

# Invest in Health - 2013

Join the Brix Bounty Farm Community Supported Agriculture (CSA) Program

**Farm fresh vegetables grown with an emphasis on nutrition, quality, respect for the earth, and future generations.**



21 week season, mid-June through October, Full & Partial Size Shares Available

- Vegetable Share: Monday Pickup from 2PM to 7PM at Brix Bounty Farm, 858 Tucker Road, Dartmouth
- Vegetable Share: Friday Pickup from 2PM to 7PM at Brix Bounty Farm, 858 Tucker Road, Dartmouth

## What is a CSA?

Community Supported Agriculture (CSA) programs have grown in popularity since their introduction in the United States in the early 90's. There are a wide variety of formats which CSA programs follow, but a primary goal of many CSA's is to build a deeper relationship between shareholders and the farm. CSA programs provide a method for members to share the risk and bounty of the growing season with the farmers. When you purchase a share in the CSA you receive a weekly allotment of the season's harvest; delicious, fresh vegetables. More details about our CSA program are found below.



**Brix Bounty Farm** was founded in 2008 by Derek and Katie Christianson, with a focus on producing and promoting nutrient dense foods using sustainable growing practices. We farm land leased from the Dominican Sisters of Hope on Tucker Road in Dartmouth. For more information about our growing practices we encourage you to read our Growers Statement (see [www.brixbounty.com](http://www.brixbounty.com)). Before moving to Dartmouth, we lived and farmed at Hawthorne Valley Farm in New York, where Derek co-managed a 250-member CSA. In 2002, Derek started his farming career at Waltham Fields Community Farm, where he was introduced to the CSA model. 2013 will be our fourth season offering a CSA program for our community and we are thrilled to build upon the terrific success of our first two seasons.

In 2010 we opened a self-serve farmstand on Tucker Road. The farmstand may offer a higher level of flexibility for purchasing produce; however not all crops that we grow for our CSA program will be available at the farmstand.

## Stewarding the Land... Growing Vegetables with Respect for the Earth and Future Generations

In 2013, Brix Bounty Farm will continue growing our vegetables on two parcels of land: 1) our home farm on Tucker Road and 2) a nearby field at the King Farm on Bakersville Road. Our home fields have been managed using biological growing methods for the past five seasons and the field on Bakersville has been under our management for the past 3 seasons. While we follow growing practices which focus on restoring health and vitality to the earth we are not certified organic. Central to our effort are actions which build fertility through natural methods including the use of cover crops and applications of rock minerals, which alongside vibrant soil biology are the foundation of our sustainable production. We do not use synthetic pesticides, herbicides, or fungicides on the farm... if you see us walking the fields with a backpack sprayer we are applying a compost tea, biodynamic preparation, or fish fertilizer – all of which are included in our fertility plan on the farm.

*Ultimately our farming methods are grounded in embracing the inter-connected nature of ecosystems and the human environment; striving to make a positive impact which improves our soils as a resource for future generations.*

### What is Brix and Nutrient Density?

The movement to focus on producing nutrient dense foods has continued to grow over the past 6 seasons. Recently the Bionutrient Food Association has been working to develop a certification process to assist consumers seeking nutrient dense foods. Our goal at Brix Bounty Farm is to produce and promote nutrient dense foods. This is not a quick process, building up the soil biology and mineral content of our soils takes time, and therefore we are still in the early to mid-stages of our journey toward high brix crops. We are blessed to take additional steps on this journey every year.

Brix, which is measured using a refractometer, measures the total dissolved solids in a liquid. In our case it gauges the sugar levels of plant sap. Sugars are produced through photosynthesis in plants, and a higher brix reading often correlates with increased levels of minerals in our crops. Working toward growing high brix crops not only brings a focus upon quality and taste, but it also emphasizes growing healthy crops with stronger immune systems, resistant to disease & pests.

### Brix Bounty Farm in the Community...

Increasing local capacity for growing healthy food is one of our farm's objectives. To this end we are actively engaged in the community by hosting apprenticeship programs, teaching production courses to growers, and offering a wide array of community workshops including our popular Roots Down Organic Gardening sessions. Additionally, in 2013 we will continue to provide surplus produce to the Hunger Commission of SE Massachusetts through our partnership with Sharing the Harvest, a terrific community farm located at the Dartmouth YMCA on Gulf Rd. ([www.ymcasouthcoast.org](http://www.ymcasouthcoast.org)).

### Why Invest in Our CSA program?

We are pleased to be among a group of CSA programs currently offered on the Southcoast. The variety of CSA programs offer different items in their shares, days for pick-up, and subsequently fill slightly different niches. All of us are committed to growing and supplying high quality local produce to our community. We highly recommend considering checking SEMAP's wonderful on-line farm guide – [www.farmfresh.org](http://www.farmfresh.org) for others CSA programs in the area.



### Brix Bounty Farm 2013 Vegetable CSA Details

Each season offers its blessings and challenges and may impact the amount of produce members receive. When investing in Brix Bounty Farm's CSA program it is important to realize that you are sharing the risk and sharing the bounty. We strive to offer a balanced array of fresh vegetables each and every week.



## What is in a Vegetable share (vegetables grouped by family)

- Alliums: Garlic (back for 2013), Garlic Scapes, Leeks, Onions, Scallions
- Brassicas: Arugula, Asian Greens, Broccoli, Bok Choi, Cabbage, Chinese Cabbage, Kale, Kohlrabi, Radishes, Turnips
- Chenopods: Beets, Spinach, Swiss Chard
- Cucurbits: Cucumbers, Melons, Sugar Pumpkins, Summer Squash & Zucchini, Winter Squash, Watermelon
- Legumes: String Beans and Sugar Snap Peas
- Greens, Lettuces, Herbs (Basil, Cilantro, Dill, Parsley, Sage & More)
- Nightshades: Eggplant, Tomatoes (Cherry, Heirloom, Slicing), Hot and Sweet Peppers
- Umbels: Carrots, Celery, Celeriac



These crops and more are in our 2013 plan; view previous season's share contents at <http://www.brixbounty.com/csa/newsletters/> Because of space limitations and other reasons we will continue to forego growing corn in 2013. If you have a specific variety you would like to see in the share, it's not too late to make a request, let us know on the registration form!

**Pick Your Own:** Our Pick Your Own (PYO) patch made its debut in 2012. This season we'll continue to develop our PYO patch; crops included in this year's plan: greens, herbs, cherry tomatoes, beans, & more. For many folks, a pick your own patch is one of the most cherished elements of a CSA membership as it allows you to experience the farm on a deeper level.

**Share Size:** In 2013 we are once again offering two share sizes, a full-size share which will include on average between 8-12 different vegetables each week and is suited for a couple or family who cooks 6-7 nights a week and enjoys multiple servings of vegetables with their meals. A partial-size share includes on average 6-10 different vegetables and is designed for folks who cook 3-4 nights per week. We must stress: Members who enjoy participating in a vegetable CSA program often have the interest and enjoy spending time preparing meals and cooking. For members who are new to seasonal eating, please note distributions are usually smaller in June and early July as we wait for main season crops to mature.

Are you new to a CSA membership? Preparing and cooking a bountiful variety of veggies can sometimes be a challenge; our cooking webpage has suggested seasonal cookbooks - <http://www.brixbounty.com/farm-produce/cooking/>.

**CSA Share Price:** Our share prices reflect our deep commitment to growing top quality produce using sustainable practices which emphasize care for the earth. Central to our farming philosophy is a focus on healthy soils and we continue to amend our soils to build long term vitality while focusing on crop nutrition. **For a Full-Size 2013 Vegetable Share we are requesting a \$700 investment – with a sliding scale option to \$650 for lower income members, our Partial-Share is priced at \$550 with a sliding scale option to \$500.** At the heart of sustainable agriculture are fair prices for farm products; by investing with our CSA program you are directly strengthening the local food system and ensuring our farm will continue to be able to provide locally grown produce for our community. **We sincerely believe investing in our CSA will not only be a culinary delight, but will become a cherished & significant source of health and vitality for your family.**

**Workshares:** Each season we offer a select number of "harvest shares" available for barter on either Monday or Friday. The offset for workshares includes a minimum 5 hour per week commitment for 21 weeks during the harvest season plus an additional 50 hours in the spring or fall. If you are interested, please contact Derek at 508-992-1868.

**Deep Nutrition Share Information:** Going forward we are striving to take the necessary actions to make accelerated steps toward improved nutritional quality in our production. To this end we are inviting our CSA members to make a voluntary investment in our Capital Fertility Plan, dubbed the **Deep Nutrition Share** (\$100-150 investment for summertime shares). Contributions toward our Capital Fertility Plan are spent entirely on long-term fertility investments. For the 2013 growing season our priorities will include enhancing the PYO garden and a significant application of colloidal phosphorous (which is a rich source of P and trace minerals). As we continue to invest in mineral and biological improvements in our soils we will see, enjoy, and eat vegetables which are higher in vitamins, minerals, anti-oxidants, and plant secondary metabolites.

**See Details About Our Deep Nutrition Share On the Next Page...**

## Deep Nutrition Share Investment Option Information

Central to our growing practices at Brix Bounty Farm is a deep commitment to elevating the nutritional quality of our produce. This commitment includes an ongoing investment in the capital fertility requirements of our fields. Through conversations with our members in 2011 we decided that we would like to take accelerated steps toward improving the nutritional quality of the produce we grow at Brix Bounty Farm. This decision is grounded in 2 sharp realities:

- 1) Although we already have a strong commitment to nutritional quality, we currently could be doing more to improve the nutrition of our produce.
- 2) Long term, our farm will be best able to produce nourishing sustainable harvests if we aggressively amend our soils while the transportation costs of mineral inputs remains relatively low.

We are all faced with options and choices... Three years ago, in the early fall, we learned that Katie was pregnant with our first child. At the time we had very little infrastructure for wintertime production on the farm. One of my first actions as an expectant father was to contact Mike Merner at Earth Care Compost (<http://www.earthcarefarm.com/>) in South County Rhode Island. Mike has a terrific reputation for producing top quality organic compost and I could think of no better investment in the early prenatal nutrition of our family than to invest in his potting mixes for the raised beds I started to build in our propagation greenhouse. Financially this was a significant investment for our household to undertake, but the result was terrific fresh greens harvested throughout December, January, and February of that winter. Combining Mike's soil mix with our blend of mineral amendments produced fine quality greens which yielded well, tasted excellent and provide our family with immensely valuable nourishment during that winter of growth.

We want to give our CSA community members the option to help our farm invest in our future fertility by making a voluntary contribution to our Deep Nutrition Share Fund. The proceeds of these contributions will be used to address the capital fertility needs as identified in our farm's current capital fertility plan.

**By investing in the Deep Nutrition Share you will not be receiving additional produce, but you will empower our farm to take actions to improve the nutritional quality of the produce you receive. We fully realize that economic times are difficult for many folks; yet it is now that we feel we must continue to strive to improve the resilience of our communities by increase the nutritional value of our produce. The blessing of these actions is the resulting strong correlation between flavor and nutrition. With your support, eating well this summertime will be more nutritious & taste even more delicious.**

In the spirit of providing opportunity for dialogue with our members we are currently seeking members who would be interested in serving on our *"fertility and nutrition advisory council"*. Advisory council members will be asked to participate in 2-3 meetings per year to review our fertility work plan and assist the farm in setting fertility and nutrition investment priorities. We are interested in a representative group to reflect our membership base and welcome those members who have a strong background or interest in personal nutrition to consider this opportunity.

**Eliot Coleman describes fresh nutritious produce as "Health Assurance" instead of Health Insurance.** As we continue to improve our soils, we hope to offer our CSA members an unmatched level of health assurance through the production and distribution of Brix Bounty Vegetables. One of our true aims at Brix Bounty is to honor the roll and opportunity we have to produce "medicinal quality" food which nourishes our membership.

**Please join us in making a commitment to health and invest in a Deep Nutrition Share!**

We look forward to growing a fine selection of nutritious vegetables for our members.  
If you have any questions please contact us at 508-992-1868, [derekchristianson@gmail.com](mailto:derekchristianson@gmail.com),  
or visit [www.brixbounty.com](http://www.brixbounty.com) for more information.