

# Invest in Health – Brix Bounty's 2024 Summertime 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.**

~16 Week Season – (Tuesday June 4<sup>th</sup> or Friday June 7<sup>th</sup> through Oct 1<sup>st</sup>/Oct 4<sup>th</sup>)

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 16 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.

### **How Does Your CSA Work?**

CSA Members register for the season by filling out a registration form and sending along payment. We utilize these funds to purchase seeds and fertilize and pay our crew during the busy propagation season (when we seed our crops in the greenhouse). You receive a weekly share of veggies starting in early June and continuing for 16 weeks through mid-October. Distributions are held at the farm from 2PM-7PM on Tuesdays or Fridays, you may select your preferred day.

**Brix Bounty Farm** was founded in 2008 by Derek and Katie Christianson, our aim is to produce top quality produce with an emphasis on nutrition and flavor. In 2014 we moved our farm to our permanent home, at the King Farm on Bakerville 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)). 2024 will be the 15<sup>th</sup> 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 excited to continue our farming career here in Dartmouth, growing produce for our community, and nourishing your family.

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, etc.)

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

In 2014, Brix Bounty Farm relocated 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 use 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 2024 our fertility plan will continue to include trials of targeted use of synthetic fertilizers as we aim to grow the best quality veggies for you. 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 on 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 – <https://semaponline.org/guide/> to learn about neighboring CSA's in the region.



**Brix Bounty Farm 2024 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 14 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)**

**Chenopods:** Beets, Spinach, Swiss Chard

**Greens**

**Alliums:** Garlic, Leeks, Onions, Scallions, Shallots

**Herbs:** Basil, Cilantro, Dill, Parsley, Sage, Thyme

**Brassicas:** 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, Fennel

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

We have officially cut sweet corn from our production cycle as the manual labor of small scale cultivation without herbicides have not penciled out... the King Farm will be selling local corn through the summer. **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 10-14 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, and naturally lighter again in the fall.

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/>. We are also in the process of updating our Crop Pages online, which include links to nutritional information and recipe ideas... check out the variety of veggies at <http://www.brixbounty.com/farm-produce/crops/>



Each season's harvest depends on the growing conditions and farm management decisions...

The veggies included in our bounty and variety will naturally vary season to season.

**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. Fair wages for our farm team are also central to our production practices, we deeply value our crew members which help make each season's bounty possible. Your investment supports us and helps the farm honor the efforts of the entire team.

**For a Full-Size 2024 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**

We aim to distribute veggies for 16 weeks in 2024, depending on your share size and price you are investing approximately \$37.5 to \$50 per week for veggies. Most seasons we harvest a wonderful bounty, and offer a tremendous value for our members providing a season's distribution which exceeds your initial investment

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 16 weeks during the harvest season plus an additional 50 hours in the spring or fall. We have a few slots available for 2024; if you are interested please contact Derek at 508-992-1868.

**Deep Nutrition Share Information:** Going forward we are striving 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 and will enhance the quality of each season's harvest.

2024 Deep Nutrition Share Investments will be determined after evaluating our spring soil testing results.

**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!**