

GOLDEN EARTHWORM^MORGANIC FARM

HANDBOOK

WELCOME!

Thank you for joining our 2009 CSA program. We are thrilled to be celebrating our 10th year of Community Supported Agriculture with you this season!

Part of the CSA experience is getting to know your farm and your farmers. Some call this “putting a face on your food”! We encourage you to attend our CSA Events (*see below*), or just stop by if you’re in the neighborhood. Our farmstand is open Wednesdays, Fridays & Saturdays.

Here’s to a wonderful season & bountiful harvests!

- Matt, James & Maggie



UPCOMING 2009 EVENTS

Spring Walking Tour

Sunday, May 3rd from 2-4pm

U-Pick Strawberries

Mid to late June (See website for more details.)

Farm Work Days

Dates TBD. (See website for more details.)

FARM CONTACTS

Matthew Kurek, *farmer*

James Russo, *farmer*

Maggie Wood

-

Harvest Manager

Holly Pugh

631-722-3302

farm office

info@goldenearthworm.com

general CSA e-mail

If you're missing something in your CSA box, or would like to discuss receiving a replacement or special order, please contact Holly, our harvest manager.

holly@goldenearthworm.com

CSA PICK-UP SITE LOCATIONS

When you signed up for our CSA Program, you selected a pick-up location. Updated maps and directions to your chosen pick-up site can be found on our website. If you need to switch locations for some reason, please contact the farm and we will make the appropriate arrangements.

HOURS OF PICK-UP

We deliver to our pick-up sites at a set time every week. Pick-up hours vary by site, so please be sure to visit our website to view the hours for your selected location. You must claim your share during the designated pick-up time period. We are not responsible for problems arising from late pick-ups.

GOING AWAY?

If you will be away or are otherwise unable to pick up your CSA share, you may have a friend or neighbor enjoy your produce for the week. Please instruct them to pick up your box and check your name off the check-in sheet. You are



responsible for explaining our pick-up policies to them--specifically the fruit share policy once the fruit share begins. If any CSA shares are unclaimed at the end of the delivery day, the produce will be donated to a local charity or food

GOLDEN EARTHWORM ORGANIC FARM

CSA VEGETABLE SHARE PICK-UP PROCEDURES

1 STEP ONE **Sign in!**

Please find your name on the check-in sheet attached to the clipboard at your pick-up site and initial on the line next to your name. If for some reason your name is not on the check-in sheet, we have not sent a box for you. Please call us at the farm immediately to resolve the problem, and do not take a box. 631-722-3302

2 STEP TWO **Take your produce - Not the box!**

We're trying to tread as lightly on the earth as possible, and re-using our cardboard boxes from week to week is one step in the right direction. So, please help us recycle them by leaving them at the site. ALL BOXES ARE THE SAME, so it doesn't matter which one you choose. You'll notice that the top of the boxes are secured by flaps. Don't rip

open the box! Pull back the cardboard flap at the crease and open carefully. **We ask that you bring your own reusable bags to the pick-up site** and empty the contents of your box into your bags to bring home. Thanks!

3 STEP THREE **Flatten the box**

The boxes will be stored at your pick-up site for the week, so please flatten them down so they can be stacked flat. Visit our website to view a short video how-to on box flattening!



ALL ABOUT THE FRUIT SHARE - FAQ'S

Does the Full Farm CSA Share include fruit? Nope! Let's break it down for you. The Full Farm Share is *Certified Organic* and includes everything that comes in a cardboard box. It's mostly veggies with a few berries and melons sprinkled in. The fruit share is a separate share from Briermere Farms, and you have to pay for it separately (\$138).

How do I know if I signed up for the fruit? I just can't remember! There will be the word "FRUIT" next to your name

on the check-in list. If you're not sure if you signed up for the fruit, just check the list. If you're not on there and you think you should be, call us immediately. (631-722-3302)

How is the Fruit Share delivered? The fruit share is not boxed up like the veggies. When the fruit share begins in JULY, it will be delivered in **red** crates.

Since it's not already boxed up for me, how do I know what to take? There will be a sign at the

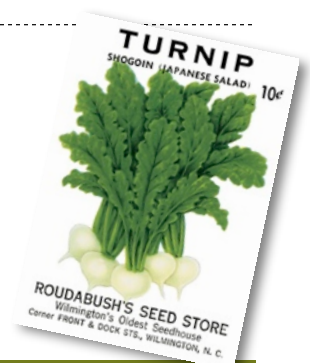
pick-up site that tells fruit share members what is included in their share that week. For example, it might say "1 bag of peaches and 1 container of blueberries". You must take exactly what the sign says.

How long does the fruit share run for? The fruit share may run for 14-20 weeks, depending on the weather and abundance of fruit crops. We will post a notice in our newsletter as we reach the final weeks of the share.

READ YOUR WEEKLY NEWSLETTER!

Wondering what that funny looking vegetable could be? Wanna learn how to cook bok choy? ... Or make the best salad dressing ever?!

We write a newsletter just for YOU, every week! Filled with recipes, cooking tips, news from the farm, and other great stuff! **Where can I get it?** We post the week's newsletter on our website early every Tuesday morning. So go ahead and read it! If you don't, it won't be our fault if you think your turnips are just weird looking radishes!



GOLDEN EARTHWORM MORGANIC FARM

PRODUCE STORAGE TIPS

SNAP BEANS

Store fresh snap beans unwashed in a perforated plastic bag in the refrigerator. They will keep 3-5 days. Freezing: Blanch beans in boiling water for 3 minutes per pound of beans. Chill in ice water (very cold will do) for 3 minutes. Store in freezer bags. Beans will keep for 6-12 months at 0 degrees.

BEETS

Remove tops and see "Greens" for keeping the beet greens. Rinse the beets. They will stay in good condition in the refrigerator storage bin for 2-3 weeks. Canning is a good way to preserve beets. To can, cook beets, remove skin, and pack immediately (sliced or whole) in hot sterilized jars, leaving 1/2 inch headroom. Cover with boiling water and 1 tablespoon vinegar to preserve color. Adjust lids and process in a pressure canner at 10 lbs. pressure for 30-35 minutes. Frozen beets lose texture.

BROCCOLI

Keep unwashed, trimming only the large leaves. Store in perforated plastic bags in the refrigerator, where it will keep for 2-3 days. Freezing: Wash, trim, peel, and cut lengthwise into 3/4 inch thick pieces. Blanch for 3 minutes and plunge into cold water for 3 minutes. Drain and pack into freezer bags. It will keep 6-12 months at 0 degrees.

CABBAGE

Unwashed, firm, compact cabbage keeps up to two weeks in the refrigerator: looser-leaf (Chinese or Savoy), up to a week. Sliced cabbage stored in a perforated bag will keep 5-6 days in the refrigerator.

CARROTS

Remove tops; wash and place in a perforated bag or refrigerator compartment for up to two weeks. Cooked carrots will keep for 2-3 days refrigerated. Carrots freeze poorly unless juiced. For longer storage, remove tops and layer in moist sand in a well ventilated cellar with temperatures between 35-40 degrees.

CUCUMBERS

Use as soon as possible. Pickling is the best way to store cucumbers for a long time.

GREENS (Kale, Collards, Mustard, Mizuna, Spinach, Beet Tops) Do not store greens in paper bags. Store unwashed with a dampened paper towel in a perforated plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the

greens for up to a week. Freezing: Greens freeze well. Wash, then blanch for 3 minutes, drain and plunge into ice water. Chill for two minutes; drain. Pack in freezer containers or bags. Use within 6 months.

HERBS

All herbs can be dried and stored in glass jars. Herbs such as parsley, basil and cilantro freeze beautifully. Simply wash, blot dry, chop and put into ziplock bags. Take out what you need as you cook making sure that you don't thaw the entire contents.

LETTUCE

Do not store lettuce in paper bags. Store unwashed with a dampened paper towel in a perforated plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the lettuce for up to a week.



ONIONS

Put them in a mesh bag and hang in a well ventilated, cool, dry place, ideally between 40-50 degrees. To store chives and scallions, put them in a plastic bag in the refrigerator where they will hold 3-4 days before becoming limp. For long term storage of onions and scallions, consider chopping and freezing in pre-measured portions.

PEPPERS

Whole, unwashed peppers will keep in the refrigerator for 3-4 days. Freezing: So easy! Clean, seed, and cut into pieces. Do not blanch. Freeze in bags or boxes. The frozen peppers will be soft, but are fine for soups or casseroles where the flavor is the prime consideration.

POTATOES

Potatoes properly stored keep all winter. Keep cool (ideal storage temperature is 45-50 degrees) and dry, out of direct sunlight.



PUMPKINS & WINTER SQUASH

Store in a dry, well ventilated space in the 50-55 degree range. Lower temperatures can cause chilling injuries. Don't put squash in your basement. It is probably too moist and they will be more likely to rot. Freezing: Wash, pare and cut into small pieces. Steam until soft and completely cooked and pack for freezing. Or, bake whole squash at 375° until soft. When cool, cut in half, and scoop out seeds. Scoop out flesh, run through a food mill and pack for freezing.

RADISHES

Before refrigerating remove the tops. Keep roots refrigerated, they will keep for about one week.

SUMMER SQUASH

Refrigerated in a perforated plastic bag, it will keep in good condition for about a week. Freezing: You can freeze pureed cooked squash.

SWISS CHARD

Refrigerated, unwashed, in a perforated bag, chard will hold for 3-5 days. Freezing: Do not freeze the chard stem. It will be soggy. Blanch leaves for 2 minutes in boiling water, then immediately plunge into ice water for 2 minutes, drain and place into freezer bags. **HINT:** Substitute chard leaves in most spinach recipes.

TOMATOES

For daily use, hold tomatoes between 55-80 degrees. Do not refrigerate unless necessary. Temperatures below 55 degrees prevent ripening. Refrigerate only extra ripe tomatoes that you want to keep from ripening further. Freezing: Tomatoes may be frozen whole or peeled in plastic freezer bags but the taste and texture does not compare with home canned tomatoes. On the other hand, tomato sauce freezes beautifully.