

Local Nutritious

Farm Fresh Produce Grown in Dartmouth is a Wintertime Reality!

Announcing **Brix Bounty Farm's 2012-13
Wintertime**

Community Supported Agriculture (CSA) Program



Alliums, Fresh Greens, Root Crops, & More

Brix Bounty Farm Wintertime CSA

**Bi-weekly Pickup of Farm Fresh Brix Bounty Vegetables to
Supplement Your Wintertime Diet with Deep Nutrition**

Enrollment will be strictly limited to 40 shares

Registration will begin August 20th and will be open to existing Brix Bounty Farm CSA members on a first come, first serve basis. If shares are still available; they will go "on sale" to the general public beginning September 11th.

More Information available at <http://www.brixbounty.com/csa/wintertime/>

Wintertime CSA Distribution Dates, Pickup at the Farm (858 Tucker Road, Dartmouth, MA 02747) 2PM to 7PM

Friday November 2nd

Friday November 30th

Friday January 11th

Friday November 16th

Friday December 14th

Friday January 25th

We may include a bonus distribution in Feb/March depending on crop production, weather, etc. but we are initially planning for 6 distributions in total. Any distribution(s) in Feb/March would be considered a bonus...

A note about the weather: Occasionally Mother Nature makes travel in the wintertime dangerous. If a distribution needs to be "postponed" due to the weather we'll hold the distribution on the following day, Saturday.

List of Crops – which we currently hope to include in this Winter's CSA distribution:

- Asian Greens (Mizuna, Tatsoi, etc.)
- Arugula
- Beets
- Cabbage
- Carrots
- Celeriac (we hope)
- Herbs: Cilantro, Dill, Parsley, Sage, & more
- Kale
- Leeks
- Lettuce Mix
- Mustard Greens
- Onions
- Radishes
- Pac Choi
- Parsnips
- Spinach
- Turnips
- Winter Squash

Unlike our main season CSA, with the Wintertime CSA we already have an idea of how our crops are growing for the upcoming distribution season... ***Ahh Shucks; Future Crops Anticipated...***

Limited or unavailable in 2012-13 due to poor production during our 2012 growing season:

- Brussel Sprouts
- Cauliflower
- Garlic
- Potatoes
- Shallots
- Sweet Potatoes

Our wintertime CSA distributions will include a healthy mix of storage crops, greens grown under row cover or in our fieldhouse, and a small selection of late field harvested crops. These crops will bring a mix of flavors and nutrition to our dinner tables during the wintertime months.

Many of the storage crops are the yields of a season of hard work; as demonstrated by our celeriac crop:

Celeriac is started from seed in our greenhouse in mid-March, after spending a few weeks in a germination tray we transplant the celeriac into bigger cell trays in the greenhouse in April. After about 10 weeks of care in the greenhouse the celeriac is transplanted into the field. Once transplanted, we care for the crop with cultivation, fertility work, and irrigation throughout the summer months. The knobs of celeriac are harvested in mid to late autumn and put into storage for the winter. Finally, the celeriac is included in our wintertime CSA distribution.

In contrast, our wintertime greens are started mainly in October and November in the fieldhouse and have a relatively short life growing under cover before their harvest in December and January. Our fieldhouse which was built in the fall of 2011 has proven to be a valuable addition, which allows us to extend our growing season into the wintertime months.

Because of the increased labor requirement for storage crops and small scale hoop house production; the price per unit of vegetable for the wintertime share is higher than the price per unit for summertime share items. Our distributions will include 6-12 items depending on the time of the year and will supplement a family's wintertime vegetable consumption. The selection will naturally be less varied than our summer distributions, a result of a narrower selection of crops suitable for wintertime storage and/or production.

We offer our Wintertime CSA share for the folks seriously committed to local, nutritious vegetables!

Wintertime Vegetable CSA Share Price – Our prices reflect our deep commitment to growing top quality produce using sustainable practices which emphasize care for the earth. 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 investment for wintertime shares). See Wintertime CSA Share Information for complete information about the **Deep Nutrition Share Investment Option**.

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. In the fall of 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) Longterm, our farm will be best able to produce nourishing sustainable harvests if we aggressively amend our soils while the transportation costs of minerals remains relatively low.**

We are all faced with options and choices... Three years ago, in the early fall, we learned that Katie was pregnant. 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 blessings of these actions is the resulting strong correlation between flavor and nutrition. Eating well this wintertime can taste delicious.

In the spirit of providing opportunity for dialogue with our members we are continually 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 planning documents 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 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.

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

We Want to Invest in Our Health by Purchasing a Wintertime CSA Share

Name: _____ Family Members: _____
Address: _____ Email: _____
City, State, Zip: _____ Phone: _____

For Current CSA Members, if we have your correct contact info you only need to fill out name and email.

We would like to invest in a: _____ Wintertime Vegetable Share – Fridays – 2PM-7PM
at Brix Bounty Farm, 858 Tucker Road, Dartmouth

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2012-13 Brix Bounty Farm Winter Share Price

Wintertime CSA Share	\$250.00
Wintertime Deep Nutrition Share Investment (Optional)	\$100.00
Total	_____

Balance Due at Time of Registration.

Please make checks payable and send registration form to Brix Bounty Farm, 858 Tucker Road, Dartmouth, MA 02747

I have read the 2012-13 Brix Bounty Wintertime CSA Registration Information.
I agree to share the risk and share the bounty with the farm.

Signature: _____ Date: _____

Contact the Farm at
508-992-1868
www.brixbounty.com



FRESH VEGETABLES & COMMUNITY EDUCATION

Office Use Only:

DR:

SP:

DN:

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