tomatoes or green beans. Plan ahead -- wear a sun hat, bring a baby stroller, bring water to drink, and a basket to carry your things in. You can do your PYO when you come to collect your share. If it’s raining, we will do our best to schedule a time to pick at another time. As always, please follow the amounts listed on the board when harvesting pick-your-own vegetables. If you are unsure of how to harvest a crop, please ask another CSA member or the farmer.

*** Children MUST be under parental supervision at all times and should never play on tractors, equipment, or in the greenhouses. PLEASE STAY OUT OF ALL EQUIPMENT SHEDS/BUILDINGS.**

“OOPS, I CAN’T MAKE IT ON MY PICK UP DAY!”

Our goal is to make our CSA more convenient and flexible. We understand that life happens and can get hectic at times. With that in mind, we still ask members to select a pick up day and stick with it, but we understand that things don’t always work out the way you planned. If you can’t make it on your scheduled day, simply come another day, during that same week (Wednesday, Friday, or Saturday). A phone call or email is appreciated if you plan to come on another day.

We ask that members please stick to their selected day/week on a regular basis. Please note that switching pick up weeks for half shares or picking up twice during one week is not permitted. Food is harvested for you on your selected day, to ensure supreme quality. This privilege is for those rare occasions when family plans, emergencies, or times just don’t work out the way you thought it would! This will work best for all if it is not abused.

“WHAT IF I GO ON VACATION?”

One option is to “Share your Share” with a friend. You can have someone else pick up your share while you are gone. Please give us a heads-up, so that we can guide your friend or family member through the pick up process. (Remind them to bring bags!) Another option is to have us donate your food to a local charity. As a last resort, you may pick up on another day during that same week (Wednesday, Friday, or Saturday). Please note that switching pick up weeks for half shares or picking up twice during one week is not permitted.

VOLUNTEER OPPORTUNITIES

Members are welcome to volunteer at any time throughout the season. Available jobs include: seeding in the greenhouse, weeding, assisting in distribution, and helping coordinate farm events. Members are highly encouraged to assist in harvesting, because it is the most consistently scheduled activity on the farm (every Wednesday and Friday morning).

SOCIAL EVENTS

We strive to create a space where the farm community can come together over a shared desire for a healthy, sustainable, local food. We host potluck dinners (you bring a dish to share, and your own place settings), an open house, as well as cooking demos. See the website and our Facebook page for event dates and times. We can't do it all alone -- we encourage your input, participation, and leadership. We see a lot of potential in the “community” of CSA, and we hope you will bring your talents and energy to share. Together we all help contribute to growing a community.

THANK YOU! We look forward to a bountiful season!

~ Andrew Buckwalter and Coral Hotte