

SILVERBROOK 2020 PRODUCE CSA - MEMBERS

NAME:
ADDRESS:
CITY/STATE/ZIP:
EMAIL:
TELEPHONE:

PAYMENT TYPE (CIRCLE ONE):

CHECK (MADE OUT TO SILVERBROOK FARM) / CASH / CREDIT CARD BY PHONE

Please note the \$100.00 Deposit required to hold your spot is NON-REFUNDABLE

******* CSA'S PAID IN FULL BY MARCH 22, 2020 WILL RECEIVE 5% OFF CSA TOTAL *******

PROGRAM (CIRCLE ONE):

BASIC (PRODUCE) \$400.00 / **STANDARD** (PRODUCE W/EGG OPTION) \$500.00 /

MASTER (PRODUCE/BREAD/EGG OPTION/MEAT/CHRISTMAS TREE) \$975.00

ADD ON (CIRCLE ONE): FRUIT OPTION: ADD \$175.00 TO ANY PROGRAM TOTAL

WELLNESS CSA OPTION: ADD OPTION #1 \$35.00 OPTION #2 \$35.00 OPTION

#3 \$35.00 OR ALL 3 OPTIONS FOR \$100.00

PICK UP DAY (CIRCLE ONE): WEDNESDAY/SATURDAY

PICK UP LOCATION: 934 Main Street, Acushnet, MA. 02743

THE WAY WEWORK...

In the Fall of 2011, one of our CSA Members wrote us a letter, and in that letter she described how being a member of our CSA wasn't just about the fresh bread or the healthy products we offer, but instead it was about the fact that she felt that we listened and got to know the needs of her and her family. She wrote, "it was such a relief and a pleasure to walk in each week and have people know my name, and know my likes and dislikes...it felt like you truly cared about the health of my family."

It is letters like this that let us know that we have done our job...

At Silverbrook our goal is not just to provide you with fresh local products (although we enjoy the challenge as well) but more importantly it is provide you with a positive local experience.

With that said, as you go through the following pages, if you have a question or problem with something you read...let us know. We are always very flexible and will try to work with you to resolve any issues that arise during your time with us.

And thank you for “starting a new family tradition, with Silverbrook Farm!”

NEW WELLNESS CSA OPTION AT SILVERBROOK FARM

Maybe you chose a CSA because you want fresher and healthier food? Or you want to support your local farm? Or maybe you want to know where your food comes from? Whatever your reason, we appreciate the support and want to offer you even more this season.

The Silverbrook Farm is excited to bring you our NEW Ala Carte options through our partners at Emerging In Health in Rochester. Emerging In Health specializes in Holistic Health & Wellness. Alix and Kris are professional Homeopaths and Integrative Nutrition Health Coaches dedicated to the health of our community.

Our new Wellness CSA Options will enhance your family’s health and knowledge about your agricultural resources and the importance of healthy eating. **Select any option for \$35 (approx. \$2 per week) or all three for \$100!**

When you select the full program at \$100, you also receive a 10% Discount on all workshops provided by Emerging In Health in 2020! To name a few workshops happening:

- Know where your Food comes From,
- Healthy & Compassionate eating,
- Homeopathy for Your Garden,
- Homeopathy for Your Family & Pets!

Let a Healthy, Easy Summer Begin!

Ala Carte 1: CSA Recipes: Create a Healthier Kitchen and You! Your CSA could not get any easier! The recipe add on gives you:

- Two weekly recipes (laminated cards) specific to the produce you receive for the week. No more waste or stress of what to cook
- Grocery List Reminders for simple ingredients needed for the week
- Tips to keep your budget down, storing of veggies, herbs and more!

Ala Carte 2: For you Hot and Cold Tea Lovers: Enjoy sampling herbal teas. Here is an opportunity to give your body the health benefits of medicinal tea; antioxidants, less caffeine, improved sleep, digestion, etc.

- Receive a variety pack of 12 tea bags with steeping instructions every other week of the CSA!
- These teas can be served hot or cold
- Recipe cards provided

Ala Carte 3: For you Runners, Gardeners and More: Enjoy our homemade Turmeric Paste. Sip away your aches and pains while soothing your stomach.

- 8oz of turmeric paste once a month (4 for the season) which you can use in your favorite dishes or make Golden Milk.
- Recipe card for Golden Milk
- Recipe card for a special meal
- Golden milk is...
 - Rich in antioxidants, which help protect cells from damage, fight off disease and infections and contribute to overall wellness.
 - Anti-inflammatory, to reduce inflammation.
 - Helps to preserve memory and prevent decline of brain function.
 - Great for the skin

FUTURE PLANS FOR THE FARM

Silverbrook Farm continues to strive for the healthiest food for our community. In addition to our existing organic practices we are introducing Homeopathy for Agriculture into our work for the spring!

Homeopathy for Agriculture:

Agrohomeopathy is the specialized area of homeopathic practice used to treat gardens and agricultural. It is the most chemical free, non-toxic method of growing food and other crops that you can use. Agrohomeopathy increases a plant's health and resistance to disease and pests by strengthening the plant itself. The homeopathic remedies used are made from plants and minerals. Agrohomeopathy:

- It is inexpensive
- Environmentally friendly
- Saves on preventive resources as it needs to be repeated infrequently
- Improves the overall health of the farm's soil, plants and animals
- Provides a significant decrease in loss of plants to pests and disease, saving money and resources

New projects at the Farm:

- Green house to allow for organic seeds and plantings using homeopathic remedies and other organic practices
- Fields to be treated with homeopathic remedies to improve soil quality, decrease pests and disease
- Compost project also to be treated with homeopathic remedies to improve quality of compost, kill flies, etc.
- Ongoing use of homeopathic remedies for animals to reduce the use of deworming and antibiotics
- Come spring, we plan to not only sell the farm's crops but offer our pest resistant plants for sale in the community

Homeopathic support provided by Emerging In Health, 136 North Ave., Rochester MA.



THE WAY THE PROGRAM WORKS

Throughout this contract, we will be telling you all of the little things you are going to need to know to enjoy your Silverbrook CSA to the fullest extent, but before we get to those points...let's just tell you what to expect.

After you fill out this contract, and send it in with your payment, you will receive an email that verifies that we received your information and your membership share is officially purchased.

Then, in the second week of June 2020 you will pick up your first helping of locally grown produce, along with the following:

1. THE SILVERBROOK MEMBERSHIP BAG
2. Day of pick up you can walk the farm and visit the animals.
3. SILVERbook WEEKLY Deals
4. 3 ADMISSION Passes TO FALL EVENTS (**For Standard and Master Programs**)
5. FRESH BREAD or FREE RANGE EGG Option (**For Standard and Master Programs**)
6. SILVERBROOK FRESHNESS GUIDE
7. GIFT FROM THE FARM

Then, each week, over the next 17-WEEKS you bring your bag back and do it all over again!

1) PICK UP TIME and DATE

ACUSHNET PICK UP DAY – SATURDAYS BETWEEN 10AM and 3PM

(SILVERBROOK COUNTRY STORE – 934 MAIN STREET, ACUSHNET MA)

PROGRAM BEGINS SATURDAY / JUNE 6 (projected start day) / 10AM

2) PICK UP TIME and DATE

ACUSHNET PICK UP DAY – WEDNESDAY BETWEEN 4PM and 6PM

(SILVERBROOK COUNTRY STORE – 934 MAIN STREET, ACUSHNET MA)

PROGRAM BEGINS WEDNESDAY / JUNE 10 (projected start day) / 4PM

NOTE: If a Member would like to give a non-member access to their PICK UP Share, the member must notify us of who is picking up their share before pick up, Via Email or in Person.

3) COMMUNICATION

WEEKLY EMAIL

As you know, there are many ways that people can receive information, so we try to incorporate all of those avenues. Each week, you will receive a notice from Silverbrook that contains the following:

1. AN ESTIMATED MENU of WHAT VEGETABLES WILL BE INCLUDED IN YOUR SHARE FOR THE WEEK – We obviously pick our vegetables daily,

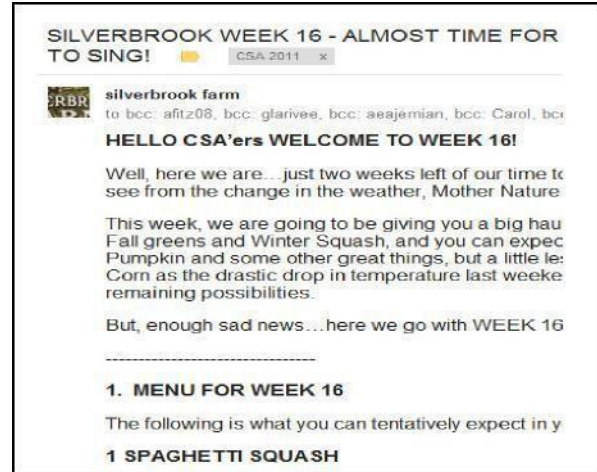
which is why we stress that this is an estimation of what to expect in your bag. It is very possible that what is expected for any given WEEK will change based on what we see the morning we pick.

However, we tend to be pretty close to what is expected.

2. THE BREAD of the WEEK - For our STANDARD and MASTER members, this will indicate which bread is available to you for the WEEK.

3. THE DEAL of the WEEK

4. STORING TIPS – With each MEMBERSHIP Package at the beginning of the season, you will be receiving a STORAGE TIP CARD that will help you store your produce throughout the season. However, this section will also give you some extra tips that will make your produce last.



4) BREAD / EGG OPTION

The BREAD/EGG Option in the STANDARD and MASTER Programs is unique to Silverbrook Farm's CSA, as it combines our bakery division, THE PEREIRA BREAD CO., and the great natural products of Silverbrook.

The way it works, is that each week you have the option of selecting free-range eggs or the Bread of the Week, which would be one of the following flavors:

1. PUMPERNICKLE
2. WHEAT
3. SWEET BREAD
4. PUMPKIN LOAF
5. ORANGE CRANBERRY NUT
6. BANANA NUT
7. SPECIALTY BREADS

Each week, as you pick up your items, we will ask, "What would you like next week...Bread or Eggs?" and you just choose what you need.

5) FRUIT OPTION

The FRUIT Option will continue for the 2020 SEASON and is available as an "add on" option for all levels of membership.

This option will allow for **7 WEEKS of FRUIT** to be added to your share over the course of the summer as each product comes into season. These helpings will be designed as abundant portions (for example 2 Quarts of Strawberries, etc.)

At this time we are working with local growers to supply a variety of the following:

1. STRAWBERRIES
2. BLUEBERRIES
3. PEACHES
4. PEARS
5. RED RASPBERRIES
6. BLACK RASPBERRIES
7. VARIETY of APPLES
8. NECTARINES

If you are interested, simply circle the FRUIT OPTION selection at the top of this contract.

6) SUBSTITUTIONS, ADDITIONS, MOVING & MISSING PICK UPS

SUBSTITUTIONS

One thing that we get asked frequently is “if I don’t like something...can I get something else” and the simple answer to that is “sure...if we have extra.”

See, the amount you get in your bag each week is the result of taking the total amount picked by how many shares there are in the Farm. So if we pick 50 tomatoes, and we have 25 members, then everyone gets two tomatoes.

However, there will be times when we have more of something, than others...so if you want to substitute something, just ask.

The answer from us will be that it is totally fine to substitute, as long as it doesn’t take from someone else’s share of any given vegetable.

ADDITIONS

Many times CSA Members will indicate that they are having company, or canning tomatoes, or doing an activity that requires a large portion of one item. You can add a large quantity to any weekly share by letting us know in advance. We will work with you to supply the item as part of your share, and if there is an additional cost for the addition.

MISSING PICK UPS

We realize that your week gets hectic and sometimes the day may get away from you resulting in a missed CSA pick up from time to time. If this occurs, we will hold onto produce for 24hours after pick up and will work with members to coordinate another pick up location. If a member does not contact us by email [at thesilverbrookfarm@gmail.com](mailto:atthesilverbrookfarm@gmail.com) within 24-hours of the pickup, the produce will be discarded or donated and will not be replaced for the week missed.

COMMENTS and COMPLAINTS

We are always looking for feedback, whether it be compliments or something we need to work on. We may not always be able to change something right away but there have been many times in which one of our members suggested an improvement that was introduced for the next season. If you have a question or comment, shoot us an email [at thesilverbrookfarm@gmail.com](mailto:atthesilverbrookfarm@gmail.com) or mention it to Farmer JJ at your pick up.

7) VISITING THE FARM

During the Spring and Summer months, Silverbrook is not open to the public, but it is open exclusively on SATURDAYS to CSA Members who would like to come and walk the Gardens and see the Farm Animals of Silverbrook Farm.

With your Membership Package you get to walk the farm day of pick up from 10-3.

You are allowed 4 people in your party each visit (3 People + Yourself). We do this just as a safety precaution, as our staff is concentrating on field work, and we would not want the number of visitors to be more than can be controlled.

8) SILVERBROOK FALL FAMILYEVENTS

As you are probably aware, Silverbrook Farm has Fall Family Events from Mid-September until the end of October, please be aware that the normal CSA membership does not cover admission to these events.

For Standard and Master CSA Members, however, they will receive 3 PASSES that will allow for 3 One-Time Entrance onto the Farm and the Events.

We will be working on organizing discounts for all CSA Members regarding our Fall Events, so keep looking for details.

9) PRODUCE CLEANING

We make every effort to make sure that all of our production and food handling practices are of the highest quality. Food is picked the same day it is available. Even with all of our efforts, however, there will be some risk associated with handling food. You can minimize that risk by following a few important tips:

1. Always wash hands before handling any food.
2. Wash your shopping bag regularly to keep in clean of dirt or anything else that comes from the Farm!
3. Always wash everything just before eating. It may be tempting to try a fresh pea or bean, but better to wash it first. Please consult care directions in your Newsletter, Fresh Guide and at the Farm Stand.
4. Handle the food as little as possible. Everyone wants to touch items to make sure they are fresh and not bruised, but this may cause spoilage and spreads bacteria.

10) MASTER CSA / LIVESTOCK CSA

The MASTER PRODUCE CSA also enjoys a portion of our LIVESTOCK CSA, which begins after the 17-WEEKS of Produce as ended for season.

For example, a MASTER CSA MEMBER in Acushnet will pick up their last bag of produce on SEPTEMBER 29, 2020. However, they will continue to receive the following items at schedule times:

- 1. 2 FREE RANGE CHICKEN ROASTERS – 4-7 LBS** – These roasters will be distributed to Members at the end of September 2020. NOTE: Chicken Roasters are available for purchase for all members. Please ask for details.
- 2. 25LBS of FARMFRESH/GRASS FED BEEF** – This beef portion will come in the form of various cuts (STEWMEAT, GROUND BEEF, VARIETY of STEAKS, ETC.) This portion will be available for pick up at the end of November 2020.
- 3. FREE RANGE/FARMFRESH TURKEY – 15-17LBS** – This product will be ready for pick up the day before THANKSGIVING 2020.

11) SILVERBROOK CHRISTMAS TREES

The MASTER PRODUCE CSA, in addition to the Livestock CSA Products, also receives a CHRISTMAS TREE at the beginning of DECEMBER 2020 as part of their program. Trees usually range from 5-6 Feet Tall and are usually Frasier or Douglas Fir Trees.

12) THE GROWING SEASON

PRODUCE

The Silverbrook CSA follows the following New England growing season, and we attempt to follow this to the best of our ability. We also try to incorporate a wide variety of produce into our program, from the somewhat unique (beets, greens, etc.) to the traditional favorites (tomatoes, sweet corn, etc.)

Please keep in mind that farming in New England is unpredictable at best. Poor weather conditions, pests, a low producing crop, as well as many other factors can affect the actual size of the harvest. We make every effort to mitigate risks through crop diversity, multiple field selection, and use only the best quality seeds and plants.

Members need to be aware, however, that some items may be later than predicted and/or quantities may be limited. In the event of a low producing crop we may need to limit selection, so all members can enjoy some of the harvest.

The growing schedule for 2020 is below. Please know that this list does not encompass all of the produce we grow at Silverbrook, as we are always trying new and different items to order to add a better variety to our program. However, these items have become staples in our menu due to positive feedback from our members.

AGRICULTURAL OVERVIEW - LIST OF CROPS PLANTED

	June	July	August	September	October
Beans, Pole					
Beets		<i>.J</i>	<i>J</i>	<i>J</i>	
Broccoli		<i>.J</i>		<i>J</i>	
Brussel Sprouts					<i>J</i>
Cabbage			<i>J</i>	<i>J</i>	<i>J</i>
Carrots		<i>.J</i>	<i>J</i>	<i>J</i>	
Corn		<i>,,,</i>	<i>J</i>	<i>J</i>	
Cucumbers			<i>J</i>	<i>J</i>	<i>J</i>
Eggplant			<i>J</i>	<i>J</i>	
Garlic	<i>,,,</i>		<i>J</i>	<i>.J</i>	<i>J</i>
Greens		<i>J</i>	<i>J</i>	<i>.J</i>	<i>.J</i>
Kale & Collards	<i>J</i>	<i>.J</i>	<i>J</i>	<i>.J</i>	<i>.J</i>
Leeks	<i>,,,</i>			<i>.J</i>	<i>.J</i>
Lettuce		<i>.J</i>	<i>J</i>	<i>.J</i>	<i>.J</i>
Melons		<i>J</i>	<i>J</i>	<i>.J</i>	<i>J</i>
Onions			<i>J</i>	<i>J</i>	<i>J</i>
Peas	<i>.J</i>			<i>J</i>	<i>.J</i>
Peppers			<i>J</i>	<i>J</i>	<i>J</i>
Potatoes			<i>J</i>	<i>J</i>	<i>J</i>
Pumpkins				<i>J</i>	<i>.J</i>
Radish	<i>.J</i>	<i>J</i>			
Spinach	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>
Squash	<i>.J</i>	<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>
Tomatoes		<i>J</i>	<i>J</i>	<i>J</i>	<i>J</i>

THE BOTTOM LINE

The bottom line is we, at Silverbrook, take a great deal of pride in our product. So if there is something that you do not like, something that you are not satisfied with...please let us know, so that we can correct the issue immediately.

Here, we still work with the notion that the customer is always right.

Sincerely,
JJ Pereira
Owner,
The Silverbrook Farm
www.thesilverbrookfarm.com

By signing this agreement, I acknowledge that I have read and understand any/all of the aforementioned stipulation and policies of the 2020 SILVERBROOK PRODUCE CSA PROGRAM.

(PLEASE PRINT)

(PLEASE SIGN)

(DATE)

****PLEASE SEND FIRST AND LAST PAGE COMPLETELY FILLED OUT AND SIGNED OF THIS CSA 2020 CONTRACT WITH YOUR PAYMENT TO THE FOLLOWING ADDRESS****

*****PLEASE PROVIDE EMAIL ADDRESS FOR CONFIRMATION, WEEKLY NEWSLETTER AND FOR ANY UPDATES AT SILVERBROOK FARM*****

**THE SILVERBROOK FARM
934 MAIN STREET
ACUSHNET, MA
02743**