



Fredericksburg Area CSA Project • 2015

wholesome food for a whole community • growing since 1997

A warm welcome to the 19th Harvest Season of the Fredericksburg Area Community Supported Agriculture Project (FACSAP)!

We are the original CSA project in Fredericksburg, bringing the concept to this region of Virginia in 1995. It is from FACSAP, either directly or indirectly, the many other area CSAs have sprouted.

FACSAP, now in its 19th year of operation, is unique in several ways. Rather than being a single farm CSA, we are a cooperative of several growers from across our region, ranging from the urban gardens of *Green Thumb Growers*, to small family farms like *Mount Olive Organics*, to farms that serve multiple markets like *Hartland Natural Farm*. All of our growers meet or exceed the national organic standard. FACSAP requires all farms

to be either **Certified Organic** or **Certified Naturally Grown**—both of these certification programs require applications and annual inspections. This dedication to food purity is the reason our CSA was founded, and it remains our top priority. While other CSA communities focus on *locally grown* produce, FACSAP's aims has always been (and continues to be) to promote *locally grown organic* food. We are committed to organic farming and sustainability, and we are one of only two such organic CSAs in the region.

Your participation directly sustains local organic farms and supports the regional agriculture-based community. Building a connection between organic farmers and the community is a very



Share in the Harvest

Members purchase a **"Share in the Harvest"** before the season begins. The share price reflects the cost of producing & 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.

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

Here are examples of weekly shares from last season:

May

mixed salad greens, scallions, radishes, turnips, bok choy, Rainbow carrots, kale, shiitake mushrooms, leeks, Swiss chard, butterhead lettuce, lavender soap

July

green beans, bell peppers, jalapeño peppers, potatoes, eggplant, beets, cucumbers, variety of heirloom tomatoes

September

butternut squash, acorn squash, fingerling potatoes, green beans, bell peppers, lettuce, spinach, scallions, radishes, honey, apple juice, pie pumpkin



important part of our mission. Working together, we strengthen our local food community and economy. Together, we continue making a difference!

The rewards of participating in CSA are bountiful: our members have shared many inspiring thoughts about what this direct connection to their food supply has meant to them and their families.



Our 2015 harvest season begins May 21 and runs through October 1 (for a total of 20 weeks). A share in the harvest contains a diverse assortment of freshly harvested produce throughout the season, with the addition of other items like honey, handmade soap, and natural apple juice.

Besides receiving a weekly share of produce, FACSAP members are invited to take part in our potluck dinners, held at the first and last distribution days of the season. Members also receive weekly updates (via email and blog posts) with news about what's happening on the farms, what produce to expect in upcoming weeks, and recipe ideas. Our FACSAP Facebook page provides a place where members can share recipes and other food-related resources.

In addition to the items included in the weekly harvest share, some of our FACSAP farmers offer other farm products that can be purchased directly, for example: free-range *Non-GMO Project* verified eggs and live herbs from *Terembry Farm*., chickens from *Mount Olive Organics*, and bulk canning tomatoes from *Evergreen Acres*. More information about these offerings will be made available throughout the harvest season.

This season we welcome back FACSAP distribution coordinators,



The rewards of being a member of our FACSAP community include: enjoying an array of freshly-harvested produce each week, developing a relationship with the farmers who grow the food, and learning more about how food is grown.

Carol Ngoh and Jennifer Gron. Their dedication ensures that a variety of freshly-harvested, nutritious produce is bagged and packed for each week's share.

We also welcome back our FACSAP farmers at Green Thumb Growers, Hartland Natural Farm, Mount Olive Organics, Rock Run Creek Farm, Evergreen Acres, Terembry Farm, and Jennifer's Apiary. (To read more about our farms and farmers, please see page 4 of this prospectus.)

This year, we're offering **65 shares** at **\$680 per share** (that's \$34 per week), enough for 2 to 4 people (2 very enthusiastic vegetable eaters or a typical household of 4) delivered over 20 weeks: **May 21 through October**

1, 2015. Members pick up their share



at **Hurkamp Park** in **downtown Fredericksburg**.

Welcome to the 2015 Harvest Season and we look forward to growing for you!

—The FACSAP Growers & Organizers : *Stavroula, Heidi, Carol, Jennifer, Tom, Armando, Jim & Jennifer, Francis, Jim, and Sharon.*



COMMUNITY SUPPORTED AGRICULTURE IS A WAY OF LIFE!

CSA is not a marketing model or a business scheme, *it is a way of life.*

The CSA concept began in the 1980's, and since then it has become a nationwide movement that brings small farmers and consumers closer together. As a CSA member, this relationship to your farmers and CSA community cannot be understated. There are many ways to get food; choosing to join a CSA means a commitment to eating seasonally and locally-grown food, as well as investing in small family farms.

CSA is a community of individuals, with the growers and consumers providing mutual support and sharing the benefits as well as the risks of food production. Some weeks there may be an abundance of tomatoes or eggplant. Sometimes farms suffer poor harvests or crop loss due to severe weather, pests, or other circumstances.

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 a Kindle edition).

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 21 and ending October 1.**

What's Growing



The CSA concept embraces the idea of *eating with the seasons*. Eating seasonal, locally-grown produce helps you enjoy the full nourishment of food. FACSAP growers deliver a wide variety of vegetables and some fruit—many of which are heirloom varieties that are grown for flavor and nutrition (rather than long distance hauling). Here are the seasonal items you can expect to see this year:

- arugula
- beans
- beets
- blueberries
- bok choy
- broccoli
- cabbage
- carrots
- cauliflower
- chard
- cucumbers
- eggplant
- garlic
- ground cherries
- kale
- kohlrabi
- leeks
- lettuce & mesclun mix
- melons
- mizuna
- onions
- peas
- peppers, hot & sweet
- potatoes
- pumpkins
- radishes
- shiitake & oyster mushrooms
- spinach
- summer squash
- sweet corn
- sweet potatoes
- tatsoi
- tomatoes
- turnips
- winter squash
- herbs
- honey
- handmade soap
- apple juice
- ...plus occasional surprise items!

"I love the diversity and the surprise in each week's share. I love the gatherings on Thursday evenings for produce pick-up, and the sense of community that it fosters. I love the freshness of the veggies and the fact that eggs and soap and herbs are also available."

"I like that FACSAP produce is Certified Naturally Grown—there are other ways to buy local goods in the area, but not all of those growers are committed to organic standards."

"This year I learned how much I like beets and chard!"





About Our Farms

FACSAP growers follow the guidelines established by **Certified Naturally Grown**. 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.”

More information can be found at www.naturallygrown.org.



GREEN THUMB GROWERS

Located in Fredericksburg, VA, *Green Thumb Growers* grows food on city lots. Tom Miller has provided produce to FACSAP for nine years. The expanding staff at Green Thumb Growers cultivate Certified Naturally Grown produce at Downtown Greens on Dixon Street and at new gardens on Elm and Charlotte Streets. Everyone is invited to attend the Downtown Greens annual event, The Fork It Over Festival, in mid-May located at the corner of Dixon Street and Princess Anne Street.

HARTLAND NATURAL FARM

Located in Rapidan, VA, *Hartland Natural Farm* serves as a training ground for students and staff of

Hartland Institute to learn and gain experience in growing food from orchards, gardens, and greenhouses. They learn seed selection, soil preparation, planting, weeding, fertilizing, watering, and harvesting.

Because agriculture provides beneficial exercise, as well as lessons on faith, trust, virtues of diligence, and the spiritual lessons in nature, it is a key component of the college curriculum. Hartland's goal is to teach students how to grow wholesome crops and become self-sufficient when the need arises.

Hartland's diversified farm presently produces nutrient-rich produce which is free from harmful contaminants and genetically-modified organisms. The bountiful harvests of superior quality fruits and vegetables supply the Hartland Institute's kitchens, the Fredericksburg CSA Project, local markets, and high-end restaurants in Virginia and Washington, D.C.

ROCK RUN CREEK FARM

Located in Fauquier County, *Rock Run Creek Farm* is a family owned and operated sustainable agricultural experiment, specializing in oak log shiitake mushrooms and organically grown produce. The farm has evolved to support local CSAs, restaurants, and grocery distributors within the D.C. metropolitan area. This farm started in the fall of 1999 when the Ngoh family relocated to Goldvein, VA. After several years of field clearing, leaf mulching, composting with manure accumulation (no pesticides), the farm continues to produce plenty of top soil and humus to grow large quantities of produce. The land includes large-treed forests, offering lots of leaves for mulching and a natural setting for

farming. In the fall of 2002, Rock Run Creek Farm started to incorporate natural woods as a part of sustainable agriculture, then introduced the natural oak log shiitake mushroom growing process as part of the greater forest management. Freshly harvested oak and hardwood trees serve as more than just firewood; they are raw material for mushroom cultivation. Today, the farm produces large quantities of the highest quality mushrooms using only certified organic spawn, in the seasonal outdoors—the most natural setting.

TEREMBRY FARM

Owned and operated by Sharon McCamy, *Terembry Farm* is located in southern Fauquier County. Near Kelly's Ford and the Rappahannock River, Terembry is in an environmentally-rich area known as the Culpeper Basin. The land has been in the owner's family since the 1950's. Terembry Farm's products include free-range *Non-GMO Project* verified eggs, live herbs (culinary & medicinal), and heirloom varieties of produce.

EVERGREEN ACRES

Besides producing 40 acres of Christmas trees, 5 acres of pumpkins, and 25 acres of hay, *Evergreen Acres* produces a variety of organic vegetables. Owner Jim Gehlsen is the only certified organic grower in Prince William County. His organic produce for 2015 will include tomatoes, onions, string beans, cucumbers, zucchini, summer squash, and winter squash. Most of the farm's produce is sold to Whole Foods stores in Northern Virginia.

Blueberries and asparagus are also in the works for future production. Jim continues to focus on building the soil

on his farm using organic methods. The farm has a 1,260 sq. ft. greenhouse for starting plants, as well as a 2,880 sq. ft. high tunnel for winter and early spring crops.

JENNIFER'S APIARY

Located in Stafford County, this apiary project is managed by Jennifer Gron. Despite losing both queens shortly after installing the initial packages and half of a replacement package getting loose in a mail truck on its way to Fredericksburg, the apiary is still going strong. The hives have not received any chemical treatments and are tended according to Certified Naturally Grown practices and guidelines. Jennifer hopes the bees continue to call her homestead their home and that they will produce surplus raw, natural honey for FACSAP members in 2015.

MOUNT OLIVE ORGANICS

Mount Olive Organics was established in January 2013 by Jim and Jeniffer Grooms. Their vision is to provide healthy foods which results in healthy bodies.

Mount Olive Organics *Certified Naturally Grown* certification for both vegetables and livestock, and is in the transitional phase of the organic certification process. The selection of vegetables to be grown is extremely 'scientific' at Mount Olive Organics—the family discussing what they would like to try to grow and enjoying the adventure towards that harvest, as a family.

The farm's 15x36 greenhouse is used for seed starting and early season harvests. The farm produces poultry, eggs, and a variety of herbs and vegetables: basil, thyme, mint, oregano, spinach, lettuce, tomatoes, beets, squash, and bell peppers. There are plans to add black-

berries, blueberries, and strawberries in future growing seasons.

FOLK CITY SOAP

For Heidi Lewis, natural soap making is a balance of science and art. *Folk City Soap* is planet-friendly, crafted in small batches, using the cold process method. These soaps are made with sustainable and organic plant-based oils, as well as essential botanical oils for a light fragrance—unlike those commercially-made 'soaps' (i.e. beauty bars, body bars, moisturizing bars) that contain detergents, fillers, petroleum, animal fats, and synthetic lathering agents. Each *Folk City Soap* recipe is carefully blended to offer a long-lasting soap with rich lather. The naturally high glycerin content conditions and nourishes the skin. These soaps are never tested on animals—only on family and friends!



Questions? email us:
facsap@yahoo.com

Visit the **FACSAP blog**
facsap.wordpress.com

FACSAP is on Facebook!

Join the dialogue among FACSAP members to share your recipes, sources/ resources for locally-grown products, or to connect with a share partner for the 2015 season

Recipes:

Here are hyper-links to just a few of the many websites that will provide ideas and inspiration when it comes to preparing your fresh veggies:

Recipe Source
Cooks Illustrated
Food 52
Epicurious
Pinterest

Celiacs Support Association

Fredericksburg Area CSA Project

2015 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 2015.

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).

Are you interested in becoming a FACSAP organizer or volunteering your skills to help further 'cultivate' our CSA community? If so, let us know how you'd like to help! _____

Please choose your payment plan:

HARVEST SHARE \$680 (pick-ups are on Thursday evenings from 6 to 7 p.m.)

- I have enclosed the full payment of **\$680**. I understand that shares are available on a first-come, first-served basis.
- I will pay in installments. My first payment, in the amount of **\$100**, is enclosed with my commitment form. **First payment is due by January 31**. I understand that shares are available on a first-come, first-served basis.
- My second payment, in the amount of **\$290**, is due by **February 28**.
- My third payment, in the amount of **\$290**, is due by **March 31**.

- ✓ *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: _____

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

FACSAP, Inc. • PO Box 340 • Fredericksburg, VA 22401

questions can be directed to **facsap@yahoo.com**