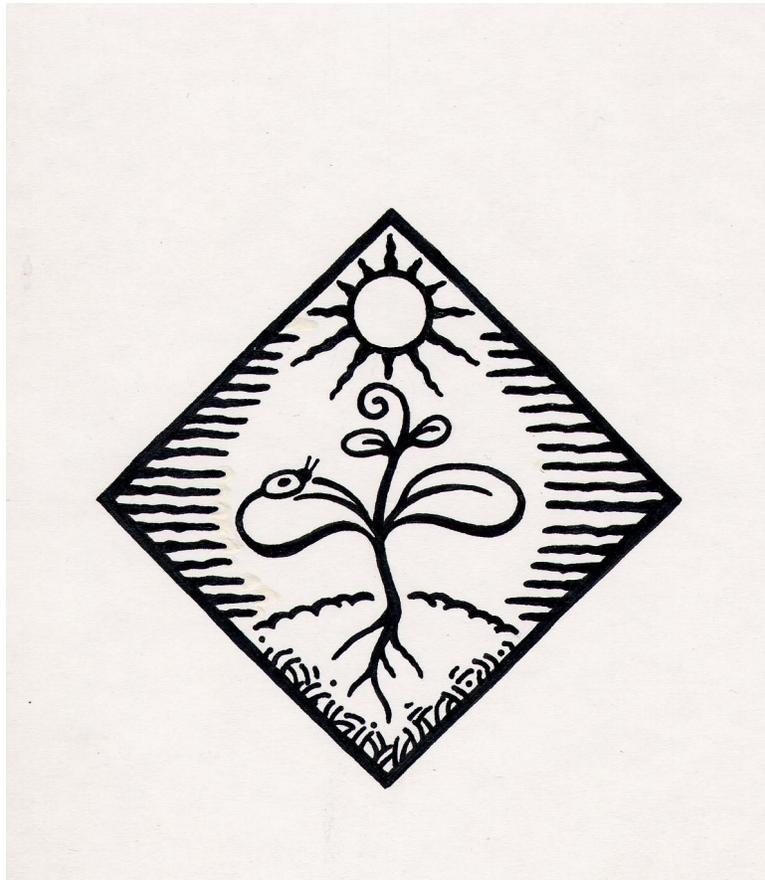


ANCHOR RUN CSA

Main Season

MEMBER HANDBOOK



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Welcome to the 2019 (16th) growing season at Anchor Run CSA!

Thank you so much for joining our farm! Please read this handbook carefully and keep it for future reference. This handbook, along with weekly e-mail newsletters and the website, will provide you with the information you need to make your experience at our farm a good one.

Contact Information

Website: www.anchorrunfarm.com

Farmers/Owners: Derek McGeehan and Dana Hunting
215-598-7040
anchorruncsa@gmail.com

2019 Farm Staff: Pat McGowan, Craig Oppenheimer, Haley Diener, Jakob Zuklic

2019 Special Task Members:

Workshift Leader - Jeff Bence (jeffbence@aol.com)
(weeknights and weekends)

Workshops - Gia Yaccarino (thatgiagirl@comcast.net)

Recipes - Linda Dansbury (lindadansbury@comcast.net)

Website - Hal Wright (halwright@mac.com)

Directions

Anchor Run CSA is located at 2578 Second Street Pike (Route 232) in Wrightstown, PA. We are just south of the intersection of Routes 232 and 413. From the intersection, drive south on Route 232 about ½ mile; the farm is the first driveway on your right. Our CSA is located on Anchor Run Farm, Wrightstown Township's 100-acre open space preserve.

Farm Hours

-> **Produce pick-up times (farmer harvested, in pick-up room):**

MONDAYS and THURSDAYS, 1-8pm

SATURDAY, 10am-12pm

****Rain or Shine & Holidays** (Memorial Day, July 4th, Labor Day, etc.)

Members sign up for a specific pick-up day in advance but can temporarily change their day/week by notifying the farmers by 5pm the Sunday prior to the affected week.

-> **U-pick times (you collect from the field)**

8:00 AM – 8:00 PM EVERYDAY during your pick up week (Monday through Sunday)

CSA Synopsis

Community Supported Agriculture - farm members purchase a specifically sized share of produce grown at the farm for a set number of harvest weeks; pay up front for produce grown; enjoy the bumper crops as well as assume some of the risks of production (weather); have the option to work on the farm for a discounted share. As a CSA-only farm 100% of our efforts go to growing your produce. Our crop production plan is based solely on the number of members in our our CSA. Each week the harvest is divided amongst the membership.

Produce Pick-up Guidelines

- **Parking** Parking for the farm is available in the large parking lot at the end of the driveway. **Parking is available in front of the pick-up barn for those with physical challenges and special needs.**
- **Bring Your Own Bags and Scissors** There is often a supply of member donated surplus bags/boxes underneath the pick-up room tables that you are welcome to use. However, we cannot guarantee bags will be available at every pick-up, so we recommend bringing your own bags. Please also bring your own scissors for cutting u-pick herbs and flowers.
- **Collecting Your CSA Share** After you park, head past the pavilion and herb garden, then into the barn with the entrance by the sandbox and large red maple tree. Please read the chalkboards for instructions on how much of each item you are allotted. Full Shares and Half Shares use the same boards (half shares pick up a full share every other week); Medium Shares use the two boards in the corners. Each board is labeled appropriately. The produce will be in labeled bins on tables for you to collect from. For example, the chalkboard might advise you to take 1 bunch kale, 1 pound lettuce mix, 3 heads of lettuce, etc., and you collect those items yourself as you move along the tables. **Please do not take extra of any item as we harvest exact amounts and divide harvest amongst all members.**
- **“Take it or Leave It Bin”** At the end of the pick-up tables there is a bin for members to take extra veggies from or to leave any veggies you do not want. For example, you may not want your bunch of kohlrabi, so you can put it there for someone else. Or, you may want an extra head of lettuce that someone else already placed in there.
- **Sign In** Please make sure to check off your name on the clipboard in the barn hallway when picking up your share. Names are organized alphabetically by last name and according to share size (full, medium, half).
- **Chalk Boards and Community Board in Hallway** Scheduled workshifts, potlucks, and educational workshops will be advertised on chalkboards and on the community board in the

hallway (they are also posted on the ‘calendar’ feature on our website). Please feel free to use the community board to post community events or items of community interest.

- **Help is Available** Farm staff will be available to help new members get situated. The pick up room is staffed during all pick up times. Please let us know if you have any questions! We want your farm experience to be positive and fulfilling!

⌘U-pick

In addition to picking up your farmer harvested produce in the barn, there are designated u-pick crops in the field. In the pick up room is a chalkboard that lists the u-pick crops for that week as well as the quantity for each. There also is a map showing you the location of those crops in the fields. Many members take pictures of both boards to use as a reference when they’re out in the field picking; scrap paper and pens are also available to write down the u-pick for the less technologically inclined.

Most of the u-pick crops are typically found close together within the same field. Gates to the fields are open most of the time during u-pick hours but are occasionally shut; please feel free to open the gate to access the u-pick field during u-pick hours. U-pick crops should include: herbs from the herb garden; flowers from the u-pick flower field; cherry tomatoes; tomatillos; husk cherries; beans; edamame; snow peas; sugar snap peas; strawberries; raspberries; blackberries; and maybe a few surprises.

You can pick your *weekly* allotment of these crops (which is written on the u-pick board in the pick up room) any day of the week during your pick-up week (Monday-Sunday). If you’re unable to do u-pick on your regular pick up day you’re welcome to come back another day, 8am to 8pm, during your pick up week. Please read the U-pick Boards carefully and follow the amounts listed. Amounts listed are on a per week basis. Please pick only designated u-pick crops (crops that are listed on the u-pick board and labeled in the field). Crops that are not on the u-pick board are not available for u-pick. Half Share members may collect their u-pick crops on their opposite week of regular farmer harvested pick up if they wish to spread the harvest out a bit more. Please consult current u-pick boards when coming for u-pick.

Once in the field look for the beds which are labeled for u-pick. Feel free to use the quart, pint, and half-pint baskets in the barn for picking. We welcome these containers back if they are still in good condition when you are finished with them, either after you pick or the next time you come to the farm.

⌘What to bring for U-pick

Please bring along scissors, a container with water for flowers, baskets for picking into, a hat, and a water bottle. We find that stowing a pair of scissors in your car permanently is a good way to ensure that you will always have them when you need to pick flowers or herbs at the farm.

⌘Realities of the Farmscape

We do our best to keep the farmscape nice and tidy but mud and weeds can happen. Bugs also happen. We highly recommend checking yourself and your family members for ticks after visiting

the farm. We have found simple nightly checks work well to keep ourselves and our family tick-free. **If you use bug spray, or spray sunscreen at the farm, please make sure to apply it away from the produce and u-pick crops.**

☞Rained out?

If it is raining on your assigned pick-up day, you are welcome to return ANY DAY from 8am - 8pm during your pick up week to do your u-pick. Occasionally the farmers will close the U-pick fields for several hours due to excessive rain.

Away on your pick-up day? Accidentally Miss?

If you will not be able to pick up your produce on your assigned day, you have two options for what to do with the harvest:

Give your produce away To a friend, relative, someone you think might want to join our farm next year. This is by far the best way of advertising for our farm. You do not need to tell us if someone else will be picking up for you, but please let your replacement read this handbook or give them instructions for farm pick up (make sure to mention pick up times!).

Change your pick-up day You are welcome to switch your pick-up day with advanced notice. Please e-mail the farmers by **5:00PM Sunday** of the week you want to switch days.

Accidentally miss your pick up? No problem; we will accommodate you (but please don't make it a habit). E-mail us if you missed and we'll ask you to come to the next regularly scheduled pick up day. We go through the sign in sheets following every pick up to confirm all members were able to pick up their produce. If your name isn't checked off, we'll contact you to see if you missed.

Safety at the Farm

- **Please supervise children at all times.** Do not let children play on or near any farm equipment and keep track of children while picking in the fields.
- **The farm speed limit is 10 miles per hour!** Drive slowly, under 10 miles per hour, and be mindful of children, small animals, and stirring up dust.
- Be careful where you walk – look out for holes, ruts, and irrigation. Sturdy shoes are recommended.
- Remember your “farm kit” for U-pick and workshifts. (hat, gloves, sunscreen, water bottle, scissors, bags/boxes)

A Special Request From The Farmers: Please refrain from smoking and cell phone calls in the fields and in the barn so that everyone can enjoy the fresh air and serenity of the beautiful farm.

Workshifts, Shares with a Work Discount

Each share size comes with the option of a work discount (8 hours for a Full Share, 6 hours for a Medium Share, 4 hours for a Half Share). We ask members to try to complete half of their hours by the end of July as farmwork decreases towards the end of the season. Workshifts will be posted on the website one or two weeks in advance and an e-mail will be sent to members listing the

schedule. Members can sign up for workshifts on our website using the calendar feature. What kind of work can you expect? Weeding, harvesting, mulching, the occasional greenhouse work are some of the tasks you will have to look forward to. There are also “special project” days when it is time for garlic, onion, and potato harvests, as well as garlic planting and mulching. Certain shifts are more kid friendly and will be advertised as such (typically harvesting workshifts are the best options for kids).

If at the end of the harvest season members haven’t contributed their respective hour commitment for the discount they will be billed at a rate of \$15.00 for each hour not worked.

Potlucks and Workshops

We’ll be hosting potlucks throughout the season to celebrate the connection between the farm and our community. (What is a potluck? “A potluck is a communal gathering where each guest or group contributes a different, often homemade dish of food to be shared.”) Potluck events allow us to partake in good conversation with fellow CSA members, to share food prepared from farm bounty and elsewhere, and to spend some quality time sitting outside while enjoying the farm. Bring a dish to serve six and your own beverages and place settings. We’ll eat under the pavilion. Following the meal we’ll most likely sit around a small fire and if we’re lucky a few members will bring their musical instruments to play.

We also host several educational workshops over the course of the season including such topics as using and storing your farm bounty, food preservation, and herb walks. These events will also be announced in the newsletter and in the barn.

Potluck and educational workshop dates will be announced in newsletters, on the website calendar feature, and in the barn on the chalkboard in the barn hallway.

Communication/Correspondence

During the harvest season you’ll receive a weekly newsletter full of news from the farm, announcements, recipes, expected harvest, crop usage and storage, and more! **This is your best source for keeping up to date with the goings on at the farm, so please read it each week.**

If you have supplied your e-mail address to the farm you will automatically receive a newsletter via e-mail. You may add up to 4 other e-mails to receive the newsletter and farm communications. To do so, go to the Members’ Page on the website and follow the link ‘Add/Remove Associate Members’.

Feel free to follow us on Instagram and Facebook where we post photos of farm life.

Thank you for choosing us to be your farmers!