



### The Silverbrook Farm 2020 CSA Member Contract

<b>Name:</b>	
<b>Address:</b>	
<b>City/State:</b>	
<b>Email:</b>	
<b>Phone:</b>	

**Payment Type:** (check one) **Please make** check payable to The Silverbrook Farm

- Credit Card via phone
- Cash
- Check
- Credit Card via our NEW Online Store <https://thesilverbrookfarm.square.site>

**PROGRAM:** (check one)

- BASIC (Produce) \$400
- STANDARD (Produce with egg or bread option) \$500
- MASTER (Produce with egg or bread option, meat, Christmas tree) \$975

**ADD ON OPTIONS:** (check desired options)

- FRUIT Option: Add \$175.00 to any program total

**WELLNESS CSA OPTIONS:** (check desired options, see below for detail of options)

- All Three Wellness Options** Add \$100.00 to any program total
- CSA Recipes (option #1) Add \$35.00 to any program total
- Herbal Teas (option #2) Add \$35.00 to any program total
- Turmeric Paste (option #3) Add \$35.00 to any program total

**SELECT PICKUP DAY (CHECK ONE)**

- Wednesday **BETWEEN 4:00PM and 6:00PM**
  
- Saturday **BETWEEN 10:00AM and 3:00PM**

**PICKUP LOCATION: 934 Main St., Acushnet, MA 02743**

**OR select:**

- CSA DELIVERY OPTION (new):**

We are offering Delivery Service on Wednesdays ONLY. Your CSA will be delivered to your door between 4:00PM and 6:30PM. We are offering this service @ a flat delivery fee of \$150.00 (less than \$9 a week) for the entire 17 weeks.

**We will also extend this service to our CSA Membership by request if we are provided 72-hour notice and the delivery schedule permits the addition. Single delivery fee is \$12.00 and must be processed online at our online store.**

**TOTAL PAYMENT; Calculate your applicable items below**

<b>CSA</b>	<b>\$</b>
<b>FRUIT ADD-ON</b>	<b>\$</b>
<b>WELLNESS ADD-ON</b>	<b>\$</b>
<b>DELIVERY FEE</b>	<b>\$</b>
<b>TOTAL DUE</b>	<b>\$</b>

## **1. SILVERBROOK FARM NEW OPTION DETAILS:**

The Silverbrook Farm is excited to bring you our NEW Add-On options through our partners at Emerging In Health in Rochester. 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

**OPTION 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!

**OPTION 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

**OPTION 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 to make Golden Milk.
- Recipe card for Golden Milk and for a special meal
- Golden milk is rich in antioxidants, help protect cells from damage, fight off disease and infections and contribute to overall wellness.

## **MORE SILVERBROOK FARM ADD-ON OPTION DETAILS:**

### **BREAD / EGG OPTION:**

The Bread or 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.

Each week you have the option of selecting **Free-range eggs OR the Bread of the Week**, which will be one of the following flavors:

- **PUMPERNICKLE**
- **WHEAT**
- **SWEET BREAD**
- **PUMPKIN LOAF**
- **ORANGE CRANBERRY NUT**
- **BANANA NUT**
- **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!

### **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 AMAZING FRESH 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.)

Currently, we are working with local growers to supply a variety of the following:

- **STRAWBERRIES**
- **BLUEBERRIES**
- **PEACHES**
- **PEARS**
- **RED RASPBERRIES**
- **BLACK RASPBERRIES**
- **VARIETY of APPLES**
- **NECTARINES**

## **2. 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, you will continue to receive the following items at schedule times:

- **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.
- **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.
- **FREE RANGE/FARMFRESH TURKEY – 15-17LBS** – This product will be ready for pick up the day before THANKSGIVING 2020.
- **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 Fraser or Douglas Fir Trees.

## **3. THE WAY OUR PROGRAM WORKS**

Our goal is to provide you a CSA Membership that you fully enjoy. Please take the time to read this contract in full so you understand what we provide, what is and is not included in your CSA and what you can expect this season!

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

The second week of June 2020 **you will pick up or we will deliver** your first helping of locally grown produce, along with the following:

- The Silverbrook CSA Produce Bag
- The Silverbrook Fresh Guide
- 3 Admission Passes to Fall Events (**For Standard and Master Programs**)
- Your option of fresh bread or free-range eggs (**For Standard and Master Programs**)
- Don't forget as a CSA member, you are welcome to enjoy the farm, yoga, and visit the animals the day of pickup

Each week, over the next 17-WEEKS you bring your bag back and do it all over again! For Home Delivery, we require you leave a cooler outside your door and leave your produce bag in the cooler so we can drop off your produce and ensure it is protected from heat and rain.

## PICKUP TIME AND DATE

**ACUSHNET PICK UP DAY – SATURDAYS BETWEEN 10AM and 3PM**  
 (Silverbrook Farm Country Store – 934 Main Street, Acushnet MA  
 Program Begins: Saturday June 6<sup>th</sup> (projected start date) / 10:00AM

**ACUSHNET PICK UP DAY –WEDNESDAY BETWEEN 4PM and 6PM**  
 (Silverbrook Farm Country Store – 934 Main Street, Acushnet MA  
 Program Begins: Wednesday June 10<sup>th</sup> (projected start date) / 4:00PM

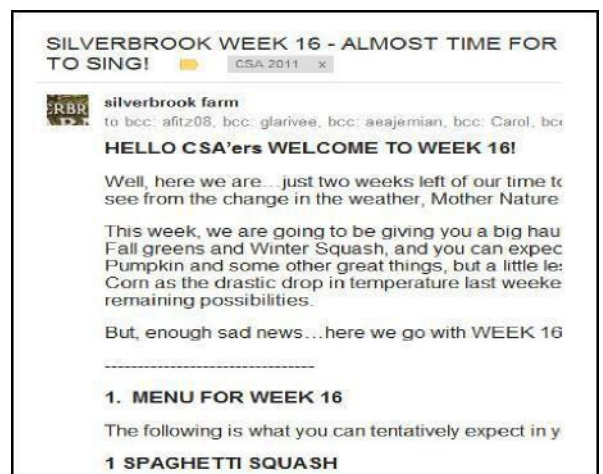
**HOME DELIVERY – WEDNESDAY BETWEEN 4PM and 6:30PM**  
 Your CSA will be delivered to your door between 4:00PM and 6:30PM.  
 Program Begins: Wednesday June 10<sup>th</sup> (projected start date)

**NOTE:** If as a member you would like to give a non-member access to pick up your CSA share, you must notify us of who is picking up your share before pick-up, Via Email or in Person. Also, the Silverbrook Farm is **NOT responsible for Produce once it is dropped off for Home Delivery. We will ring the bell upon our arrival and place in the cooler. Please email us at the beginning of the CSA Program with any special instructions and we will do our best to accommodate your request.**

## 4. COMMUNICATION

### WEEKLY EMAIL

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



- A. AN ESTIMATED MENU of WHAT VEGETABLES WILL BE INCLUDED IN YOUR SHARE FOR THE WEEK** – We pick our vegetables daily, which is why we can only provide you an estimation of what to expect in your bag. It is very possible that what is expected for any given WEEK may change based on what we see the morning we pick from our fields. We do our very best to provide you what we have estimated. We appreciate your understanding that growing local and with organic practices means we are working with what the farm region provides based on our weather and other factors. We pride ourselves on our product and our relationship with our members and will continue to work to exceed your expectations!
- B. THE BREAD of the WEEK** - For our STANDARD and MASTER members, this will indicate which bread is available to you for the WEEK.
- C. STORING TIPS** – With each MEMBERSHIP package at the beginning of the season, you will receive a STORAGE TIP CARD that will help you store your produce throughout the season. Our weekly communication will include extra tips that will make your produce last.

## **5. SUBSTITUTIONS, ADDITIONS, MOVING & MISSING PICKUPS**

### **A. SUBSTITUTIONS**

We are asked frequently “if I don’t like something, may I have something else” and the simple answer to this is “Yes, if we have extra.”

The amount you receive in your bag each week is the result of calculating the total amount picked by how many CSA shares there are in the Farm. If we pick 50 tomatoes, and we have 25 members, then everyone receives two tomatoes.

However, there will be times when we have more of certain produce. Please ask if you would like to substitute and we will accommodate your request if we can. Our decision will be based on quantity and ensuring your request doesn’t negatively impact another member’s share.

We appreciate your understanding that a CSA is successful for everyone when we support each other as a community and work together!

### **B. ADDITIONS**

Often CSA Members will indicate you are having company, canning tomatoes, or doing an activity that requires a large portion of one item. We welcome the request and ask you

contact us via email in advance and we will let you know if we can accommodate your request. We will work with you to supply the item as part of your share and advise you of any possible additional cost.

### **C. MISSED 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 your scheduled pick up and will work with you to coordinate another pick up time. If you do not contact us by email [at thesilverbrookfarm@gmail.com](mailto:thesilverbrookfarm@gmail.com) within 24-hours of the pickup, the produce will be donated and you have “forfeited” or “gifted” your share for the week.

### **6. FEEDBACK and COMMENTS**

We want to hear your positive and negative experiences! We are always looking to improve and welcome feedback, discussion and the opportunity to implement new ideas. A CSA membership is about community and our goal is to exceed the expectations of our community.

We appreciate our members taking the time to share your experiences while considering the unique challenges a small local farm may face based on environment, crop pests and diseases to name a few. Remember, we are all in this together!

Please email us at [thesilverbrookfarm@gmail.com](mailto:thesilverbrookfarm@gmail.com) .

### **7. VISITING THE FARM**

During the Spring and Summer months, Silverbrook is not open to the public, but it is open on SATURDAYS to CSA Members (at no charge) who would like to come and walk the Gardens and see the Farm Animals of Silverbrook Farm.

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

We ask you limit your party to four people in total per our farm safety policy. This is to ensure your safety while visiting with us as the farm. We welcome visitors however it is a working farm with both equipment and building safety concerns. Please do not enter areas marked private, open or climb on gates, enter the field areas or allow your children to wander off clearly marked roads. Our staff is concentrating on field work and is not able to provide instructions or safety precautions. Please enjoy and be aware and respectful of the risks of a working farm.



## **8. SILVERBROOK FALL FAMILY EVENTS**

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, you will receive 3 PASSES that will allow for (3) One- Time Entrances onto the Farm and the Events. We continue to work on discounts for all CSA Members for our Farm Events and will post as they become available.

## **9. PRODUCE CLEANING**

We make every effort to ensure all production and food handling practices are of the highest quality. One example of such practices is picking our produce the same day it is available to our CSA members.

Outside of our efforts, there will remain risk associated with handling food. You can minimize this risk by following a few important practices:

- Always wash hands before handling any food.
- Wash your shopping bag regularly to keep it clean of dirt or anything else that may come from the Farm!
- 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.
- 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. THE GROWING SEASON**

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. This year we have also incorporated Agrohmeopathy to help us reduce

the risks of pests and disease that may reduce crops. We ask our Members to be aware 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 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.

	June	July	Aug	Sept	Oct
Beans, Pole					
Beets		X	X	X	
Broccoli		X		X	
Brussel Sprouts					X
Cabbage			X	X	X
Carrots		X	X	X	
Corn		X	X	X	
Cucumbers			X	X	X
Eggplant			X	X	
Garlic			X	X	X
Greens		X	X	X	X
Kale & Collards	X	X	X	X	X
Leeks				X	X
Lettuce		X	X	X	X
Melons		X	X	X	X
Onions			X	X	X
Peas	X			X	X
Peppers			X	X	X
Potatoes			X	X	X
Pumpkins				X	X
Radish	X	X			
Spinach	X	X	X	X	X
Squash	X	X	X	X	X
Tomatoes		X	X	X	X

## FEEDBACK WELCOME

The Silverbrook Farm takes a great deal of pride in our product. Please let us know if there is something you are not satisfied with. We will do our best to address your concern immediately.

The Silverbrook Farm values our membership and we always work to exceed your expectations!

Sincerely,

JJ Pereira Owner,  
The Silverbrook Farm  
[www.thesilverbrookfarm.com](http://www.thesilverbrookfarm.com)

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

<b>Print Name:</b>
<b>Please Sign:</b>
<b>Date:</b>

**\*\*PLEASE COMPLETE AND SEND PAGES 1 AND 2 ALONG WITH THE LAST PAGE 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