


Voices' 2012 Guide to Local CSA's Community Supported Agriculture



Save the Date! *Centre County BFBL* presents the Centre County CSA Fair

Meet the farmers and find a share that fits your appetite for fresh, local food!

February 27, 3:30pm - 6:30pm, State College Friends Meeting House

More details to come! visit bit.ly/bfblcal

In Collaboration with **VOICES** and the **Spring Creek Homesteading Fund**



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Guide to local Community Supported Agriculture

Why join a CSA?

Over the last two decades, a trend started by two New England farms has taken root across the country. Community Supported Agriculture (CSA) is a model that allows consumers to buy fresh, seasonal produce directly from local farmers.

Buyers purchase a CSA subscription at the beginning of the growing season, which entitles them to a share of the farm's bounty. Typically, share-holders receive a box of vegetables (or other farm products) either weekly or biweekly. Localharvest.org lists the following benefits of CSAs for farmers and consumers:

Advantages for farmers:

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin
- Receive payment early in the season, which helps with the farm's cash flow
- Have an opportunity to get to know the people who eat the food they grow

Advantages for consumers:

- Eat ultra-fresh food, with all the flavor and vitamin benefits
- Get exposed to new vegetables and new ways of cooking
- Usually get to visit the farm at least once a season
- Find that kids typically favor food from "their" farm - even veggies they've never been known to eat
- Develop a relationship with the farmer who grows their food and learn more about how food is grown

According to the United States Department of Agriculture, more than 12,500 farms sold products through CSAs in 2007—and that number is only growing.

At Voices, we know that food security, the local economy, and nutrition are important issues for our readers. For that reason, we publish this annual guide to CSAs, so you can make informed choices about the food you eat.

Box overflowing with produce?



- Certified organic produce
- Pastured poultry
- Egg shares
- Flower shares
- Extras for sale
- Summer and Winter shares
- Community Fund available for members in need
- Starting our 15th year in town!

www.villageacresfarm.com

Must be from Village Acres!

Full Circle Farms

Contact: Sabine Carey

364-2885

flowers@fullcirclefarms.com

Website: www.fullcirclefarms.com

or follow us on facebook!

Location of Farm: We are located in beautiful Penns Valley, just a 20 minute drive from State College.

Pick-up/Delivery sites: To be determined

After 11 years of offering veggie CSA shares, we are excited to be expanding our Flowers for this season. Come see us at the Tuesday Boalsburg Farmers market, or sign up for a weekly fresh flowers through our flexible FlowerShare Program, ranging from \$75 for a 10 week of bouquets to \$300 for 20 weeks of arrangements. Perfect for your kitchen table or office desk!

We have been certified organic for 10 years, and are strong supporters of our local a sustainable food system.

Greenmoore Gardens CSA Organic Farm

Contact: (814) 237-0082

E-mail: info@greenmooregardens.com

Website: www.greenmooregardens.com

Location of Farm: Only 15 minutes from downtown! Just off Route 550 before Stormstown on right side (coming from State College).

Pick-up/Delivery Locations:
Nature's Pantry (Tuesdays), Callao Café on Aaron Drive (Tuesdays and

Fridays), Greenmoore Gardens (Tuesdays and Fridays at 193 Eagle Field Road, Port Matilda, PA 16870), North Atherton Farmer's Market (Saturdays in Home Depot parking lot)

Length of Season: Summer shares: 28 weeks from May through November. Winter shares: bi-weekly from November through April.

Produce: We grow a diverse selection of vegetables, herbs, and berries without using chemicals of any kind. Our soil is very rich, which allows high quality vegetables to flourish.

We are now USDA-certified Organic, and we believe in farming with responsibility to the land, the people who work it, and the community who eats from it.

Due to the increasing demand for fresh, local vegetable shares, we encourage you to sign up early to save yourself a spot! Discounts are available to returning members, early-sign up members, and members who refer a friend or neighbor!

GroundWork Farms CSA and Buying Club

Contact: Nell Hanssen

814-349-8915

nell@groundworkfarms.com

Website:

www.groundworkfarms.com

Location of Farm: Penns and Brush Valleys

Pick-up/Delivery location(s):
Delivered to your home, work, or a central location.

Length of season: Summer pro-

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Photos provided by GroundWork Farms

Top: A pasture-raised pig from GroundWork Farms CSA and Buying Club. Bottom left: The winter greenhouse at Fiedler Farm provides fresh greens in the winter months to GroundWork Farms' CSA. Bottom Right: Vegetable shares from GroundWork Farms CSA and Buying Club

duce from June through October; Bread, dairy, egg, coffee shares and seasonal produce offered year round.

Types of Produce: A wide variety of vegetables and melons, plus raw dairy products, eggs, herbs, bread and coffee are offered as CSA shares. Meats, berries, fruits, mushrooms, canned goods, whole wheat flour, honey and more are available by order.

GroundWork Farms is a network of farmers in Penns and Brush Valleys. All of GroundWork's producers use humane methods and no synthetic chemicals to raise their products. GroundWork Farms makes weekly deliveries to homes and businesses in State College, Bellefonte, and surrounding areas.

Healthy Harvest Farm CSA

Contact: Sara Eckert & Dave Sandy
814-355-2842
HHfarmCSA@hotmail.com
website:

www.HealthyHarvestFarmCSA.com

Location: Bellefonte next to Musser Dairy Store

Pickup locations: At the farm in Bellefonte on Tuesdays or in State College at the Unitarian Universalist Fellowship on Thursdays.

Seasons: We run year round - Summer/Fall shares are weekly pick-up from June thru November and Winter/Spring shares are biweekly pick-up from December thru May

Produce: We offer over 40 different crops with over 120 varieties. See our website for a complete listing and a chart detailing each crops season.

At Healthy Harvest Farm you will get a large selection of seasonal produced picked fresh for that home grown taste. We do not use any synthetic fertilizers or pesticides and are always thinking about the health of your family and our fields.

Your produce is not pre-boxed, so you can select the items you like. All of the produce grown on our farm goes to the CSA members, we do not sell through any other outlet.

We want people to have a personal connection to where their food comes from, which is why the farmers Dave and Sara will be at every distribution to answer question.

The farm is conveniently located just outside Bellefonte and we host monthly Saturday farm days where everyone is invited to spend the morning getting dirty and the afternoon socializing with fellow members.

Our #1 goal is to get our members excited about vegetables. Once you have top quality produce and instructions on how to properly prepare it, eating healthy will be a pleasure. Our website has much more information including recipes and veggie facts, so please check it out.

Howard's End CSA Farm

Location of Farm: 345 Hidden Valley Lane, Howard, Pa. 16841. Howard's End Farm is a 20 acre diverse organic farm nestled in the Little Nittany Valley about a 30 minute drive from State College.

Contact: Addison Hoffman
(814)571-5414

Addison Hoffman, Valerie Anderson; Partners; Lura Shopteau,

JADE FAMILY FARM 2012 HARVEST SHARE

**22 WEEKS OF FRESH
ORGANIC VEGETABLES!**

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LOCATIONS IN THE STATE COLLEGE
AREA**

**THREE DIFFERENT SHARE OPTIONS INCLUDING
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717.527.4719

WWW.JADEFAMILYFARM.COM - JADEFAMILYFARM@GMAIL.COM

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Associate.

Email: howardsendfarm@gmail.com
 Website: howardsendcsa.com
 Pick-up/Delivery locations: From mid-May until early November: Pick-ups are at either the Tuesday downtown farmer's market on Locust Lane (11:30- 5:30) or on Saturdays at the North Atherton Farmer's market at the Home Depot (10 – 2).

In the off-season (mid-November until mid-May), the downtown State College pick-up is at the Movement Arts Studio, 140 Kelly Alley from 12- 3 every other Tuesday, and at Webster's Café on Aaron Drive every other Saturday from 12-2.

Season Length: year-round.

Types of Produce: A broad variety of produce is available including: chickens, eggs, ducks, cheese, certified raw milk, sprouts, jams and other sweets, yogurt, butters, and herbs.

We hope to add oven fired breads, pork, and specialty plants such as ginger, water chestnuts, figs, artichokes, chickpeas and fresh peanuts in 2012. For more information

please visit the website.

Current CSA membership: 75 families

Available 2012 memberships: 15
 Membership enrollment: We are going to fill the 15 spots during the months of February and March for a new member starting date in April.

Duration of membership: Ongoing. We are a year- round CSA.

Cost of Membership: We require an initial deposit of \$400 which will put \$420 into the new members' debit account. This is an "A la Carte" CSA which means that members are not obligated to pick up produce. Instead, a weekly email goes out to members on Sundays which lists all available goods for the coming weeks. Members can then place an order in advance for the following weeks' pickup.

Recipes are often provided for each weekly pick-up.

Jade Family Farm

Contact: John and Dana Eisenstein
 717-527-4719
 jadefamilyfarm@gmail.com
 Website: www.jadefamilyfarm.com
 Location of Farm: Port Royal, PA



Sara Eckert and Dave Sandy of Healthy Harvest Farm CSA.

Photo by Healthy Harvest Farm CSA

Pick-up/ Delivery Locations: Boalsburg, College Heights, Park Forest (pending)

Length of season: 22 weeks

Types of produce: Everything but sweet corn.

Jade Family Farm is a certified organic vegetable farm nestled at the foot of the Tuscarora Mountain near Port Royal, Pennsylvania. Our har-

vest share (CSA) features about 50 different vegetables, all picked ripe and delivered fresh, and in exactly the right amount, more or less! The season runs from the end of May to the end of October (22 weeks).

Delivery is Tuesday afternoon to several convenient locations in the State College area.

We offer three share options: a



GroundWork Farms

CSA & Buying Club

✦ Produce ✦ Dairy Products ✦ Eggs ✦ Coffee
 ✦ Bread ✦ Herbs ✦ Fruits and Berries ✦ Meats

SIGN UP FOR HOME, WORK, OR CENTRAL DELIVERY

For more information contact:
 Nell Hanssen ✦ 814-349-8915

nell@groundworkfarms.com ✦ www.groundworkfarms.com



Community Harvest CSA

**A New Vision!
 A New Farmer!**

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 Since 1950*

7 Miles East of State College on Route 322 ~ 814-466-2386 ~ TaitFarmFoods.com



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Photos provided by Plowshare Produce

Top: Micah Spicher Schonberg gives a wagon ride with horses Polly and Sadie at the annual Fall potluck at Plowshare Produce. Bottom left: Farmers Micah and Bethany Spicher Schonberg of Plowshare Produce. Bottom Right: Vegetables and flowers from Plowshare produce.



Plowshare Produce
a horsepowered CSA farm serving
State College, Huntingdon and Stone Valley

freshly-picked, organic vegetables
wood-fired bread from McAlevy Bakery
we'd love to be your farmers!

sign up for the 2012 season at
www.plowshareproduce.com

family share, designed for a medium sized family of good eaters, a regular share, which is about 60-65 percent of the produce in a family share, and an "a la carte" share.

The a la carte option features week to week ordering via the miracle of internet technology, with no automatic delivery and no unasked for items - perfect for those who travel frequently or have limited or varied vegetable needs. Both the family and regular shares are customizable (within reason) and are also eligible to order off the a la carte menu.

Included in your membership is a witty and informative weekly newsletter complete with recipes (some of which we've actually tried) and various farm events throughout the season, many of which involve a shovel. For more information or to sign up, visit www.jadefamilyfarm.com, or give us a call!

Plowshare Produce

Contact: Micah and Bethany
Spicher Schonberg
814-667-2756
plowshareproduce@yahoo.com
Website: www.plowshareproduce.com

Location: McAlevy's Fort, sixteen miles south of State College and sixteen miles north of Huntingdon on Route 26.

Pick-up/Delivery Location:
University Mennonite Church, State College; Standing Stone Coffee Company, Huntingdon; Plowshare Produce, McAlevy's Fort

Season Length: 24 week summer share, 8 week winter share

Produce: certified organic vegeta-

bles, melons and flowers

Plowshare Produce is us – Micah and Bethany Spicher Schonberg – and six beautiful acres along Stone Creek that were farmed with horses by Bethany's great-grandfather in the 1940's.

It's also Polly and Sadie, our draft ponies, a great crew of employees and work shareholders and the 75 members who join us each season for weekly vegetable shares.

Plowshare Produce also includes neighbors and friends who offer our members bread, meat and eggs. Our farm name comes from the Old Testament prophet Micah, who anticipated the day when his people would "beat their swords into plowshares" (4:3), and we hope that our work cultivates peace and prosperity in our community.

"Plowshareholders" come to the farm in Stone Valley – or to a central location in State College or Huntingdon – once a week to fill their bags with freshly-picked certified organic vegetables.

Our full share provides a family of four with vegetables all season long and includes a newsletter with recipes and farm news. Half shares offer the opportunity to pick up vegetables every other week.

We are now accepting new members for the 2012 summer season. We'd love to be your farmers!

Tait Farm Community Harvest

Contact: Katy Cleary
814-466-2386

Farmer: Adam Raish
taitfood@earthlink.net

Website: www.TaitFarmFoods.com

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Location of Farm: 2.5 miles east of Boalsburg on Rt. 322 (179 Tait Rd, Centre Hall, PA 16828)

Pick-up Location: At the farm

Length of Season: Full-Year – January through December

Half-Year – mid-May through Thanksgiving

Types of Produce: Seasonal vegetables and some fruits

Here at Tait Farm local matters, as it has for over 60 years. Community Harvest, a Community Supported Agriculture (CSA) program was founded in 2000 and thrives on helping local folks live well by eating well.

Being a part of the local food revolution is very meaningful to us - where we believe eating seasonally is important to a healthy lifestyle and our way of life.

Our produce is certified organic and we take great pride in working in cooperation with nature to preserve the land for future generations.

With our expansive dreams, we have managed to produce over 20 tons of produce on 10 acres each year, the majority of which is consumed in Centre County. Our pro-

duce is harvested at its peak of ripeness and nutrition, often on the same day of pick up - it doesn't get any fresher than that!

During the main season, we have a unique farmer's market style distribution that gives members an opportunity to choose their favorites from the weekly harvest. Our passion is keeping the local community connected to its food and the farms that grow it!

Village Acres

Contact: Roy Brubaker, Farmer, and Dave Ruggiero, CSA Manager
717-436-9477

villageacres@gmail.com

Website:

www.villageacresfarm.com

Location of Farm: 229 Cuba Mills Road, Mifflintown, PA 17059

Pick-Up/Delivery Locations:
Friends Meeting House, 611 East Prospect Avenue, State College
Tuesdays from 4-6:30 pm during the summer and 4-6 pm during the winter.

Length of Season: Summer shares: 28 weekly distributions, from May to Thanksgiving.

Winter shares: every other week from Thanksgiving to May.

Types of Produce: Over fifty crops, including strawberries, blueberries, raspberries, tomatoes, peppers, garlic, beans, sweet corn, asparagus, rhubarb, cantaloupe, beets, carrots, broccoli, cabbage, sweet potatoes, summer and winter squash, lettuce, mesclun, and cooking greens.

Village Acres grows certified organic vegetables and berries along the bank of Lost Creek, in Mifflintown, PA. Our CSA has been serving State College since 1997 and offers not only fresh produce but pasture-raised poultry, eggs, and pork, as well as the opportunity to buy extra items such as organic citrus and mushrooms from our local co-op.

We often have canning-size quantities of vegetables and berries for sale at our distribution, and have recently finished building a commercial kitchen that will allow us to sell sauces, soups, and jams next year.

We host two festivals a year, and visitors are welcome anytime – or check our website for more information!



Photo by Lucy Bryan Green
Plowshare Produce shareholder Jason Smith and daughter gloria inspect greenhouse tomatoes at a CSA potluck.

Healthy Harvest Farm

We Make Healthy Eating Easy

Large selection of seasonal produce picked fresh for that home-grown taste.

100% of our produce goes to our members.

Not pre-boxed, select the items you like

Pickup at the farm in Bellefonte or in State College

Monthly Saturday family days on the farm

Visit www.HealthyHarvestFarmCSA.com



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