

Invest in Health – Brix Bounty’s Summertime 2018 CSA

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

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

~21 Week Season - June through October (Tuesday June 5th or Friday June 8th through Oct 23rd/Oct 26th)

Vegetable Share: Tuesday Pickup from 2PM to 7PM at the farm – 449 Bakerville Road, Dartmouth

Vegetable Share: Friday Pickup from 2PM to 7PM at the farm – 449 Bakerville Road, Dartmouth

Full Share Size \$800 - \$750

Partial Share Size \$650 - \$600

Optional Deep Nutrition Share \$100 - \$50

**Our members receive 21 weekly distributions of Brix Bounty produce...
newsletters from the farm, and first opportunity to join our Wintertime CSA.**



**ARUGULA + BASIL + BEETS + BROCCOLI + CABBAGE + CARROTS
CAULIFLOWER + CELERY + CELERIAC + CILANTRO + CUCUMBERS
DANDELION + DILL + EGGPLANT + FENNEL + GARLIC + GREEN BEANS
HOT PEPPERS + KALE + KOHLRABI + LEEKS + LETTUCE MUSKMELONS
+ MUSTARD GREENS + ONIONS + PAC CHOI + PARSLEY PEPPERS +
POTATOES + RADISHES + SCALLIONS + SHALLOTS SPINACH + SUGAR
SNAP PEAS + SUMMER SQUASH + SWEET CORN SWISS CHARD + TATSOI
+ TOMATOES + TOMATILLOS + TURNIPS WATERMELONS + WINTER
SQUASH + ZUCCHINI**

What is a CSA? Community Supported Agriculture (CSA) programs have grown in popularity since their introduction in the United States in the early 1990's. Massachusetts leads the nation in the percentage of farms offering CSA programs! There are a wide variety of CSA formats and most aim 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. Importantly, they also provide resources for farms to purchase seeds, fertilizers, & supplies in advance of the harvest and reduce the farm's reliance on traditional credit.** When you purchase a share in our CSA you receive a weekly allotment of the harvest; delicious Brix Bounty vegetables grown without the use of chemical fungicides, herbicides, or pesticides.

Brix Bounty Farm was founded in 2008 by Derek and Katie Christianson, our aim is to produce top quality produce with an emphasis on nutritional quality. In 2014 we moved our farm to our permanent home, at the King Farm on Bakerville Road in Dartmouth and set down our roots, purchasing a home just a short distance from the farm. For more information about our growing practices we encourage you to read our Growers Statement (see www.brixbounty.com). 2018 will be the 9th summer we are offering CSA shares to our community. In 2002, Derek started his farming career at Waltham Fields Community Farm, where he was introduced to the CSA model. After a stint growing vegetables at Bayes-Norton farm on Martha's Vineyard, we lived and farmed at Hawthorne Valley Farm in New York, where Derek co-managed a 250-member CSA. We are thrilled to have found a permanent home and are excited to continue to deepen our roots on the Southcoast.

We also operate a farmstand at our location on Bakerville Road. For some, 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. **Our CSA customers are always our highest priority and primary market**, and a CSA membership is the only way to guarantee your share of limited supply crops (e.g. melons, sugar snap peas, sweet corn, etc.)

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

In 2014, Brix Bounty Farm relocated our entire vegetable production to the land we rent from the King Family on Bakerville Road. All of the fields we manage at Bakerville Road have been managed without synthetic pesticides, herbicides, and fungicides since 2010. While we follow growing practices which focus on restoring health and vitality to the earth we are not certified organic and do not plan to become certified. Note: In 2018 our fertility plan will continue to include trials of targeted use of synthetic fertilizers as we continue to set our sights on growing the best quality veggies possible. The use of these fertilizers (including calcium nitrate and mono ammonium phosphate) would exclude us from organic certification. Central to our stewardship 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 provide a foundation for growing healthy crops.



We do not use synthetic pesticides, herbicides, or fungicides on the farm... and we don't plant GMO crops.

Ultimately our farming methods are grounded in embracing the inter-connected nature of ecosystems and the human environment; striving to improve our soil quality and help make farmland a valuable resource for future generations.

What is Brix, Bionutrient Rich Crops, and Nutrient Density?

We are proud to be among a growing number of farmers across the country who focus their production efforts on increasing the nutrient content of their crops. Our goal at Brix Bounty Farm is to produce and promote nutrient dense crops. This is not a quick process, invigorating soil biology and increasing the mineral content of our soils takes time, and therefore we are still in the middle stages of our journey toward high brix crops. We are blessed to take additional steps along this journey every year. We aim to provide great quality vegetables for our CSA every week of the season.

Brix, which is measured using a refractometer, approximates the total dissolved solids in a liquid. In our case it gauges the carbohydrates and plant metabolites of plant sap. Sugars are produced through photosynthesis in plants, and a higher brix reading often correlates with increased levels of phytonutrients 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 and pests; thereby reducing the need for rescue chemistry utilized in conventional agriculture.

Brix Bounty Farm in the Community...

Increasing local capacity for growing healthy food is one of our farm's objectives. We are actively engaged in the community by training future farmers through an intensive farmer education program on the farm and teaching soil fertility and production courses to growers of all sizes throughout the Northeast.

Why Invest in Our CSA program?

We are pleased to be among a great group of farms offering CSA opportunities on the Southcoast. Each farm's CSA offer different items in their shares, various days and times for pick-up, and subsequently fill different niches. At Brix Bounty we specialize in growing a diverse selection of seasonal vegetables for our CSA members. We highly recommend visiting SEMAP's wonderful on-line farm guide – www.farmfresh.org to learn about neighboring CSA's in the region.



Brix Bounty Farm 2018 Vegetable CSA Details: Each season offers its blessings and challenges and may impact the amount and variety 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 and have worked hard to earn the respect of our shareholders over the past 8 years. Our crop selection will follow the harvest season from June through October and weekly distributions will vary depending on which crops are in season.

What is in a Vegetable Share (*vegetables grouped by family*)

Alliums: Garlic, Leeks, Onions, Scallions, Shallots

Chenopods: Beets, Spinach, Swiss Chard

Greens

Herbs: Basil, Cilantro, Dill, Parsley, Sage

Brassicac: Arugula, Asian Greens, Broccoli, Cabbage, Chinese Cabbage, Kale, Kohlrabi, Radishes, Pac Choi, Turnips

Cucurbits: Cucumbers, Melons, Sugar Pumpkins, Summer Squash and Zucchini, Winter Squash, Watermelon

Legumes: String Beans and Sugar Snap Peas

Umbels: Carrots, Celery, Celeriac, Fennel

Nightshades: Eggplant, Tomatoes (Cherry, Heirloom, Paste, & Slicing), Hot and Sweet Peppers

In 2014, we started planting no spray, non-GMO sweet corn for our shareholders and plan to once again include sweet corn a couple of times in 2018. **Our shares are grown and produced entirely by us on our farm on Bakerville Road.**

Share Size: We offer two share sizes, a full-size share which will include an average of 10-12 different vegetables each week and is suited for a couple or family who cooks most nights in the week and enjoy 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 our vegetable CSA program 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 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 2018 Vegetable Share we are requesting a \$800 investment

– with a sliding scale option to \$750 for lower income members,

our Partial-Share is priced at \$650 with a sliding scale option to \$600.

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 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 and significant source of health and vitality for your family.**

Workshares: Each season we offer a select number of “harvest shares” available for barter. 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. We have a few slots available for 2018; 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. We are inviting our CSA members to make a voluntary investment in our Capital Fertility Plan, dubbed the **Deep Nutrition Share** (\$50-\$100 investment for summertime shares).

Contributions toward our Capital Fertility Plan are spent entirely on long-term fertility investments. For the 2018 growing season our deep nutrition share priorities will include applications of high potassium seaweed shakings to our acreage.

As we continue to invest in mineral and biological improvements in our soils we will harvest, distribute, and eat vegetables which are higher in vitamins, minerals, anti-oxidants, and plant secondary metabolites. Yum!



Deep Nutrition Share Investment 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 we would 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 nutritional value 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 are relatively low.

We are all faced with options and choices... Back in 2009, 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 soil mixes for the raised beds I started to build in our 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. The balance of personal health care costs has shifted too heavily toward remedy rather than prevention. We feel a social obligation to strive to improve the resilience of our communities by increase the nutritional value of our produce. The blessing of these actions is a strong correlation between flavor and nutrition. With your support, eating vegetables this summer will be more nutritious and delicious.

For the 2018 growing season our deep nutrition share priorities will include applications of high potassium seaweed shakings for our entire acreage. As we continue to invest in mineral and biological improvements in our soils we will harvest, distribute, and eat vegetables which are higher in vitamins, minerals, anti-oxidants, and plant secondary metabolites. Yum!

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 role 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!