

COMMUNITY SUPPORTED AGRICULTURE



STUDENT SHARE PROGRAM
UCSC FARM - 2010 FALL SEASON

September 28th - October 29th

Center for Agroecology & Sustainable Food Systems
University of California, Santa Cruz

2010 FALL CALENDAR OF EVENTS

Harvest Festival and Food for Thought Forum
Sunday, September 26, 11am-5 pm
UCSC Farm

Save the date now! You don't want to miss our annual Farm celebration, as we host our biggest "open house" of the year, including our third "Food for Thought" forum on local food issues. Live music, food, apple tasting, an apple pie bake-off, garden talks, hay rides, kids' events, tours, displays by local farmers, chefs, and community groups make this a great event for adults and kids. Free for Friends' members and kids 12 and under; \$5 for non-members. Call 831.459-3240 or send email casfs@ucsc.edu for more information or to volunteer for this wonderful community event.



Community Supported Agriculture (CSA)

CSA is a collaboration between the local community and the farmer. The community members support the farm directly for an entire season and in return receive a share in the weekly harvest. This partnership increases community involvement in food production and in the health of the local economy and environment.

CSA at the UCSC Farm & Garden

For more than 40 years, people from around the world have come to the UCSC Farm & Garden each spring to take part in the six-month Apprenticeship in Ecological Horticulture, offered through the Center for Agroecology & Sustainable Food Systems. Under the direction of the training staff, apprentices manage the 25-acre Farm and 2-acre Alan Chadwick Garden, learning to grow and care for a variety of vegetables, fruits, herbs and flowers using organic methods. Topics covered in the apprenticeship classes include soil management, propagation, composting, pest control, crop planning, irrigation, farm equipment, social and environmental issues in agriculture, marketing techniques, and Community Supported Agriculture (CSA) practices.

In 1995, apprentices and staff initiated a CSA pilot project with 16 shareholders. Now in its sixteenth season, the CSA program has grown to comprise 140 memberships, serving the campus and local community. Ten percent of our shares are reserved for low-income households and we donate thousands of pounds of produce each year to organizations serving the homeless, senior citizens, and other populations in need.



Our Vision is to -

- establish a partnership between the local community and apprenticing organic growers
- demonstrate a viable model of sound economics for small-scale farming and regional food systems
- foster ecological stewardship of the land
- provide the community with high quality, nutritious produce in season

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The CSA Fall Season: What to Expect

The CSA Student Shares begins with the start of the fall academic quarter and runs through the end of our Summer-Long CSA. A share of produce contains a diverse supply of freshly harvested organic fruits and vegetables, the best of the farm each week. Members bring their own bags to pick up their share at the farm. *A share is designed to feed a household of two or three for a week, or a larger family that maybe doesn't cook every day but still wants to eat fresh, organic and local.* Check out the Farm Harvest Guide on pg. 4 for our list of fruits and vegetables.



What Does a Share Cost?

For the fall season beginning September 28th and running through October 29th, our shares cost \$110.

(Note: once you've paid, it is the primary shareholder's responsibility--name on the pledge form--to find a replacement should he/she decide to drop out).

ACT EARLY, ONLY 20 STUDENT SHARES ARE AVAILABLE!



UCSC Dining
partners with
the Farm!

Various campus dining halls will also be purchasing fresh from the UCSC Farm this fall, and serving our organic produce in student meals.

Members Can Look Forward to...

... a CSA newsletter with recipes, farm updates, and a calendar of events, access to the CSA Herb and Flower Garden and free admission to our Fall Harvest Festival.

STUDENT OPPORTUNITIES

Students can get involved in the UCSC Farm, the Farm-to-College movement, and broaden their education in food and food systems in a number of ways.

- Join the Campus Food Systems Working Group, which meets monthly during the school year: contact sustain@ucsc.edu or 459-3011
- Become a volunteer in the Alan Chadwick Garden or on the CASFS Farm: contact Beth Benjamin at 459-3240 or casfs@ucsc.edu for more information.
- Do an internship for credit: contact the Environmental Studies Internship Office 459-2104 or Liz Milazzo 459-4661, email emilazzo@ucsc.edu for more information.
- Academic classes involved on the farm include but aren't limited to: Agroecology 130 (fall) & Agroecology 130 B, (winter).
- See the Campus Food Guide for a comprehensive list of academic classes that touch on issues around farming & food systems.
- Join the Program in Community and Agroecology (PICA): call 459-5818 for more information.
- Get involved in the Life Lab Children's Garden: contact John Fisher at johnfish@ucsc.edu or call 459-4035.

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL
COMMITTED CITIZENS CAN CHANGE THE WORLD. INDEED
IT'S THE ONLY THING THAT EVER HAS.

-MARGARET MEAD

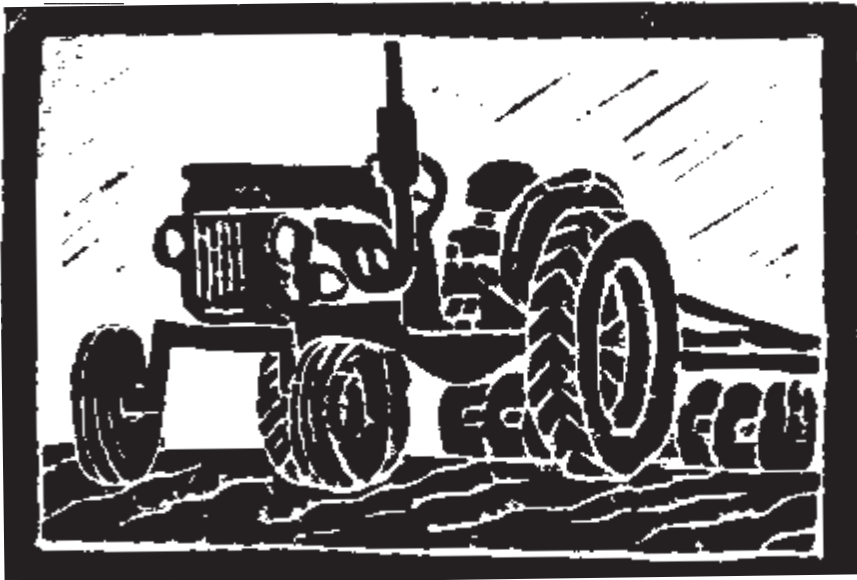
Low income shares & Donations

At the beginning of our spring season, we offer low-income shares to people in need. We are currently sold out of these shares, *but if you'd like to help support low-income shares for next season, please fill out this page & send in \$ with your pledge.*

Each year we donate thousands of pounds of produce to organizations that serve the homeless, senior citizens, and other underrepresented groups. *Please contact us if you'd like more information about our donations program.*

We are committed to reserving 10% of our shares for low income households. Low income shares are subsidized by funds raised at our festivals and through private donations. Donations are tax-deductible. We deeply appreciate your assistance in helping us to further our efforts.

\$25 \$50 \$100 Other \$ _____



Comments from our CSA Members:

"It's like having Christmas every week!"

"I loved it! My 'purchase' does more than just buy produce: I view it as supporting sustainable agriculture and a great community program."

"I love the newsletter, relaxing and reading it slowly. I look forward to it more than any other after-work activity."

Pick-up Days

Members bring their own bags & pick up their produce once a week on the UCSC Farm and have access to a pick-your-own herb & flower garden. To ensure you receive the freshest high quality produce, apprentices harvest your shares the morning of your designated pick-up day (either Tuesday or Friday). In order to make the harvests run smoothly we ask that you choose a designated pick-up day for the duration of your CSA season.

We realize scheduling conflicts may arise, and we can accommodate temporary changes if you let us know several days in advance. You can reach us by phone at 459-4661 or email: farmcsa@ucsc.edu. Please note that shares which are not picked up by 6:30 pm sharp will be donated to local organizations.

Volunteer Opportunities

We are always looking for ways in which members can get more involved in the CSA. Some possibilities include (but are not limited to) helping maintain the pick-your-own-garden at the CSA Barn, helping on harvest mornings, and other field and orchard work. See page 7 for information on student opportunities.

How to Contact Us

Mailing Address: UCSC Farm CSA, 1156 High Street, Santa Cruz, CA 95064

Phone Number: 831.459.4661

Email: farmcsa@ucsc.edu *Web page:* www.ucsc.edu/casfs

Location: Park in the Quarry Lot off Hagar Dr. (Sign says "CASFS Farm/The Village") and follow the gravel road to the farm entrance.

The Center for Agroecology & Sustainable Food Systems

The UCSC Farm's CSA program is part of UCSC's Center for Agroecology & Sustainable Food Systems, a research, education, and public service program dedicated to increasing ecological sustainability and social justice in the food and agriculture system. Our mission is to research, develop, and advance sustainable food and agricultural systems that are environmentally sound, economically viable, socially responsible, nonexploitative, and that serve as a foundation for future generations.

Center staff conduct research on both agronomic and social aspects of sustainable agriculture as well as offer an extensive public education program, including tours of the UCSC Farm and a series of public workshops on gardening techniques and other topics (see page 7).

THE FARM'S FALL HARVEST GUIDE

Fall Season Vegetables and Fruits

carrots
onions
tomatoes
peppers
pears
potatoes
pumpkins
apples
winter squash
basil
lettuce
spinach
salad mix
broccoli
cauliflower
chard
kale
cabbage
parsley

You can expect to find 9 to 11 items per box. We try to balance each week's offerings, including salad greens, cooking greens, fresh herbs, summer veggies, root crops, storage crops and fruit. A share generally feeds a family of four.



Pick-Your-Own Herbs & Flowers

To complement your share, you are welcome to pick herbs and flowers throughout the season in the CSA garden adjacent to the CSA Barn on the Farm.

The Exchange Basket & Surplus Table

On pick-up days, take advantage of our exchange basket & frequent offerings of farm bounty.

2010 FALL PLEDGE FORM

In becoming a member of the UCSC Farm CSA, I understand that I am making a financial commitment for the 2010 fall season. As the designated primary shareholder, I am responsible to share information with my sharemates and to find a replacement should I need to drop out. I recognize that due to the inherent risks of farming there are no guarantees on the exact amount of produce that I will receive but I am willing to share the risks and reap the benefits along with the Farm. As a member, I understand that this is an educational farm and that apprenticing farmers are producing my food. It is my responsibility to pick up my share during the designated time period. If, however, I am unable to pick up my share, I may entitle a friend to pick it up for me. I understand that all shares left at the end of the day will be donated to people in need. I understand this commitment and assume responsibility to contact the staff if there are any questions or concerns.

Signature _____ Date _____

Primary Shareholder _____

Address _____ Zip _____

Home # _____ Cell # _____ email _____

Pick up site: CSA Barn on the Farm

Pick up times: 12 noon to 6:30 p.m., September 28th - October 29th

Pick up Day (choose): Tuesday Fridays

Payment:

The price for the fall season's worth of fresh, organic veggies, fruits, herbs and flowers is **\$110**. Payment in full is required, although you may split your share with friends. *If you are signing up later than September 28th, please contact us for prorated price.*

Check \$110

Send or deliver your check with this pledge form. Please make checks out to UC Regents and send to: UCSC Farm & Garden CSA, 1156 High St. Santa Cruz, CA 95064

