

VEGGIE GROUP MEMBERSHIP – 2019 SEASON

Welcome New and Returning Members!

We're excited about this year's Veggie Group. Below you'll find all the information you need to join or renew your Veggie Group membership including:

- * Who are we? And what's a CSA?
- * When does it start and for how many weeks?
- * What are the membership options available and price?
- * How does pricing work?
- * What kind of produce will be in the bag?
- * What if I don't want a particular vegetable?
- * What are the payment options?
- * When and where are deliveries? Pickup options?
- * Renewal date for returning members
- * New members
- * Part-time membership
- * If membership cost is a barrier
- * What your investment in the veggie group membership means!
- * Our Gardening Centre
- * 2019 Itemized price list for Veggie Group members
- * Summary
- * Membership applications (fulltime & parttime)

Who are we?

Briefly, we're a family-run certified organic farm located in Portugal Cove. We've been growing organically for over 30 years, providing leadership in sustainable farming on the Avalon Peninsula. To a great extent, we have fulfilled our original goals which were to demonstrate that most vegetables can be grown in Newfoundland, to encourage local food production and to serve a local market at a time when organic vegetables were literally non-existent. Our new and most pressing goal is to break even so the farm can be sustained when we are no longer able to be the Shepherds.

What's a CSA?

Our Veggie Group is a CSA, a Community Supported Agriculture model. It's a way for you to connect with us, a local farm, and to know where your food comes from, that it is local, seasonal and fresh, and to help share the risks and the rewards of farming. We've had great years and we've had challenging ones – one never knows in Newfoundland, but we are always hopeful that there will be enough produce to exceed the cost of membership.

The birth of the Veggie Group (formerly Veggie Co-op) took place over thirty years ago. Mike was invited to give a talk on organics at Memorial University. The students who organized the event, asked “How can we get your vegetables?”. Knowing that most did not have transportation to the farm, Mike promised if they could get 30 people interested in buying vegetables, he would deliver a weekly bag of veggies at the MUN Science Building Parking Lot. They did and he did!

When do we start? How many weeks?

We’ll begin a **14 week season** starting June 19th with a 3 holiday week option for a **total of 17 weeks**. If the weather does not cooperate, the first Veggie delivery will occur on June 26th and we’ll have a 2 holiday week option. Members who provide us with advanced notice (at least 1 week) will have a replacement week(s) at the end of the season. For example, if you need to miss one week, you’ll receive a bag on Week 15; if you need 2 holiday weeks, you’ll receive bags on Weeks 15 and 16 as a replacement. If there is sufficient product, members who do not miss any of the regular season weeks can opt to buy additional weeks at the end of the season.

What are the membership options available and price?

We offer 3 types of membership: large bag, small bag, part-time:

Larger bag: \$714 (14 weeks) - \$51.00/week average

Smaller bag: \$546 (14 weeks) - \$39/week average

Part-time: please scroll down for details

How does the pricing work?

Each item in your bag will be listed and a total provided, much like the sales receipt at the super market. Early in the year, the total for the vegetables in the bag will usually be *less than* the \$39.00 or \$51.00 weekly cost you have paid for. Around the first to middle of August, the total will start to *increase*, until it evens out. Later in the fall, the bags will be bursting with vegetables. Hopefully, near the end of the season, there will be winter squash, pumpkin, beets, rutabaga, and parsnip.

What kind of produce will be in the bag?

We hope to have a good supply of most things on the price list (see below). The Veggie Membership is one of our core markets and the one that responds best to the bio-diversity of crops which we enjoy. Some years, green beans do well, but in other years (like 2009) the bean crop was a failure but other crops such as onions and winter squash were abundant. The 2011 season was so cold that only the cool weather crops were plentiful while 2013 was warm and pretty much everything was abundant. The last two years, we experimented with tomato grafting. Our initial trials were successful. With the additional benefit of propane heat, you should be receiving greenhouse grown beefsteak tomatoes in your bags in the later weeks of the season. (Stay tuned, or follow us on facebook @organicfarmnl for details on our experiments with tomato and eggplant grafting, and new projects including fruit trees, melons, and okra!)

What if I don't want a particular vegetable or herb?

All bags have the same products. We bring a swap box to each MUN pickup, so members can swap an unwanted item for another item of similar value. This usually works out well since people prefer different things. Members can also buy extra produce out of the swap box rather than swapping vegetables. We call this Tail Gate Sales. We cannot be as flexible with farm pickups. **However, we do post packing slips, containing a list the products delivered that evening, by 5 PM on the farm website. If a member who picks up at the farm checks the packing slip, wants to swap or buy extra vegetables, and e-mails on Wednesday evening, we can put their name on a bag that contains the desired swap or extra items for Thursday or Friday pickup.**

What are the payment options?

Payment options are explained on the membership application that appears below. Payment may be made by cheque (single or series of post-dated) or by e-transfer. You can opt to pay the total membership fee at the beginning of the season. This helps cover our labour costs early in the season. To show our appreciation, we **offer a 5% discount** to Large and Small bag members who pay the **total fee by May 15** (i.e., Smaller Bag - \$518.70, Larger Bag - \$678.30).

When and where are deliveries? Pickup options?

Deliveries will be on Wednesdays (the first delivery will be either on June 19th or June 26th). Bags must be picked up between 6 and 6:30 PM in the Science Building Parking Lot at MUN.

You can opt to pickup bags (advance notice) anytime after 6 PM at the farm (42 Churchills Road, Portugal Cove).

Pickups at the farm can also occur a day or two later than the delivery day. Arrangements around holidays, swap box, and pickup are the same as last year and are reviewed for new members.

RETURNING MEMBERS: PLEASE RENEW BY MAY 15!

Welcome back! We look forward to seeing you at the first pick-up. Please return the membership form (provided below). You can use the **reply** button on your e-mail program to respond directly to the e-mail. If there are no changes from last year, simply put your name on the form. If there are changes in bag size, phone numbers, payment schedule, who you are sharing with, address, or place for pick up, please indicate this. We look forward to connecting again – at the Science Building or the farm. **Not returning?** If you have not already let us know, please send a short e-mail to that effect.

NEW MEMBERS

The first step is to complete the membership form below. (Note – just fill in your name if you already have sent us a form.) Be sure to indicate your preference: large bag, small bag, part-time large bag, or part-time small bag.

WHAT ARE MY CHANCES?

If you would like to have a full season membership, reply to this e-mail as soon as possible. We will try to

accommodate everyone who applies.

PART-TIME MEMBERSHIP

To accommodate people who plan to be away for more than 3 weeks this season, we offer both small and large bag part-time memberships. Please check the weeks you would like to have a veggie bag on the **part-time application that appears below**. Part-time members can subscribe to 3 or more weeks and must prepay (with 1 to 3 cheques). The part-time pricing is based on the average cost of either the small or large bags delivered on each of the weeks during the 2016, 2017, and 2018 seasons. In general, the bags delivered later in the season were larger and will cost more. Since we were able to offer members more vegetables than the subscription cost in each of these three seasons, the weekly costs are about 10 percent more expensive than a full season membership.

IF MEMBERSHIP COST IS A BARRIER!

Perhaps you are a returning member and have an income loss since last year. This has happened to other families. We have spaces for a limited number of people to help at the farm, to reduce fees or to actually barter a full fee. Whether you are a returning member or a new member and unable to afford the full fee this year, please get in touch with Mike by e-mail. We may be able to partially subsidize the costs.

WHAT YOUR INVESTMENT IN THE VEGGIE GROUP MEMBERSHIP MEANS!

When you buy a Veggie Group membership you are supporting an ethical organic farm that has provided employment for many people over the years. We provide mentoring opportunities for people from around the world through a farm stay program. Part of our farm mission is to provide a place where old and young people can visit to see and learn about growing organically. Mike volunteers his time on Saturdays between 11 and 5 at the farm giving free consultation to anyone who comes to learn how to use organic methods for their own gardens.

In 2008 and 2009, we hosted over 500 school children, who visited the farm to pick and taste veggies. In 2010, we helped the children at Bishop Field Elementary School make the world's largest salad for Health week in September; along with donating salads for the Eastern Edge Art Marathon and other healthy eating campaigns. Our son Oz did some "organic farm" teaching at St. Andrews elementary school the past three years; as a result the students/teacher have developed a garden on the school grounds.

Each year, students enrolled in the chef training course at the College of North Atlantic visit the farm with their Instructors to look and taste. People enrolled in a skills and employment program, offered through various community agencies such as the MacMorran Community Centre, frequently visit the farm as do dozens of community garden groups. We have provided mentoring for high school students from St. John's. The students came on Saturdays to work with Mike, then put these skills to work in a community garden where they grew food for a local food bank. Several are now growing their own food.

The relationships we have built over the years with our many CSA customers is an important aspect of our history. The Veggie Group is a large, extended family of people who have become friends of the farm. *As a member of the Veggie Group, you are helping with a collective effort that is much larger and more significant than the food we grow and the food you take home.* You are part of an investment in the organic movement toward a healthier environment and a healthier life style for everyone. We continue to hope to encourage enough farmers and individuals to grow food so that Newfoundlanders can rise above 9% self-sufficiency in food production. By doing so, healthy foods can be available to everyone and we can reduce the rates of obesity and diabetes that are reported to be the highest in Canada.

OUR GARDENING CENTRE

Our Gardening Centre will be open on Saturdays from 9 am. to 5 pm. (Please call ahead if the weather is bad, 895-2884). We invite you to bring your family or friends to the farm on Churchill Rd, Portugal Cove to see where your food is growing. If your friends are back yard gardeners, please let them know, they can order edible flowers, herbs, vegetable seedlings and organic supplies through our web-based service or come out to the farm to see what is available. Follow the links to the seedling order form on our website at <http://www.theorganicfarm.net/> Any size order can be picked up at the farm. We do not deliver seedling orders under \$100 at the Farmers' Market. However, we will bring in lettuce, herb, Cole crop, Latah tomato, and pepper seedlings that can be purchased at our vendor table.

Mike and Melba Rabinowitz, Co-Owners April 2019 Phone: (709) 895-2884

THE ORGANIC FARM: 2019 SEASON

Itemized Price List for Veggie Group Members

Arugula	\$5.00/100g, \$10.00/250g, \$32/kg
Beans	\$8.00/500g
Beet greens (bunch)	\$5.00/250g
Beets/ winter	\$0.60/100g
Beets/ novelty baby	0.75 ea.(white, golden, candy strip)
Braising Mix (regular)	\$7.00/250g \$21.00/kg (in larger quantities)
Braising Mix (small)	\$3.00/100g
Broccoli	\$6.00/400g
Brussels Sprouts	\$6.00/500g or \$8.00/stalk
Brussels Sprout Tops	\$2.00
Cabbage – Chinese	\$.75/100g
Cabbage - Red	\$.50/100g
Cabbage – green	\$.40/100g
Carrots (baby)	\$3.00/bunch
Carrots (bunch)	\$4.00/bunch
Cauliflower	\$5 - \$7/head (depending on size and type)
Celeriac	\$.50/100g
Celery	\$4.00/stalk
Chard	\$5.00/250g bag
Collards	\$6.00/350g bag
Corn	\$1.25/ ear or \$6.00/ half dozen
Cucumbers(English)	\$2.50 to \$4/cucumber
Cucumbers(field)	\$1 to \$2/cucumber
Cucumbers (pickling)	\$0.75/cucumber \$8/dozen
Eggplant	\$2 to \$5/eggplant (depending on size)
Fava Beans	\$1.00/100g
Fennel Roots	\$3 to \$5/bulb (depending on size)
Garlic – elephant	\$2.50/100g
Garlic (regular)	\$1.75/bulb or \$10.00/500g if plentiful
Garlic Scapes	\$0.60/scape or \$6.00/dozen
Gooseberries	\$10.00/quart
Green Onions	\$2.00 – 3.00 bunch, depending on size
Jerusalem Artichokes	\$1.50/100g
Juicing Mix	\$1.50/100g
Kale	\$6.00/300g bag, \$18.00/kg

Kohlrabi	\$3 to \$5/bulb (depending on size)
Leeks	\$2.50 each or \$6.00 for bunch of three
Lettuce Head	\$3.00 - \$5.00 per head depending on size
Lettuce Leafy	\$5/250g bag
Lettuce Mix	\$7.00/250g bag
Lettuce Romaine	\$5/250g bag
Mustard Mix (large)	\$7.00/250g bag
Mustard Mix (small)	\$8.00/250g bag
Micro Greens	\$10.00/100g bag
Onions/winter	\$1.50 – \$2.00 each depending on size
Onions/winter (small)	\$0.70/100g
Pak Choi (small types)	\$1 to \$2
Pak Choi (large types)	\$2.50/100g or \$20/kg in large quantities
Parsnip	\$0.70/100g
Peas (edible pod)	\$2.50/100g
Peas (shelling)	\$2.00/100g
Pea Shoots	\$8.00/100g
Peppers, sweet	\$0.75 to 4.00 each depending on size
Peppers, hot	\$0.33 to 3.00 each depending on size
Potatoes-fingerling	\$0.80/100g or \$7/kg if plentiful
Potatoes-regular	\$0.50/100g or \$4.50/kg if plentiful
Pumpkin	\$0.40/100g
Radish(Daikon)	\$0.70/100g
Radish (regular)	\$2.50/bunch
Rhubarb	\$1.00/100g
Rutabaga	\$0.50/100g
Salad Mix	10.00/250g bag or \$18.00/500g in larger quantities
Shallots	\$1.50/100g
Spinach (baby)	\$3.00/100g
Spinach (regular)	\$2.50/100g
Sprouts (living)	\$6.00/quart
Sprouting Kit	\$6.00/each
Summer Squash	\$0.60/100g
Tomatoes (beefsteak)	\$8.00/kg
Tomatoes (cherry mixed)	\$7.00/pint
Tomatoes (cherry large)	\$9.00/quart
Tomatoes(green)	\$0.70/100g

Tomatoes (Latah) \$4.00/pint, \$6.50/quart \$8.50/kg

Tomatoes(mixed) \$1.00/100g

Tomatillo \$1.25/100g

Turnip (summer) \$0.50/100g

Winter Squash \$0.50/100g

Zucchini \$0.50/100g

Herbs: \$3.50 bunch

Herb Bouquet: \$5.00

Basil \$4.00/25g, \$6.00/50g, \$10.00/100g bag,
\$22.00/250g bag, \$40/500g bag, \$75/kg bag

The Organic Farm grows assorted herbs, such as basil, cress, coriander, dill, curly and flat leaf parsley, several kinds of mint, oregano, rosemary, tarragon and thyme. We supply Veggie Group members with herbs as they become available including basil and herb bouquets (sample of 3 to 5 herbs). Members can order additional herbs, such as basil, by special order if we have an adequate supply. We also provide tips on drying and freezing herbs.

Occasionally, other specialty items are added to the weekly collection of veggies and herbs to add interest, for example, edible flowers, recipe samples or recipes such as Tabouli with core ingredients. Members can also exchange these items for basic veggies as available if they wish.

SUMMARY

2019 MEMBERSHIP OPTIONS:

1. Small Bag at \$39.00 per week: Total of \$546 for the 14 week season.
2. Large Bag at \$51.00 per week: Total of \$714 for the 14 week season.
3. Part-time Small and Large Bag, 3 or more weeks, priced by the week.

PICK-UP TIMES AND PLACES: MUN

All Bags pick-up at MUN: Wednesday, 6-6:30 PM., Science Building - Quad Parking Lot

PICK-UP TIMES AND PLACES: FARM

Your Veggie Coop bag can be picked up from the farm anytime after 6:00 PM on Wednesdays or held in the farm chill room for you to pick up later in the week.

LENGTH OF SEASON

We plan to operate for 16 or 17 weeks so members can take 2 or 3 week holidays without losing vegetables. If sufficient herbs and vegetables are available, members who don't take holidays will be invited to purchase as many as 3 additional weeks at the regular weekly cost.

NEW MEMBERS.

Please fill out and return your membership application form either by e-mail or regular post. Please mail post-dated cheques (Organic Farm, 42 Churchills Road, Portugal Cove-St. Phillips, NL, A1M 2P6). Arrangements can be made for e-transfers.

PART-TIME MEMBERS.

Please fill out and return your membership application form by e-mail and mail post-dated cheques (Organic Farm, 42 Churchills Road, Portugal Cove-St. Phillips, NL, A1M 2P6). Arrangements can be made for e-transfers.

RETURNING MEMBERS.

You can mail your post-dated checks or bring them to the first pickup. Also, please provide e-mail and phone information for all those you are sharing with to make it easier for us to find a person to pickup the veggies on nights when someone doesn't show up. Include contact information for everyone using your veggie bag.

**We hope to get a blog set up for the The Veggie Group or a page on the Organic Farm Website and/or Facebook for dialogue, recipes, farm notes and building the veggie group extended community:
www.theorganicfarm.net.**

VEGGIE COOP - 2019 FULL SEASON MEMBERSHIP APPLICATION

Name: _____ E-Mail: _____ Date: _____

Address: _____ Phone – Work: _____

Phone - Home: _____

Phone - Cell: _____

Smaller Bag: _____ Larger Bag: _____

Payment Rates (smaller bag): \$546.00 or \$518.70 if a single payment is made by May 15.

Payment Rates (larger bag): \$714.00 or \$678.30 if a single payment is made by May 15.

Cheques or e-transfers are the preferred form of payment. If both of these payment methods are not feasible, please contact: Mike Rabinowitz to make a plan. Make cheques payable to: Organic Farm and mail to: Organic Farm, 42 Churchill Rd. Portugal Cove-St. Philips, NL, A1M 2P6 or drop off at farm or house. E-transfer payments can be e-mailed to organicfarm@nl.rogers.com

Please check one:

Total subscription enclosed in 1 cheque (e-transfer) dated June 15th _____

Total divided in 2 cheques (e-transfers) dated June 15th and August 15th _____

Total in 4 cheques (e-transfers) dated June 15, July 15, Aug 15, Sept 15 _____

Arrangements for pick-up:

_____ Science Building Parking Lot _____ Organic Farm Chill Room

Sharing with: _____ E-Mail: _____

Phone: _____

Sharing with: _____ E-Mail: _____

Phone: _____

If you are planning holidays, please remember to let us know by e-mail no later than one week in advance and earlier if possible.

VEGGIE COOP - 2019 PART-TIME MEMBERSHIP APPLICATION

Name: _____ E-Mail: _____ Date: _____

Address: _____ Phone – Work: _____

Phone - Home: _____

Phone - Cell: _____

Please check ("X") the weeks you would like a **smaller** bag.

Week	1	2	3	4	5	6	7	8	9
Date	6/19	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14
Price	\$35	\$35	\$36	\$36	\$35	\$33	\$38	\$36	\$46

Yes _____ (please "X" if yes)

Week	10	11	12	13	14	15	16	17
Date	8/21	8/28	9/4	9/11	9/18	9/25	10/2	10/9
Price	\$43	\$50	\$53	\$47	\$45	\$47	\$46	\$47

Yes _____ (please "X" if yes)

Please check ("X") the weeks you would like a **larger** bag.

Week	1	2	3	4	5	6	7	8	9
Date	6/19	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14
Price	\$46	\$46	\$48	\$47	\$49	\$44	\$50	\$48	\$57

Yes _____ (please "X" if yes)

Week	10	11	12	13	14	15	16	17
Date	8/21	8/22	9/4	9/11	9/18	9/25	10/2	10/9
Price	\$56	\$64	\$65	\$60	\$58	\$62	\$60	\$58

Yes _____ (please "X" if yes)

Cheques or e-transfers are the preferred form of payment. If this is not feasible, please contact: Mike Rabinowitz to make a plan. Make cheques payable to: Organic Farm and mail to: Organic Farm, 42 Churchill Rd. Portugal Cove-St. Philips, NL. A1M 2P6 or drop off at farm or house. E-transfer payments can be e-mailed to organicfarm@nl.rogers.com