

**The Bergefurd Family Farm Community Supported Agriculture (CSA)**  
**\*YOU CAN RECEIVE FRESH RODUCE DIRECT FROM YOUR OWN FARM!!**

Upon many requests from our customers The Bergefurd Family Farm will again be offering CSA (Community Supported Agriculture) farm shares for the 2011 growing season.

What is Community Supported Agriculture (CSA)? A CSA allows you to enjoy family farm raised garden varieties (non shipping and good tasting types) of berries, melons, herbs and vegetables selected by your very own personal family of farmers. By subscribing for the growing season you are guaranteed a weekly harvest share of the freshest produce available.

Our families CSA is different from others in that along with your weekly fresh picked produce you also receive a personal invitation to our farms annual CSA member family fun fall festival the second weekend in October (see more information below). Members also receive our weekly in season CSA Friends newsletter which will update you on our farm activities, what is being harvested and planted and how the season is treating us. Our newsletter will also provide recipes that can be used with your produce shares along with tips on how to handle, prepare and preserve your produce items.

**Reasons for subscribing to our family farm CSA**

- 1) Knowing where and how your food is grown-your own farm.
- 2) Having your own personal farmers that you know on a first name basis.
- 3) Having someone who can answer your questions about produce and growing.
- 4) The chance to order additional farm raised items and amounts for family reunions, gatherings, parties or canning and freezing.
- 5) Convenience of pre-paying (not running short of \$ at the Farmers Market)
- 6) Quicker service by knowing your produce will be packed and readily available at pick up (no more having to wait in line or fearing produce may be sold out)
- 7) Sustaining a healthier way of life by knowing your produce is fresh picked daily on a local farm.
- 8) Knowing that the food on your table has not traveled across the United States or from another country on a dirty airplane or semi truck that has hauled who knows what else from who knows what other country.
- 9) Knowing that your produce **IS NOT** treated with post harvest chemicals, insecticides, fumigants, waxes and fungicides like traditional grocery store produce is.
- 10) By supporting local farmers your money stays within and supports our local communities and does not support big corporate grocery stores, trucking companies, fuel companies and corporate farms 1000's of miles away.

Our family produces a wide variety of farm products for our customers including berries, melons, herbs and vegetable crops. This is a great opportunity to keep fresh, seasonal farm raised produce on your table all season long. Due to the high taxes, insurance and fees imposed on organic farmers by government certification agencies, we are not certified organic. We do practice organic and sustainable production methods, follow strict integrated pest management guidelines and use production practices that limit produce contamination from natural soil born diseases and insects. These practices include succession plantings (always harvesting young plantings); living cover crops; contamination barrier mulches, landscape fabric, organic mulches and plastic mulch to reduce weed growth and soil born disease transmission; composts, natural fertilizer products and cover crops for crop fertilizer; attraction of beneficial insects (good bugs that eat the bad bugs); and frequent watering and feeding of our crops from our million gallon irrigation pond (like humans, plants that eat and drink regularly are healthier and less susceptible to disease). We raise our livestock humanely and naturally in a cage free environment. We feel much better feeding our own children the food we raise on our farm, you should feel better as well knowing and seeing where your food comes from.

## **The Bergefurd Family Farm Community Supported Agriculture (CSA) con't**

### **The CSA Season**

Our CSA runs about 20 weeks from June through October (weather dependent) with produce fluctuating with the season. Your pick-up location will be at one of the following sites and days of your choice:

- Hyde Park Farmer's Market (Cincinnati area) every Sunday.
- Pearl Alley Farmer's Market (downtown Columbus) every Tuesday or Friday
- College Hill farmers Market (Cincinnati area) every Thursday
- Deerfield Township Farmers Market (Landen/Mason area) every Saturday
- Anderson Township Farmer's Market (Cincinnati area) every Saturday
- Our home farm market location Monday, Wednesday and Saturday

### **What is a share?**

A full share consists of a bushel bag filled with a variety of in-season produce as Mother Nature allows (see crop and availability list below). A half share is a ½ bushel bag.

### **Custom raised farm items**

We can custom raise and grow additional farm items of your choice for our CSA members on a per order or standing basis including: free range brown eggs, flowers, hanging baskets, garden plants, fall mums, Thanksgiving and/or Christmas turkeys, freezer chicken, freezer pork, honey and comb honey, contact us for more information.

### **Share costs**

Full shares (approx. 1 bushel) are available at \$550/share (about \$27.50 a week) and half shares (approx. 1/2 bushel) are \$300 (about \$15 a week). Memberships may be split into 2 payments, half at time of application and the other half with a post dated check for March 1, 2011. Make check payable to **Bergefurds Farm Market**.

The Bergefurd Family  
Bergefurds Farm Market and Greenhouses  
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Follow us on [Twitter](https://twitter.com/Bergefurdsfarm) at <https://twitter.com/Bergefurdsfarm>  
Join our [Facebook](http://www.facebook.com) at [www.facebook.com](http://www.facebook.com)  
MySpace at [www.myspace.com/bergefurdsfarmmarket](http://www.myspace.com/bergefurdsfarmmarket)  
Find us also at <http://www.localharvest.org/farms/M12986>

"There's no need to sustain the farm if there's no family to be sustained upon it."  
Charles O'Dell (June 2001)



## **Bergefurd Farm CSA- FQA's (Frequently Asked CSA Questions)**

**WHAT IS A CSA?** CSA stands for 'Community Supported Agriculture' and is a way for people to directly support local farms. Upfront payment is required well before the growing season begins so a farmer can plan for the amount of seed to order and to help cover some of the crop planting costs.

**DO I HAVE TO BUY A SHARE BAG EVERY WEEK?** Yes. Farm families depend on consistent weekly income to pay for labor and harvest expenses and your commitment guarantees you'll receive our families fruit, herbs and veggies picked fresh for you and your family all season long.

**WHAT'S IN THE SHARE BAG?** Each share bag contains between 4 and 10 or more varieties of freshly picked home grown berries, melons, herbs and vegetables. Amounts of each may vary according to season, weather and what is being harvested on the farm that day. Produce will be on a consistent basis for many common items, (i.e. beans, corn, tomato, potatoes) weather dependent, so you will receive most produce items on a weekly basis.

**WHY NOT JUST BUY MY PRODUCE AT THE FARMERS MARKET INSTEAD OF JOINING A CSA?** We welcome all CSA customers to shop for additional produce at our farm or from other farmers at Farmers Markets. However, by joining our CSA you are 1) guaranteed your season long weekly share of produce (CSA customers will come first when a crop is short); 2) you will not have to wait in line at the Farmers Market; 3) you will not have to worry about not having enough money to buy the produce you want at the market; 4) shopping is quicker at the market, i.e stop in, pick up your share bag and you are outta there!; 5) no more getting up early on Saturday or Sunday mornings to be the first at the market, you will automatically receive the best selection, for your share will be packed as soon as it is harvested from the field; 6) you will know the farmer that is growing your produce and can visit the fields and farm where it is being grown anytime; 7) if you come late to the market your fresh packed produce share will be waiting for you even if we are sold out; 8) our families CSA is fun for it includes our annual farm visit day, farm tour, pick your own pumpkin from the patch, pumpkin putt-putt, barnyard buddies petting area, tractor trikes and hayride.

**IS A CSA MEMBERSHIP A BARGAIN?** Depending on how much produce your family goes through, the cost of your CSA membership may actually be **CHEAPER** in the long run compared to making a weekly purchase at a Farmers Market. Many of our Farmers Market customers spend \$40 or more each week on produce, our CSA membership is \$15.00 to \$27.50 a week.

**WHAT ABOUT QUALITY?** We believe the quality of fruit and veggies in our bags is excellent and we are very careful about how the bags are packed to ensure you'll be getting the best possible produce available. We do allow small blemishes to be included in the bag on all varieties because not all fruit and veggies are created perfectly (or equal) and we believe it is wasteful to throw out anything that is still in excellent and edible condition. PLEASE keep in mind that produce which looks imperfect or dirty will usually clean up just fine and definitely taste better than those which are bred only for uniformity, shipping or pest resistance.

**WHERE DO I PICK UP MY SHARE BAG?** You can choose to pick up your share at the farm or at one of the Farmers Markets we attend in the Columbus and Cincinnati areas. All pickup locations are listed above and on the application form.

**WHAT IF I CAN'T PICK UP MY SHARE BAG?** If you are unable to pick up your share at the designated time for your pick up site, please try to have someone pick it up for you. Shares that are not picked up by the end time will not be left because of the perishable nature of the contents and the ***produce will be delivered to a local food bank.*** With 24 hour advanced notice you can pick up at any of our other locations and times. If you plan to be away for a couple of weeks, a good idea is to have a neighbor, friend or relative take over your share pickup for the time you are away.

**DO I NEED TO BRING MY SHARE BAG BACK?** YES! Make sure to bring back your previous weeks empty share bag when you make your next pickup. At the end of the season you will be charged an additional \$20 for each bag not returned.

**WHY DO I GET A WEEKLY CSA FRIENDS NEWSLETTER?**

Be sure to read your weekly newsletter! It is the direct communication you have with your farm and is the main way we communicate what is happening on the farm, crop conditions, expected harvests and weather related production issues. Also in the newsletter we provide recipe, cooking and preserving tips. The newsletter is emailed to shareholders on Saturday or Sunday.

**WHAT IF I WANT A LARGER SHARE?** We suggest you ask for an additional ½ bushel share or else double up on a full share, which would be suitable for a larger family of good eaters.

**CAN I GET EXTRA PRODUCE FOR COOKOUTS, PARTIES, CANNING or FREEZING?** Yes we offer CSA member canning and freezing specials throughout the season call or watch your newsletter for more details.

***Bergefurd Farm CSA- FQA's (Frequently Asked CSA Questions) con't***

**DO YOU OFFER PARTIAL SEASON SHARES? No.** The logistics are simply too complicated for us to manage with all of the other in season farm management tasks we have to do. However, we do have many shareholders that will "split" a season share with neighbors or friends.

**WHO DO I CONTACT FOR MORE INFO?** Call our Wilmington home for questions not answered here. The telephone number is (937) 383-2133 or call Marcia on her cell phone (937)302-7908. You may also email questions to [bergefurdsfarmmarket@yahoo.com](mailto:bergefurdsfarmmarket@yahoo.com).

**WHAT DOES THE FARM GROW AND WHAT CAN I EXPECT IN THE SHARE BAG?** Our families farm is located just south of Wilmington, Ohio about 1 hour from Cincinnati, Columbus and Dayton. We grow over 100 varieties of just about every vegetable, berry and melon crop. For a more complete list of fruit and veggies and approximate harvest dates see the chart attached.

**CAN I CHOOSE WHAT GOES IN MY SHARE BAG?** Due to pre bagged shares, all shareholders will receive the same variety of fruits, vegetables and herbs. For example shareholders who dislike beets will receive the same amount of beets as the shareholders who love beets. We suggest you share the items you do not like with your friends, neighbors and family.

**HOW MUCH IS IN A FULL BUSHEL SHARE BAG?** We do our best to fill your weekly share to the brim. A full share is equivalent to about 1 1/2 regular paper grocery sacks. Shares will be lightest early in the season with greens. Mid-summer to fall the shares will be heaviest and you will probably also carry your melon, watermelon and squash in addition to a full share bag.

**WILL I RECEIVE ALL ITEMS THAT YOU HAVE ON YOUR CROP LISTING?** Farming and the crops we harvest are **VERY** dependent upon weather and how well Mother Nature treats us. Some weather events (i.e. freeze, flood, droughts, hail, wind, disease, insect) will result in total crop failures. If there are crop failures or skips in harvest your share bag will be filled with crops that were not impacted by the weather event.

**HOW LONG WILL CROPS KEEP AFTER HARVEST?** Crops vary in how long they will keep, even under ideal growing and storing conditions. There can be a significant difference between the storage life of fresh locally grown produce and that of conventional produce treated after harvest with fungicides, fumigants, waxes and preservatives. Use, prepare or preserve your produce as soon after harvest as possible for best taste and quality.

**ARE YOU A FAMILY RUN FARM?** The day-to-day farm operations are run by our entire family Brad, Marcia and children Ashley (24), Brandon (15), Bryant (13) , Brady (11) and our grandsons Ethan and Weston. As the busy planting and harvest seasons fall upon us we ask for help from our families, friends, anyone that owes us a favor or anyone who will work for produce!!

**WHAT IF MY FAMILY DOES NOT LIKE A PARTICULAR PRODUCE ITEM?** If you get tired of a particular item we suggest that you trade or share your wonderful produce with your neighbors and friends just like if it were coming out of your own garden. Giving away garden grown produce to friends and family is a long standing tradition. We also encourage you to preserve produce for use in the winter season by canning, freezing, drying and juicing.

**IS THERE A DEADLINE FOR SIGNING UP?** There is no deadline for signing up, shares are sold on a first come first served basis and are available until we are sold out, which usually is by March. If we sell out we can add you to the next seasons waiting list.

**ARE ALL ITEMS IN OUR BASKET GROWN ON YOUR FARM?** Yes, our farm grows more than 100 varieties of small fruit, melons and vegetables, including summer and winter squash, several varieties of tomatoes (including heirloom varieties), cucumbers, pickles, bell peppers, broccoli, cabbage, potatoes, radishes, beans, sweet corn, onions, greens, watermelons and melons to name a few. See the list below of crops grown.

**\*SEASONAL SAMPLING OF ITEMS IN YOUR CSA SHARE BAG.**



**MIXED GREENS:** Several interesting greens and lettuce mixes early in the season.



**TOMATOES:** Heirloom selections: Incredibly rich, delightfully intense tomato flavors.



**SUMMER SQUASH:** Green Zucchini, yellow zucchini, yellow squash.



**WINTER SQUASH:** Many varieties including Acorn, Butternut, Delicata and Spaghetti.



**CUCUMBERS:** Gherkin, hamburger and slicing cucumbers.



**SWEET PEPPERS:** Several varieties including Bianca, Yellow, Red, Chocolate and Purple.



**CANTALOUPE:** Honey Rock, Minerva, Eclipse.



**MELONS:** Green flesh Honeydew, Orange Sherbet.



**WATERMELONS:** Sugar Baby, Crimson Sweet, Sangria



**POTATOES:** Red Pontiac, Yukon Gold, Kennebec



**SWEET CORN:** White, Yellow, Bi Color.

\*The above list represents some of the varieties grown on our farm. Due to seasonality not all products will appear in the CSA basket at any one time. The mix of small fruit, melons and vegetables in the CSA basket will vary one way or the other depending on factors such as weather, crop load, labor availability and quality of the variety being harvested, just like your own garden would.

**WHEN IS PRODUCE AVAILABLE?** See the produce availability chart for seasonal availability of common produce items we grow. These are approximations and can vary with the season.



**Below is a list of crops we plant and approximate seasonal availability, however, when and if crops are available for harvest during the season is VERY weather dependent.**

**THESE ITEMS HARVEST FROM JUNE THROUGH THE FIRST OF JULY WEATHER DEPENDENT**

Strawberries  
Black Raspberries  
Garlic Scapes  
Leaf Lettuce  
Snap Peas (spring to early summer harvest)  
Sugar Peas  
Snow Peas  
Shell peas  
Radishes  
Potted Herbs  
Collard greens  
Kale greens  
Mizuna greens  
Mustard Greens  
Lettuce microgreens  
Mixed lettuce  
Kohlrabi  
Swiss Chard

**THESE ITEMS BELOW HARVEST AROUND JULY THROUGH OCTOBER WEATHER DEPENDENT.**

Blackberries (approx. end July through August)  
Blueberries  
Garlic  
Arugula  
Basil  
Cilantro  
Chives  
Dill  
Parsley  
Collard greens  
Kale greens  
Mizuna greens  
Turnip greens  
Mustard Greens  
Swiss Chard  
Mixed lettuce  
Lettuce microgreens  
Melons/Cantaloupe  
Watermelons  
Honeydew melons  
Zucchini squash  
Yellow squash  
Butternut  
Acorn squash  
Spaghetti squash  
Hubbard squash  
Cushaw squash  
Buttercup squash  
Delicata squash

**THESE ITEMS BELOW HARVEST AROUND JULY THROUGH OCTOBER  
WEATHER DEPENDENT (con't).**

Jack o lantern pumpkin (you pick from the patch at Fall Farm Festival )

Gourds

Mini pumpkins

Cabbage (green savoy, red savoy, red and green)

Chinese Cabbage (NEW for 2011)

Cauliflower (fall only)

Broccoli (spring and fall)

Broccoli Raab/Rapini (fall, NEW for 2011)

Brussel Sprouts (fall, NEW for 2011)

Kohlrabi

Green, Red, Yellow, old fashioned (heirloom) and pink tomatoes

Tomatillos

Roma (salad type) tomatoes

Grape and cherry tomatoes

Green bell peppers

Colored bell peppers

Jalapeno Peppers

Habanero peppers

Hot wax peppers

Hot cherry peppers

Sweet Banana peppers

Sweet Corn

Okra

Potatoes (red, yellow and white)

Sweet Potatoes

Radishes

Oriental radishes (green/white/red)

Daikon radish

Red beets

Turnips (fall)

Slicing Cucumber

Pickling cucumber

Pie pumpkins

Stringless Green Beans

Lima Beans

Yellow Wax Beans

String beans also called half runner beans

Snap Peas (spring to early summer harvest)

Sugar Peas (spring to early summer harvest)

Snow Peas (spring to early summer harvest)

Shell Peas (spring to early summer harvest)

Edemame (New for 2011)

Green Onions

Sweet and Mild Onions

Popcorn (fall)

Decorative Ornamental Indian Corn

**Annual Fun Fall Festival/ Farm Visit Day included in your membership**

As a Bergefurd family farm CSA member you are welcome to stop by home and visit our farm, fields, crops, livestock and our on farm open air market anytime throughout the growing season, if you want a personal farm tour call us to schedule one in advance. Volunteer field help is always welcome as well!!!!

As a CSA member you receive a special personal invitation to our farms annual CSA member Family Fun Fall festival the second weekend in October. On this day you will pick up your weekly share and are invited to bring your entire family out to the farm for a FREE fun filled day of hay rides, educational farm tours, straw bale maze, pumpkin putt-putt, pick your own pumpkin from the field (1 jack o lantern pumpkin included in your CSA membership), pick out your own Indian corn (3 ears included in your CSA membership), pick out your own gourds and mini pumpkins (included in your CSA membership) see our production fields, view the irrigation pond, visit our livestock, view the entire farm for yourself, ask questions of our family and just enjoy a fun filled fall day on our farm. There also will be opportunity for your family to participate in our barnyard buddies petting area, visit the clowns, face painting, balloon art, tractor trikes and much more!!

