



Pitney Meadows Community Farm

Pick-Your-Own CSA Member Handbook

2024

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<https://www.pitneymeadowscommunityfarm.org>

Founded in 2016, Pitney Meadows Community Farm's mission is to celebrate and explore agricultural education, healthy food production, and recreation. Located on 166 acres in the heart of the City of Saratoga Springs and preserved in perpetuity as a working farm, PMCF is a unique resource. We are committed to being good stewards of the land and serving the community that invested their tax dollars to preserve the Farm as open space.

As part of our mission, we seek out innovative new strategies to engage the public in supporting local agriculture. In 2019, we piloted a Pick-Your-Own CSA, a unique model to this region. This model continues with our Main Season CSA, which runs from July through September.

What is a CSA?

Community Supported Agriculture, or CSA, is a system where individual community members pledge to support a farm operation so that the growers and consumers provide mutual support and share the risks and benefits of food production. Consumers become a CSA member by paying an agreed amount at the beginning of the growing season and in return, receive a share of the farm's harvest throughout the growing season.

Read more at: <https://growingsmallfarms.ces.ncsu.edu/growingsmallfarms-csaguide/>

Pitney Meadows Community Farm Pick-Your-Own CSA Program

As a member of our 2024 Pitney Meadows Community Farm Pick-Your-Own CSA, you will have access to a weekly share of assorted vegetables, herbs, and cut flowers from our fields, along with a handful of additional crops that will be harvested for you and available in our CSA cooler.

At Pitney Meadows Community Farm we strive to do our best to plan for and provide you with a bountiful share each week. The quantity of produce may vary from week to week and season to season due to weather, insects, or other production factors. By joining our CSA, you are agreeing to share in both the risk of crop failure and potential for a bountiful harvest with us and other community members.

Your support as a CSA member allows us to continue our mission of celebrating agricultural education, healthy food production and recreation on this preserved working farm.

Timeframe

The Pick-Your-Own CSA will run for 13 weeks from **Thursday, June 27, until Monday, September 23**. Members may pick their weekly share at any time between dawn and dusk Thursday - Monday.

The U-Pick fields and CSA coolers will be unavailable to members each Tuesday and Wednesday. This rest period allows our crops to recover and provides an opportunity for our farm team to perform maintenance like weeding, culling, and planting additional crop successions.

Cost

Members contribute **\$450** for the full season.

What to Bring Each Week

Bag: Please bring a bag for packing your share each week. Members may purchase a Pitney Meadows bag at a discounted price in our farm stand, or bring another bag from home. *The purchase of a bag is optional.*

Harvest tools: We'll have extra harvest tools available for members, but we encourage you to bring your own. A knife and clippers are recommended.

Arriving at the farm

Parking: Please park along the fence next to the gate into the fields (see map, p.5).

CSA Welcome Area: Please sign in each week in the CSA welcome area, located in the horse barn. Access to this building is next to the silo. Along with the sign in sheet, you will find information about weekly crop availability and extra harvest tools if you need them.

Harvesting

Members will have access to a weekly share of assorted vegetables, herbs, and cut flowers from our U-Pick fields. Crops ready to be harvested will be listed in our weekly CSA newsletter, posted in our CSA Welcome Area, and marked with a flag in the field.

Blue wagons will be available for members outside the Wash/Pack building.

If you would like to wash your produce or tools after harvest, please use the sink outside of the Wash/Pack building.

CSA Cooler

Members will have access to a designated cooler in our Wash/Pack building, where they can pick up produce that is not available in the U-Pick fields. This cooler shares space with our food security programs, so please take note of the shelves designated for CSA members.

What crops will be available?

We strive to offer an interesting and accessible variety of vegetables, herbs, and cut flowers to our members. We grow plenty of classics like tomatoes, summer squash, beans, cucumbers, peppers, carrots, beets, radishes, potatoes, peas, herbs, garlic, and sunflowers. Additional crops may include broccoli, cabbage, husk cherries, tomatillos, scallions, kohlrabi, eggplant, kale, asian greens, fennel, turnips, watermelon, and mixed cut flowers.

Please remember that each crop has its own seasonal availability and may not be available every week. Please reach out to farmteam@pitneymeadows.org if you have any questions about our crop plan.

Weekly Share Size and Crop Availability

Each week we will post information about which crops are available to harvest and which crops you can expect to find in the cooler. Since we operate on the honor system, we rely on members to harvest only what they can use for the week.

For each available crop, we will provide a recommended share, or serving size. This is only a recommendation, and members are encouraged to use their best judgment to determine how much to take home each week from all available crops.

We do our best to plan for an abundant harvest for all members, but occasionally we may need to set limits on specific crops. For instance, we may limit members to 2 heads of lettuce or 3 zucchini on certain weeks.

Sample weekly availability list:

Week 6: August 1 - August 5			
crops in yellow are available for harvest			
U-Pick Field (40 beds of row crops between trail and farm road)			
Row	Crop	Recommended Share Size	Harvest Tips
1	Swiss Chard	1 bunch	outer leaves
2	Kale	1 bunch	outer leaves
3	Flowers	1 bunch	
4	Radish	6-8 radish	look for largest radishes
5	Beans		
6	Beet		
7	Lettuce		
8	Lettuce		
9	Scallion		
10	Beans		
11	Beans		
12	Lettuce		
13	Pea: sugar snap		
14	Pea: sugar snap		
15	Pea: sugar snap		
16	Pea: sugar snap		
17	Flowers	1 bunch	
18	Scallion		
19	Cucumber		
20	Cucumber	1-2	look for largest cucumbers
21	Cucumber		
22	Beet	4-6 beets	look for largest beets
23	Lettuce		
24	Lettuce		
25	Lettuce	Limit 2 heads	cut whole head at base of plant
26	Beans	2 large handfuls	look for pencil sized beans
27	Beans		
28	Fennel/Scallion	1 head/1 bunch	pull whole plant
29	Kohlrabi/Mustard Greens		
30	Beet		
31	Radish		
32	Tomato: cherry	1 large handful	orange variety
33	Tomato: cherry	1 large handful	red variety
34	Tomato: slicer		
35	Tomato: slicer		
36	Tomatillo/Husk Cherry/Hot Pepper		
37	Eggplant		
38	Herbs: cilantro, dill, parsley		cut outer leaves
39	Flowers		
40	Herbs: sage, chives, mint		cut outer stems, leaves

U-Pick Greenhouse (look for CSA Harvest sign in front of Greenhouse #3)			
Row	Crop	Recommended Share Size	Harvest Tips
1	Pepper	1-2 peppers	
2	Carrot		
3	Basil	1 bunch	
4	Celery	3-4 stalks	
5	Spinach		
6	Pepper	1-2 peppers	

U-Pick Production Fields (look for CSA Harvest signs along farm road)			
Field	Crop	Recommended Share Size	Harvest Tips
A	Carrot	6-8 carrots	
B	Broccoli	1 head	
B	Onion	2-3 onions	

CSA Cooler (cooler #2 in wash/pack building)			
	Crop	Recommended Share Size	Limit
	Potato	1 quart	
	Summer Squash	1-2 squash	3 squash
	Garlic	1 head	

Newsletter

We communicate with CSA members primarily by email. When you register, you will be added to our distribution list. Each week members will receive a CSA newsletter with important information about crop availability, harvesting tips, recipes, and upcoming events at the farm. If there are multiple members of your share, feel free to include additional email addresses.

Orientation

Members are **required** to attend a brief orientation at the farm before the season begins. At this meeting, we will help orient you on the farm, provide instruction on how to harvest some of the crops, and answer any questions you have about the program. Dates and times will be announced closer to the start of the season.

Have a question?

Please email farmteam@pitneymeadows.org if you have any questions.

If you're interested in visiting our farmers in the field to learn more about our growing practices, how to harvest crops, or anything else about our work at Pitney Meadows, we encourage you to stop by the farm during our farmer "office hours." Dates and times will be announced closer to the start of the season.

What if I'm traveling out of town and will miss a week?

Please let us know ahead of time and send a friend to pick your share.

If a non-member is coming to pick your share, please have them come to the farm during our farmer "office hours" so that we are available to assist them.

Meet Your Farmers

At Pitney Meadows we use organic, regenerative farming practices to build our soil's fertility and grow nutrient-dense food for our community. In addition to our seasonal crew, we have a dedicated farm team responsible for acting as stewards of our land. We look forward to seeing you at the farm!



Ian Magnus
Farm Manager



Kelly Holzworth
Assistant Farm Manager



Daniel Williams
Food Sovereignty Coordinator

Farm Map

