

## Share Size

Our goal is to provide a small family – two or three people – with at least enough produce for five meals with two vegetable items per meal. Of course, this is an approximation, as we can't know how your family cooks and eats.

Quantities and variety will vary throughout the season and are dictated by weather conditions.

## Membership

- June through October receive a weekly share of fresh vegetables and herbs.
- Members share the risk and rewards of food production with the farmer.
- Shares will consist of fresh produce in season, grown organically without the use of synthetic fertilizers or pesticides. All seeds and plants on our farm are non-GMO.
- Receive a weekly newsletter to keep abreast of the happenings at the farm, share new recipe ideas and notes from your farmers.

If interested, please fill out contact form and put down a \$100 deposit as soon as possible. We would like full payment by the end of May. If you cannot make payment on this schedule, please speak with us as soon as possible; we will be glad to work with you.

## Shares

Every week we will provide members with a diverse assortment of vegetables and herbs. The nature of a CSA involves some uncertainty. We can't tell you exactly what to expect week to week, but that's part of the excitement! If you aren't sure what to do with something in your share, ask us!

## What's in a Share?

### Early Season

Lots of Greens...Asian Greens, Mustard Greens, Spinach, Swiss Chard, Chinese Cabbage, Lettuce  
As well as...Peas, Radishes, Broccoli, Beets, Carrots, Cabbage, Chives, Mint, Tarragon

### Mid-Season

Summer Squash, Green Beans, Cucumbers, Tomatoes, Peppers, Eggplant, Lettuce, Swiss Chard, New Potatoes, Carrots, Beets, Okra, Melons, Basil, Cilantro, Parsley, Marjoram

### Late Season

Potatoes, Winter Squash, Kale, Bok Choy, Carrots, Beets, Onions, Brussels Sprouts, Broccoli, Cauliflower, Cabbage, Turnips, Garlic, Thyme, Rosemary, Sage

## Otter Hook Farms

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# Otter Hook Farms

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## Traditional Family Farming



We are committed to working with nature and the community to create a local and sustainable food system. Community Supported Agriculture (CSA) bridges the gap between the farmer and consumer. This helps ensure that farmers can continue to farm and communities can enjoy fresh, local products. Members pay for their share early in the season; this provides the farmer with a stable income that covers the cost of seeds, supplies and equipment. In return, members benefit from a weekly supply of fresh farm goods. Our vegetables and herbs are grown without the use of harmful chemicals, genetic engineering, or any synthetics.

Otter Hook Farms is part of a community of working farms that support the food needs for the Capital District. Our farm is located in the beautiful, historic town of New Baltimore in Greene County; the main parcel of land we use for the CSA is the Nickles' farm on River Road. The rolling terrain and Hudson River Valley offer a diverse landscape for the production of produce and livestock.

Membership with Otter Hook Farms supports ecological diversity, local businesses, preservation of open space, a healthy environment and the endangered lifestyle of small working family farms.

## 2010 CSA Membership Agreement

By signing this form, you understand and agree to the following terms of membership with the Otter Hook Farms CSA:

Members of the CSA will receive a weekly share consisting of approximately 5-10 items (shares will vary in size and weight depending on the time of the season). One aspect of CSA is that members support their farmer by sharing in the inherent risks of agriculture (poor weather, drought, crop failure, etc.) and the rewards (organic, exceptionally fresh vegetables, the bounty of a good season, etc.) involved in farming. CSA farmers purposely plan for such contingencies; the farmers use growing techniques that protect the harvest to minimize the risk and optimize the rewards. On the whole members will get a wide variety of vegetables in plentiful amounts.

I understand this principle and agree that there is no guarantee on the exact amount or type of produce I will receive in my share. By participating in the CSA, I am supporting the local farmer as well as more equitable food distribution, and I am helping to create a more environmentally and economically healthy society.

By becoming a member, I agree to support the farm with timely payment. I commit to picking up my share(s) each week and I understand that if I, or someone I designate, is unable to pick up my share(s), they cannot be saved.

- **Distributions are at the Farm in New Baltimore on Tuesdays between 4pm and 6pm and at the Honest Weight Food Coop Thursdays from 5pm - 7pm.**
- **Distribution for the 2010 season will be 21 weeks long (weather permitting), beginning the second week of June and going through the end of October.**
- **Shares will be Pre-Boxed; Please remember to bring your box back each week.**

Please return this form with your deposit. Full payment appreciated by May 31.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone & Email: \_\_\_\_\_

I would like to sign up for:

\_\_\_\_\_ Full Share Picked up at the Farm in New Baltimore (\$525)

\_\_\_\_\_ Full Share Picked up at Honest Weight Food Coop (\$525)

Sign & Date: \_\_\_\_\_