

## THE FARM

Hand Hollow Farm, run by Ellen Poggi and Lauren Bonn, is now entering its fifth growing season. It is located on beautiful terrain of fields and woods in New Lebanon, NY. While the farm is not certified organic, all crops are grown organically, without the use of synthetic fertilizers and chemical sprays and with the goal of sustainability in mind.

The farm grows over 40 kinds of vegetables as well as culinary herbs and flowers for a vibrant 75 member CSA.



## YOUR SHARE

Members of Hand Hollow Farm CSA pick up their share at the farm once a week. Distribution is held on Wednesdays from 4-7 and on Saturdays from 9-Noon. The CSA season lasts for 20 weeks, from mid-June through the end of October. At distribution, members fill up their share bag with their own choices from that day's harvest. Shares are available in full or small size. A full share is designed for a family of four or two adult vegetarians. A small share is great for individuals, part-time residents, and less vegetable oriented eaters. In addition, all members may pick herbs and flowers. Only members who purchase u-pick access can harvest other u-pick crops. At distribution there are other local products available for purchase. These include free range eggs, organic berries, local meat, honey, and maple syrup.

## WHAT'S IN THE BAG?

Shares in June include Head Lettuce, Leaf Lettuce, Mixed Greens, Radishes, Collards, Swiss chard, Spinach, Beets, Kohlrabi, Garlic scapes, and Onion Chives.

In September shares include Head lettuce, Leaf lettuce, Spicy Greens, Swiss Chard, Carrots, Potatoes, Peppers, Hot peppers, Daikon Radish, Onions, Leeks, Slicing Tomatoes, Pie pumpkins, Carving Pumpkins, Fennel, and Winter Squash.



## U-PICK ACCESS

You may choose to purchase U-pick access in addition to your share bag. This gives you the option of heading out to the field, spending time on the farm, while picking additional produce. U-pick crops include snap peas, green beans, cherry tomatoes, husk cherries, tomatillos, edamame, and more.

## SIGN ME UP!

Please fill out this form and mail it with your deposit or payment to:

**Hand Hollow Farm**  
402 County Route 34  
East Chatham, NY 12060

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

### **Full Share - \$425**

\_\_\_\_\_ \$100 deposit to reserve my share

\_\_\_\_\_ Full Payment (\$425 included)

### **Small Share - \$225**

\_\_\_\_\_ \$100 deposit to reserve my share

\_\_\_\_\_ I have paid in full (\$225 included)

### **U-Pick Access- \$50**

\_\_\_\_\_ I would like U-Pick access (add \$50 to total share payment.)

**Pick up day-** please choose a pick up time

\_\_\_\_\_ Wednesdays, 4pm-7pm

\_\_\_\_\_ Saturdays, 9-Noon



## WHAT IS CSA?

In Community Supported Agriculture (CSA), shareholders commit to supporting a farm throughout the season. Members pay up front when farmers need the capital most and in return they receive a share of the harvest each week. Together eaters and growers share in the risks and bounties, the beauty and the community of the farm. CSA gives you the opportunity to ask how your food is grown, to see how it is grown, and to help out in the fields. In choosing to join a CSA you also help to keep local farm land productive and have a say in how the land in your community is treated. It is about eating to the benefit of the community, the land, and your own wellness.

It's more than a bag of vegetables. At Hand Hollow Farm, CSA is truly realized in community celebrations and workdays, food preservation workshops, weekly farm newsletters, and each interaction between neighbors, members, and the farmer.

Hand Hollow Farm  
402 County Route 34  
East Chatham, NY  
12060

# Hand Hollow Farm



## Community Supported Agriculture

### 2012

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