



CSA
MEMBER HANDBOOK

The Farm

About Us

Formed in 2016, Love Grows is owned and operated by Brad Berry and Ailsa Coughlan, a couple of wholehearted organic farmers. Both natives of Bucks County PA, they grow at Playwicki Farm in Feasterville, PA.

Mission

To grow a more peaceful, meaningful and productive existence by providing nutritious, fresh and locally grown produce using regenerative and ethical farming and business practices.

Growing Practices

Ailsa and Brad have grown for years using organic and regenerative practices. Synthetic inputs are not used in or around any of the growing fields. Compost, cover crops and rotational grazing feed our soil and our food. We are committed to making ecologically sound choices in every possible area of our business. We believe that healthy land grows healthy food and healthy people.

About CSA

How It Works

CSA stands for **C**ommunity **S**upported **A**griculture. In this relationship, a farm supports a community and a community supports that farm. No other modern system links locals and farms together as seamlessly and with as much mutual benefit.

With CSA, locals become investors, shareholders of a farm's produce by helping to offset each year's operating costs before the growing begins. This helps farmers to better focus on the intensive job of growing high quality produce for their neighbors. They can spend their time carefully cultivating, enhancing and learning the land instead of developing markets during the season. **It is a two-way commitment.**

Benefits/Risks

Members get the freshest, most local, and most nutritious produce available, grown by farmers who care.

Farmers get more peace of mind because a portion of the fruits of their labor are set to be enjoyed.

Both parties assume the inherent risks of farming, such as pest damage and increasingly challenging weather.

Market Share

Works like a buyer's club. Members pay \$75 up front and get 20% off any purchase at Love Grows farmers market stands during the growing season

Markets

Doylestown Farmers Market

Saturdays 8am-1pm on S. Hamilton St.

We attend April 18 - November 21 (no market September 12)

Yardley Farmers Market

Saturdays 9am-1pm

We attend outdoor market (Buttonwood Park) April 18 - mid-October and indoor Winter market (Yardley Friends Meetinghouse) from mid-October - as long as we can!

Bristol Borough Farmer's Market

Sundays 11am-2pm at Mill St. Crossing Park

We attend May - December

Wrightstown Winter Market

Saturdays 10am-12pm at the Anchor Presbyterian Church

We attend December - as long as we can!

Rules

- The discount is available from **April to December**
- Memberships are per household. Family and friends buying food for separate households should purchase a separate membership.
- Members can shop at any market and do not need to give notice to farmers to do so.
- \$75 is nonrefundable

Harvest Chart

Vegetable	Quantity	June	July	August	September	October	November	December
Arugula	1/2 lb. bag				x	x	x	x
Beets	1 bunch/ 1/2 lb. bag	x	x	x	x	x	x	x
Broccoli	1 head	x	x		x	x	x	x
Brussels Sprouts	1 stalk						x	x
Cabbage	1 head		x	x		x	x	x
Carrots	1 bunch/ 1.5 lb. bag			x		x	x	x
Cauliflower	1 head					x	x	x
Celery	1 head					x	x	
Cucumbers	1 - 4		x	x	x			
Eggplant	1 - 4		x	x	x			
Escarole	1 head		x		x	x	x	
Fennel	1-2 heads	x					x	
Garlic	1-2 bulbs				x	x	x	x
Garlic scapes	1 bunch	x						
Herbs	1 bunch	x	x	x	x	x	x	(dried)
Kale	1 bunch/ 3/4 lb. bag	x	x		x	x	x	x
Kohlrabi	1-2 heads	x				x	x	x
Leeks	1 - 3					x	x	
Lettuce	1-2 heads	x	x	x	x	x	x	
Lettuce mix	1/2 lb. bag	x	x	x	x	x	x	
Melons	1			x	x			frozen
Mizuna	1/2 lb. bag	x	x		x	x	x	x
Napa Cabbage	1 head		x			x	x	x
Onions	1 - 4			x	x	x	x	x
Pac Choy	1-2 heads	x	x			x	x	
Pea Shoots	1/2 lb. bag	x				x	x	
Potatoes	1 quart				x	x	x	x
Radishes	1 bunch/bag	x	x		x	x	x	
Scallions	1 bunch	x	x		x	x	x	x
Spinach	1/2 lb. bag	x			x	x	x	x
String beans	1 quart		x	x	x			
Summer Squash/Zucchini	1 - 3	x	x	x	x	x		
Sweet Corn	2 - 4				x			
Sweet Peppers	1 - 4		x	x	x	x	frozen	frozen
Sweet Potatoes	1 - 3					x	x	x
Swiss Chard	1 bunch/ 3/4 lb. bag	x	x	x	x	x	x	x
Tatsoi	1 head/ 1/2 lb. bag	x			x	x	x	
Tomatillos	1 quart		x	x	x			
Tomatoes-Slicing	1 - 4		x	x	x			
Tomatoes-Cherry	1 pint		x	x	x			
Turnips	1 bunch/ 1.5 lb. bag	x	x			x	x	x
Winter Squash	1-2				x	x	x	x

This chart represents our expected harvest schedule for each vegetable.

Each season yields different quantities of each vegetable, but this is our best estimation of what we will harvest and when.

Quantities are included so you can get an idea of what an 'item' is.

Quantities/what constitutes an item will vary. For example, if we have lots of cucumbers one week, one item would be four cucumbers.

Weights here are also approximate and may vary slightly.

An 'x' for a vegetable in any given month means that it is likely to be on the list at some point OR throughout that month.

Payment

Methods

We accept major credit cards on the website and in person. We are charged 3% of the purchase and 30 cents per transaction to process them, so those fees are included.

We accept checks by mail. Our mailing address is:

Love Grows LLC
1298 Morgan Horse Dr.
Warrington, PA 18976

Timeline

Try to pay before the plants are in the ground! We ask that members register and pay by March 31 but will accept new members throughout the year.

Refunds

We cannot give refunds for services rendered.

Member Agreement

I agree to the terms and guides of conduct within the Member Handbook.

I agree to add 'info@lovegrowscsa.com' to my email contacts to make sure I receive periodic notifications about the share. I agree to keep track of pickup dates and times.

I understand that there is no guarantee on the exact type/amount of produce I will receive in my share. I understand that online share requests are not orders and that the farmers do their best to honor them.

By becoming a member, I commit to picking up my share and understand that if I, or someone I designate, is unable to pick up my share, it may be donated after the pickup period.

CSA members share in the inherent risks of growing local food on a sustainable scale (i.e. poor weather, pest damage, etc.) and the rewards (fresh, local and organically grown vegetables, being a part of a caring community). Love Grows plans for these challenges by growing extra crops and by working with the weather and the land for optimal production. I understand that the items delivered will vary depending on the season.

With my CSA membership, I am supporting local farmers and my local food system in the most direct and effective way possible (besides growing food myself). I am supporting my own health as well as that of the economy and the environment. Love grows my food!

Connect

OUR WEBSITE:

<http://lovegrowscsa.com>



Visit our socials @ Love Grows CSA to see what's happening on the farm! Updates, pictures, interesting reads, and great recipes/resources!

We will communicate important information to our members primarily at the markets and secondarily through EMAIL.

Members are automatically added to our CSA newsletter. Add info@lovegrowscsa.com to your contacts. Let us know if you have not received a newsletter by June 1.

Phone: 215-622-7272

Email: lovegrowsfood@gmail.com

Resources

Storing Your CSA Produce

Making sure your produce stays fresh as long as possible is important to getting the most out of your CSA.

Put in the fridge

Sealed Bag

cabbage
carrots
cut produce
greenbeans

Loose

shallots
berries
new potatoes
Brussels sprouts

Crisper

apples
beets
broccoli
cauliflower
celery
leeks
mushrooms

peas
peppers
radishes
summer squash
sweet corn
turnips

Storing Asparagus

Keep stalks upright in about two inches of water (coffee mugs work well) in the fridge.

Keep in a cool, dark place

shallots
sweet potatoes
winter squash

eggplant
garlic
onions
potatoes

Keep these...

apples apricots
blueberries
cantaloupe cranberries
figs green onions grapes
honeydew nectarines
prunes quince peaches
pears plums potatoes
tomatoes
tropical fruit

away from these...

asparagus
blackberries broccoli
Brussels sprouts cabbage
carrots cauliflower cukes
eggplant endive garlic
greenbeans leafy greens leeks
lettuce okra onions parsley
peas peppers raspberries
squash strawberries sweet
potatoes watercress
watermelon

Storing Lettuce

1. Pierce a gallon-sized resealable bag with 10-20 tiny, evenly spaced holes.
2. Rinse and dry lettuce leaves.
3. Measure out at least two lengths of paper towels three or four sheets long.
4. Lay the lettuce leaves across the paper towels in a single layer, separating layers of lettuce with layers of paper towel.
5. Gently roll up the lettuce in the length of paper towels. Put the roll into the resealable bag.
6. Squeeze the air out of the bag and keep the lettuce in the fridge for up to one week.

Leave at room temperature

Never store onions and potatoes together!

cucumbers
melons
pears
stone fruit
strawberries
tomatoes
winter squash

Ethylene Gas

is produced by certain fruits and veggies and causes ripening of others

Resources

CSA Membership Etiquette

CSAs constitute a relationship between you and your farmer. Exhibiting good membership etiquette makes the experience good for everyone.

Communication

Membership Agreement

A farmer may have a member agreement so that everyone is on the same page. It is expected that you read this document.

Questions, Comments, Concerns

If you need to get in touch with the farmer, first consult the membership agreement for instructions on membership communication.

Membership Surveys

Your farmer may send you one or two surveys throughout the season. They'll use your comments to improve the CSA for next year, so be sure to fill it out.

Membership Newsletter

The membership newsletter is important in keeping you up to date on your membership, and might also include recipes for ingredients that you might not know what to do with.



Picking Up

Make sure to pick up on time.

Respect the time of your pickup host, whether it's a local business, residence, or the farm. The later you get to the pickup site, the longer your produce has been sitting.

Only take what's in your box.

Farmers try to make boxes as equal as possible. Don't rummage through other boxes, especially if one has your name on it.

Keep the pickup site tidy.

Be respectful of the host site. Leave the host site at least as clean as you found it. Stack your flattened box neatly.



At Home

Put away produce immediately.

Produce can't survive forever in the box you picked it up in, so optimizing the life of your CSA means getting it into the proper environment as soon as possible.

Store your produce properly.

Farmers can't control the quality of the produce after they drop it off. Make sure to take good care of it so you can savor the work that the farmer put into growing it.

Take care of your reusable boxes.

If your farmer is trusting enough to lend you a reusable box or bag, take good care of it. Keep it clean and in a clean place, especially if you are a smoker or have pets.

Resources

Water Bath Canning 101

Canning at home is an affordable and surprisingly simple way to preserve the harvest for the rest of the year.

You'll need

mason jars, rings and new lids
pots for sterilizing
canning jar lifter or tongs
canner or large stock pot with canning rack
ingredients and a good canning recipe
stainless steel ladle
wide-mouth funnel
bubble popper
clean tea towels

Do!

- ✓ Find a trusted recipe
- ✓ Handle the hot jars carefully
- ✓ Use, fresh, high quality produce
- ✓ Inspect the jars and contents when you are ready to use the canned food

Don't!

- ✗ Store or use jars with lids that are not fully sealed or have dents
- ✗ Reuse lids

Things to make

- salsa
- pickles
- green beans
- tomato sauce
- jams, jellies, preserves

Instructions

1. Prepare materials

Sterilize the jars and lids by simmering for at least ten minutes. The sealing compound on the lids must be soft when applied to the jars. Keep jars and lids in the hot water until the food is ready. Fill the canner or stock pot (with rack in it) halfway with water and bring to a simmer. Maintain simmer.

2. Prepare food

Prepare the food according to the recipe you've chosen.

3. Fill jars

Remove hot jars from pot using jar lifter, handling carefully and fill with food using wide-mouth funnel, leaving the amount of room recommended by the recipe. Remove all air bubbles from the jars using the bubble popper. Thoroughly clean the rims and threads of the jar with a clean towel. Carefully center the warm lids onto the jars to ensure even contact with the sealing compound. Firmly screw ring onto jar.

4. Process

Place filled jars into the stock pot or canner, ensuring the water covers the jars by one or two inches. Cover the canner/pot and bring water to a full boil, which marks the start of the processing time, which varies by recipe.

5. Cool

After processing time is over, turn off heat and remove lid. Leave uncovered for five minutes to acclimate jars. Then, remove jars from the canner using the jar lifter, placing jars upright on a clean tea towel. Let stand untouched for 12 to 24 hours.

6. Inspect

After 12-24 hours, check the seal of each jar by pressing on the center of the lid. Jars with lids that pop did not seal properly. They can be reprocessed or stored in the refrigerator. Remove the rings and try to lift the lid off the jar with your fingertips. The lid should not budge.

7. Store

Clean the jars and lids, label with date and contents, and store in a cool, dry, dark place for up to one year.