



## UBC Farm

### 2011 CSA

## Program Details



**What is a CSA?** CSA stands for Community Supported Agriculture. It's a partnership in which members pre-pay in the spring to receive a weekly box of produce throughout the growing season. CSAs are one of the fastest growing forms of direct marketing in North America. They help farmers by providing income early in the season when startup costs are high and by guaranteeing a market for the farmers' produce. Members benefit by receiving a regular supply of fresh, nutritious produce, learning what can be grown seasonally in their region, and by becoming more connected with the people who grow their food.

**Why did you start a CSA?** Our CSA is part of the student-driven UBC Farm at the Centre for Sustainable Food Systems. The UBC Farm is a unique learning environment that directly benefits more than 2,000 UBC students each year. As part of a functioning, production-scale farm, our CSA provides an example of one marketing strategy farmers are using to achieve economic viability.

**Who can participate?** The CSA program is open to students, faculty, staff and the general public. There will be a total of 40 memberships available in 2011.

**\*Basic Box for UBC students CANCELLED\*:** Based on feedback about last year's student box, we have decided *not* to continue this program. Instead, we will increase our regular shares to 40 and we will give UBC students priority in the selection process.

**When does the 2011 CSA start?** The program is set to start on Tuesday, June 14 / Friday, June 17 and run for 20 weeks, through October 25 / 28. However, due to unpredictable weather, the actual start date may vary by a week but 20 boxes will be provided regardless of when the program begins.

**What's in the boxes?** Each week, your box will be assembled with a variety of fresh, seasonal produce valued at \$25. On average, this is enough weekly produce for two people who eat a lot of veggies. We price the boxes using the same prices we use at the market. The *example* boxes below will give you an idea of the size of the box and what a box may contain at different times of the season.

Spring Box
Radishes (1 bunch)
Head Lettuce (1)
Chard (1 bunch)
Spinach (1 bunch)
Mustard Greens (1 bunch)
Garlic Scapes (1 bunch)
Snap Peas (1/2 lb)
Early Beets (1 bunch)

Summer Box
Salad mix (0.33 lb)
Zucchini (1.5 lb)
Cilantro (1 bunch)
Kale (1 bunch)
Fresh Beans (1 lb)
Arugula (1 bunch)
Fennel Bulb (3/4lb)
Pac Choi (1 bunch)
Herbs

Fall Box
Carrots (1 bunch)
Garlic (2 bulbs)
Collards (1 bunch)
Winter squash (3 lb)
Leeks (1 bunch)
Potatoes (2 lb)
Pac Choi (1 bunch)

The table below lists the major crops we grow. Please note that those in the “All Season Items” column will be repeated over the course of the season and variety will be achieved through incorporation of the seasonal items.

All Season Items	Spring Specialty	Summer Specialty	Fall Specialty
Kale	Garlic Scapes	Fresh Garlic	Storage Garlic
Swiss Chard	Snap Peas	Cilantro	Shelling Beans
Collards	Shelling Peas	Parsley	Potatoes
Salad Mix	Broccoli	Basil	Leeks
Arugula	Cauliflower	Dill	Squash
Mizuna		Beans	Fennel Bulb
Mustard Greens		Corn	Parsnips
Spinach		Tomatoes	Turnips
Beets		Raspberries	Pumpkins
Carrots		Peppers	
Radishes		Cucumbers	
Perennial Herbs		Zucchini	

Part of the philosophy of Community Supported Agriculture is a system of shared risk and reward. If we have a poor harvest some weeks due to weather or other factors, your box may contain less than \$25 worth of produce. However, we will also include extra produce when the harvest is abundant!

We try to include a variety of produce within each box and from box to box; however there are many factors that determine what is ready and when. In response to feedback, last year we tried only including UBC farm produce. This year it will again be mainly UBC farm-grown produce, however we may on occasion incorporate produce from another local source. Please note that most boxes will be heavy on the vegetables and will not contain significant quantities of fruit. We are continually working to diversify our crops, and in the future you can expect offerings of strawberries, blueberries and apples.



This season we will be growing some new crops for the CSA program. These may be unique varieties of common vegetables, or new items we didn't grow last season. Some examples include broccoli, cauliflower and potatoes. In addition, due to the program's expansion and because we grow small amounts of many different vegetables/varieties, we may not be able to make all boxes exactly the same each week. We will ensure that members receive like items each week and we'll rotate items from week to week to ensure all members have access to the full variety of the Farm's crops throughout the program.



**A note on greens!** Previous members have expressed that they receive too many greens in the box. We acknowledge this feedback and do our best to diversify the box contents; however there will continue to be a high supply of greens. Green leafy vegetables are well suited to our growing climate, they are fast growing, allow for multiple harvests thereby producing more food than single-harvest crops. Plus they are really good for you! We grow a large variety of greens and we hope that you can appreciate the diversity between greens. You can look forward to trying

kale, chard, collards, spinach, arugula, mustards, pac choi, mizuna, chicories and more!

**Can I choose what produce I get in my box?** We aren't able to accommodate requests for specialized produce boxes. Part of the fun of a CSA is that you get the chance to try new items – or find new ways to cook items you might normally pass up – while at the same time learning what can be grown seasonally and locally. We do offer a “swap box” where you can exchange one item for another, to give you a bit of a choice each week. We will also supply recipes in our weekly e-newsletter and are happy to answer any questions regarding the preparation of what we grow.

**Can I get eggs or other items added to my box?** Yes! Eggs and other items such as cut flowers and bouquets are available as add-ons. Add-ons need to be requested by a specified deadline each week. Because of limited supply and high demand, **eggs are limited to one-dozen every other week.** Flower bouquets will be available weekly as we are expanding our cut flower production. Add-on orders may be arranged for the duration of the season or sporadically throughout. You can also make the occasional request for a produce add-on for items we have in abundance. Add-ons are an additional value on top of your box contents. You'll be billed for add-ons mid-way through the season and again at the end. Add-on payments must be received within 30 days of receiving your bill.

**What information is included in the box?** All weekly communication regarding the CSA program occurs via e-mail. Information such as box contents, recipes etc. will be e-mailed to you each week rather than included in the box itself.

**How and when do we get our box?** Boxes are available for pick up at the UBC Farm, giving you a chance to see where your food is grown and chat with the people who grew it. In our efforts to continue expanding, this season we will be trialing a second harvest day on Tuesday of each week. Produce is harvested during the day and half the boxes will be packed on Tuesday and the other half on Friday. **Tuesday members must pick-up on Tuesday from 5-6pm or on Wednesday from 9am-6pm. Friday members must pick up on Friday from 5-6pm or on Saturday from 10:30am-6pm.** All boxes will be stored in our walk-in cooler overnight to ensure your produce is kept in the best condition possible. When applying for a membership, please indicate which pick-up day you prefer.

If there is the *occasional* time during the season that you can't make it on the Tuesday/Wednesday or Friday/Saturday set pick-up time, you can request that we hold your box for one extra day. If your box is not picked up the produce will be redistributed to avoid waste. Produce is packed in Rubbermaid totes. The totes need to stay on-site, so please bring your own bags to take home your produce. Please ensure you have your box pick-up factored into your weekly schedule.



It is likely that a bike delivery service, called MarketCargo, will be made available by the UBC Bike Co-op for customers located near UBC. Last year the program was free as it was funded by a grant, however, this year they are not funded and there will be a small fee. We will send you their contact information and some basic program details once their program is solidified. This is a service offered independent of UBC Farm, so all questions and concerns should be taken up with them directly.

**What happens to my box if I go on vacation?** You are welcome to find a friend, family member or coworker to pick up your box while you're away. Please make sure to let them know the details regarding box pick up, and to let us know if someone else will be picking up your box. We aren't able to provide reimbursements for missed boxes.

**\*New\* CSA Volunteer Sessions:** Part of the philosophy of the CSA program is to create a link between the members and the growers and to build community. This year we will have a few volunteer sessions dedicated to CSA members in order to create a time for us to get to know you better, for members to meet each other, and for members to learn and participate in farm activities. CSA members are also welcome at any of the regular volunteer sessions. Please note we don't have a work-exchange program in place as a form of payment for a CSA membership.



**How do I know if your CSA program is a good fit for me?** If you are not picky about what produce you receive, are happy with primarily veggies (minimal fruit), are open to trying new things, are comfortable communicating via e-mail, are able to pick up the boxes during allotted times, and are not planning to be away for significant periods of time over the summer, you would probably enjoy a CSA membership with us. If you tend to be more selective in what produce you purchase, prefer not to communicate via e-mail, or have significant time constraints during the summer, you might prefer to shop at our Saturday Farmers Markets or our Wednesday on-campus markets instead.

**How much does the program cost?** Over 20 weeks, a \$25 box works out to a cost of \$500. We also charge a \$10 administration fee each season. A deposit of \$100 is required upon being accepted and the remainder of the \$510 payment is due by Friday June 10<sup>th</sup>.

**How can I pay?** You can pay by cash or cheque (made out to UBC Farm) for the program fee as well as your add-ons. The UBC Farm cannot accept credit card payments.

**How do I apply for the CSA program?** There is an online application available through our website. All applications must be received by May 9<sup>th</sup>.

**PLEASE NOTE:** The demand for this program is extremely high. Based on our experience in past seasons, we expect there will be many more applications than we can accept. We will select members based on a number of factors to ensure the best match between our program and CSA participants. We will notify all those who have been accepted by Friday, May 20<sup>th</sup>. If you do not hear from us by that time, we were unable to offer you a spot this year.

We plan to continue expanding our CSA program each season so we can offer this opportunity to more people. If you aren't accepted into the program you can visit us at our Saturday Farmers Markets on-site or Wednesday on-campus markets. Thanks for your continued support of the UBC Farm!

**Other questions?** If you have any further questions not addressed in the program information, please e-mail [ubcfarm.csabox@gmail.com](mailto:ubcfarm.csabox@gmail.com).

