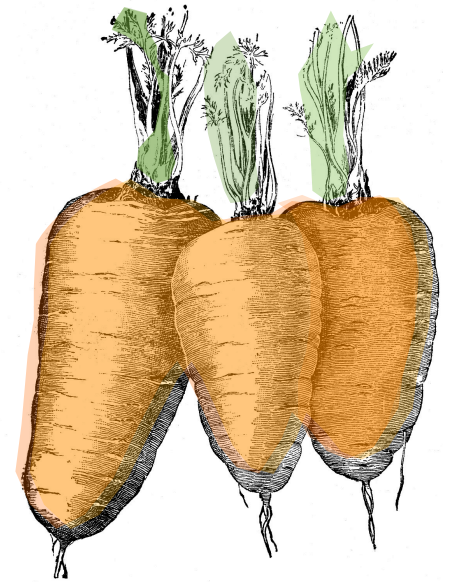


FREDERICKSBURG AREA CSA PROJECT

2013 PROSPECTUS

wholesome food for a whole community



As growers and organizers prepare for the 17th Harvest Season of the Fredericksburg Area Community Supported Agriculture Project (FACSAP), we reflect on our significant history. We are the original CSA in the Fredericksburg region, being the first in bringing this concept here in 1995, and it is from FACSAP, either directly or indirectly, the many other area CSAs have been brought forth. Throughout these years, we remain passionate about our primary purpose: establishing and supporting local organic growers.

You, the FACSAP members, have played a key role in making this possible. Your commitment to our Project and its growers has led to this success and regional impact. When we first started, there was no “local organic scene.”

To us, how the food is grown is just as important as where the food is grown. We are the first of only two such organic CSAs in the region. While the other CSA communities in our area focus on *local*, FACSAP’s focus is on *organic and local*.

The 2013 Harvest Season brings renewal and freshness among growers and organizers alike. This year we welcome back returning grower, distribution coordinator, Prospectus editor/designer and FACSAP vice-president **Heidi Lewis** of **Zen Farm Apiary** for her 16th year; growers **Miles Hastings** and **Tommy Guynn** of **Canning Farm** for their 15th year; grower, distribution coordinator and FACSAP treasurer **Carol Ngoh** and grower **Francis Ngoh** of **Rock Run Creek Farm** for their 11th year; and grower and FACSAP organizer **Tom Miller** of **Green Thumb Growers** for his 7th year. Tom is assisted by **Catherine Paccassasi**, **Beth McClain**, and **Kim Comerford** returning from last season, and we welcome **Pam Gallant** as the newest

member of Green Thumb Growers. And a warm welcome to our newest FACSAP grower **Jim Gehlsen** of **Evergreen Acres**, the only certified organic farm in Prince William County, for his first season with us.

Leslie Leahy returns this year as FACSAP secretary extraordinaire, as does FACSAP organizer **Heather Schulz**, apprenticing with Leslie for transitioning into the secretary position in 2014, as well as continuing managing the FACSAP Facebook page and organizing farm tours. Returning FACSAP organizer **Jennifer Gron** is apprenticing with Heidi for transitioning into the distribution coordinator position this year. **Stavroula Conrad** continues as FACSAP president.

We welcome back **Mount Vernon Farm Buyers Club**, operated by **Mike and Molly Peterson** of **Mount Vernon Farm**, delivering to Hurkamp Park in conjunction with our harvest distribution. Many FACSAP members pre-order grass-fed beef and lamb, pastured pork and chicken, raw honey, chutneys, locally roasted coffee, pastured eggs, raw organic pet food, etc. for convenient pick-up with their weekly FACSAP produce.

This year, we offer **65 full shares at \$33 per week** (\$660 per share), enough for about 3-4 people, delivered over 20 weeks--**May 23** through **October 3, 2013**. Members pick up their share **Thursday evenings from 6 to 7 p.m.** at **Hurkamp Park in downtown Fredericksburg**.

Welcome to the 2013 Harvest Season!

*The FACSAP Growers & Organizers—
Stavroula, Heidi, Leslie, Carol, Francis, Miles, Tommy, Tom,
Jennifer, Heather, Jim, Beth, Catherine, Kim and Pam*

How Does Our CSA Operate?

Members purchase a “Share in the Harvest” before the season begins. The share price reflects the cost of producing and distributing the harvest using environmentally sound practices.

A variety of produce is harvested, divided into shares, and distributed each week to members throughout the 20-week harvest season. This year, **65 shares will be delivered to our distribution site at Hurkamp Park in historic downtown Fredericksburg on Thursday evenings, 6-7 p.m., beginning May 23 and ending October 3.**

FACSAP potluck dinners will be held on that first and last produce distribution day.



Harvest share for Week #7, 2012

What's in a Share?

Share size and types of produce vary from week to week during the 20-week season. This produce is the freshest you'll find, usually harvested and delivered on the same day! You will receive an email update from our FACSAP secretary, Leslie Leahy, detailing what to expect in your produce bag each week.

Here are a few examples of what a weekly share looked like last year:

MAY— salad greens, spring onions, kale, mustard greens, broccoli, radishes, sugar snap peas, spinach, Chinese cabbage

JULY— sweet corn, tomatoes, cucumbers, green beans, leeks, potatoes, carrots, basil

SEPTEMBER— acorn squash, butternut squash, peppers, onions, potatoes, kale, watermelon, honey, apple juice

CSA Resources

Questions? email us: facsap@yahoo.com

FACSAP is on Facebook!

Join the dialogue among FACSAP members— share your recipes, comments and photos or find a share partner— all on our Facebook page:

<http://www.facebook.com/facsap>

Defining CSA:

For more information about the history of the CSA movement and CSA nation-wide, we recommend:

www.localharvest.org/csa/

www.nal.usda.gov/afsic/pubs/csa/csadef.shtml

Recipes:

Joining a CSA means eating with the seasons and, perhaps, trying vegetables that may be new to you and your family. We highly recommend reading cookbooks that focus on storing and preparing seasonal produce, such as [*From Asparagus to Zucchini*](#) (a wonderful resource created by the Madison Area Community Supported Agriculture Coalition in Wisconsin) or [*Simply in Season*](#) (by Cathleen Hockman-Wert and Mary Beth Lind, now also available in the new Kindle edition).

Here are just a few websites that will provide ideas and inspiration when it comes to preparing your fresh veggies:

www.recipesource.com

www.cooksillustrated.com

www.food52.com

www.epicurious.com

www.csaceliacs.info/recipe_index.jsp



Harvest share for Week #2, 2012

About Our Farms...

FACSAP growers follow the guidelines established by the Certified Naturally Grown organization (CNG). This program follows the standards set by the USDA National Organic Program.

“Certified Naturally Grown farmers reflect a commitment to work within the natural biological cycles that are necessary for a truly sustainable farming system— a system that works in harmony with micro-organisms, soil flora and fauna, plants and animals— to maintain and increase the long-term fertility of soil, leaving it even more vibrant and alive for the next generation of farmers.”

Find out more about Certified Naturally Grown at their website: www.naturallygrown.org .



Harvest Day!

CANNING FARM (CNG) is a family farm in Dogue, 25 miles east of Fredericksburg, in King George County. Grain, cattle, and timber are grown here, with several acres devoted to the cultivation of vegetables for the CSA. Farmers Miles Hastings (whose family has been farming at Canning for generations) and Tommy Guynn, feed the soil with cover crops and composted manure from their own animals. They depend on crop rotation, cultivation, and mulches for weed control. Insects are kept in check by natural predators, physical barriers, and judicious use of botanical insecticides. This is Miles' 15th year and Tommy's 13th year growing for FACSAP. In addition to vegetables, Canning Farm also produces natural beef, pork, and chicken which is available for purchase at the farm and at the King George Farmers Market. This year, there will also be fresh eggs from pastured chickens available for purchase (separate from the share.)



Swiss chard in a rainbow of colors



Tommy and Carol unload the truck at Hurkamp Park

EVERGREEN ACRES (National Organic Program Certified) is a 97-acre Nokesville farm that straddles the Prince William and Fauquier County line. Last year, Evergreen Acres, owned and operated by Jim Gehlsen, became the first and only farm in Prince William County to become certified organic. This is their first year growing for FACSAP. Their main crop is organic heirloom tomatoes, and with plans to extend the farm's tomato growing season, they have erected a 30 x 96 foot high tunnel for this year. Evergreen also produces organic New England pie pumpkins and Christmas trees. They have organic asparagus, blueberries and blackberries in the ground which will be ready for production and harvest in future years.

www.evergreenacres.biz



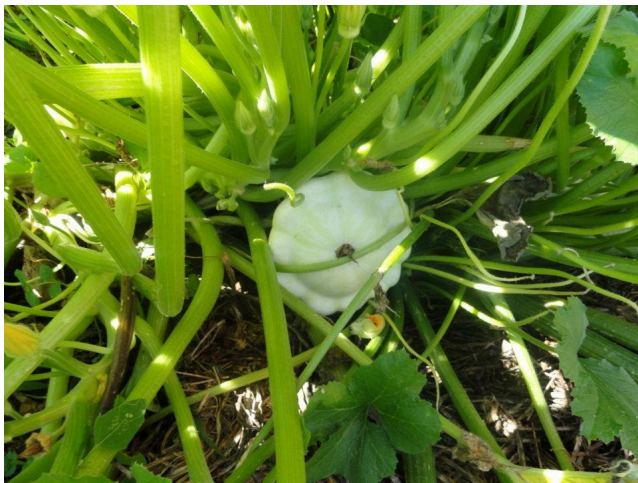
Evergreen Acres organic pumpkins ready for delivery



Tom uses his rickshaw to deliver goods to Hurkamp Park

GREEN THUMB GROWERS (CNG), in Fredericksburg, uses intensive methods to maximize small urban gardens using Certified Naturally Grown practices and guidelines and humane macro-pest controls. We grow behind the Coghill residence on Maury Street and at Downtown Greens on Dixon Street. Tom Miller is an experienced grower that has contracted production to FACSAP for seven years.

This year Kim Comerford, Beth McClain, Cat Paccasassi, and Pam Gallant join Tom in helping Green Thumb Growers refine downtown taste.



Pattypan squash, a.k.a 'Flying Saucer Squash'

ROCK RUN CREEK FARM (CNG), in Fauquier County, is family owned and operated by Carol and Francis Ngoh. This is Carol and Francis' 11th year growing for FACSAP. The farm started out as a means of providing food for the Ngoh family, which includes four growing boys. The Ngohs are firm believers in sustainable agriculture and grow according to organic standards, which include composting and use of manure from their livestock. Although their main product is the Shiitake mushroom, the Ngohs also provide a variety of vegetables which include: leeks, squash, peppers, cucumbers, garlic, tomatoes, salad greens, and herbs.

ZEN FARM APIARY in King George County, formerly known as *Summerbeam Garden*, is one of the founding FACSAP farms. For 16 years, with the support of Elizabeth and Mark Eitt, the garden provided a variety of produce. Heidi Lewis has been growing there for FACSAP for 15 years. Two years ago, the focus shifted from vegetables and herbs to bees and honey. The goal is to continue to provide raw, all-natural [Zen Farm](#) honey for FACSAP members, using Certified Naturally Grown practices and guidelines.



Busy Zen Farm bees

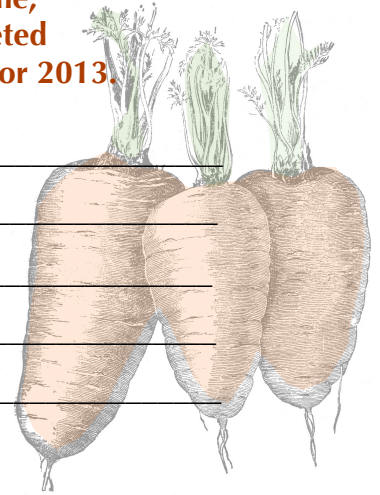
What's Growing This Year...

arugula	onions
beans	peppers
beets	potatoes
bok choi	radishes
broccoli	Shiitake mushrooms
cabbage	spinach
carrots	summer squash
cauliflower	sweet corn
chard	sweet potatoes
cucumbers	tomatoes
eggplant	turnips
fennel	winter squash
kale	herbs
kohlrabi	honey
lettuce	handmade soap
melons	
	...plus occasional surprise items!

FREDERICKSBURG AREA CSA PROJECT

2013 Season Commitment Form

DON'T DELAY! FACSAP memberships are available on a first-come, first-served basis and fill up very quickly! Please mail your completed commitment form and payment TODAY in order to secure your share for 2013.



name _____
address _____

home phone # _____ cell _____
email address(es) _____
Will you be splitting a share? **yes** or **no** (please circle one)
If **yes**, please provide the name(s) _____ phone # _____
and email address _____ for your share partner(s).

Please choose your payment plan:

HARVEST SHARE \$660 (pick-ups are on Thursday evenings from 6 to 7p.m.)

- I have enclosed the full payment of \$660, due January 28
- I will pay in installments. I have enclosed my first payment of \$100, due on January 28. My second payment, in the amount of \$280, is due on February 28. My third payment, in the amount of \$280, is due on March 28

- ✓ *I have read and understand the accompanying Prospectus.*
- ✓ *I understand that the farm workers will do their best to provide what is promised.*
- ✓ *I am committed to this project and will fulfill my obligations. I agree to pay my share of the costs of growing and distributing the harvest.*
- ✓ *I agree to make my payments on time.*
- ✓ *I agree to pick up my weekly harvest on time or make arrangements to have it picked up for me.*

signed: _____ date: _____

- I would like to volunteer to help with FACSAP produce distributions on Thursdays (set-up begins at 5p.m.)
- I would like to volunteer to help with FACSAP potluck dinners (two planned this season, set-up begins at 5p.m.)

✂.....

Please fill out the form above, make a copy for your records,
then clip and mail the original, along with your check payable to **FACSAP, Inc.**

FACSAP c/o Leslie Leahy, Secretary
1106 Littlepage Street • Fredericksburg, VA 22401

questions can be directed to **Leslie Leahy** at **factsap@yahoo.com** or 540.361.1918