

The Center for Agroecology & Sustainable Food Systems (CASFS) UCSC Farm Community Supported Agriculture (CSA) Program

HISTORY The UCSC Farm CSA Program began in 1995, when staff and apprentices at the Farm established a pilot program with 16 shareholders. The next year, the program expanded to 60 shareholders, from both the UCSC campus and local community. Today, the program, which runs from the first of June through the end of October (21-22 weeks) is able to support 130 members with a once-a-week pick up with organic produce harvested from the 30-acre farm on the UCSC campus. The CSA program also serves as a model for local growers, many of whom attend workshops and field days at the Farm.

The CSA model connects consumers directly to the source of their food, and gives small-scale farmers and market gardeners a viable alternative to other marketing efforts. In the U.S., CSA projects first started on the east coast in the mid-1980s. The idea quickly spread west, and today there are an estimated 30,000 to 50,000 consumers throughout the nation who rely on CSAs for the majority of their produce.

The UCSC Farm & Garden and Chadwick Garden are inspected each year by the California Certified Organic Farmers (CCOF, an independent certification group) to ensure that our practices adhere to rules established by the U.S. Department of Agriculture's National Organic Program.

TRAINING PROGRAM Each year, CASFS staff and advanced apprentices train 39 students enrolled in the six-month **Apprenticeship in Ecological Horticulture** certificate program, which runs from mid-April through mid-October. Students learn how to grow, care for, harvest, pack and sell a wide variety of vegetables, fruits, herbs and flowers for both the CSA program and Market Cart, a twice-weekly produce stand that operates at the main campus entrance.

The Apprenticeship program offers over 300 hours of classroom instruction and over 700 hours of work experience and onsite instruction in the organic fields, gardens, orchards, greenhouses, and direct-marketing operations, the core of which is the CSA program. Apprentices gain organic production and marketing knowledge and experience in the course from staff and guest instructors who themselves are farmers, agriculture professionals, and extension personnel. The apprenticeship course curriculum uses two training manuals currently being revised, *Teaching Organic Farming and Gardening: Resources for Instructors*, and *Teaching Direct Marketing and Small Scale Viability: Resources for Instructors*.

In 2013-14, CASFS expanded the CSA training to include new classes in field-based and research topics and activities¹ for apprentices and UCSC undergraduate students. Our vision is integrated education programming – from practical training for apprentices and UCSC students to establishing the academic coursework for a sustainable agriculture major – woven into the UCSC Farm & Garden's organic production, direct-marketing, research, and demonstration work.

1 See Appendix 1, Sample Classes

TRAINING PROGRAM (cont.) According to the USDA Census of Agriculture in 2012, there were 12,617 farms selling fresh produce through a CSA, up slightly from the number in 2007. Direct to consumer sales, including CSA, farmers markets, and roadsides stands, were up by 8% from 2007 levels. As CSA and other direct-marketing approaches continue to grow slowly but steadily across the country, CASFS remains committed to the CSA model as the most viable for small-scale organic farmers and urban agriculture programs. Apprenticeship applicants continue to express keen interest in the CSA training and graduates continue to start CSA farms or find employment running CSA projects on organic farms nationwide.

In 2015, CASFS will continue to formalize its advanced apprenticeship training as part of the **12-month Advanced Apprenticeship** now approved as a University Extension course. Two of the advanced apprentices will take on primary responsibility for running the CSA for their 12-month tenure. However, all the advanced apprentices will benefit from the winter training series and advanced courses – from crop planning and business planning, to succession seeding to orchard management – tailored to include information pertinent to CSA farmers.

Undergraduates will also participate more in the CSA training and other farm-based learning alongside the UCSC Farm & Garden managers, instructors, and the apprentice farmers.

Apprenticeship training focuses on small-scale, diverse organic cropping systems and direct marketing, and CSA is a perfect fit for our farm and education programs. First year and advanced apprentices, and UCSC students will benefit from the CSA training in 2015 that builds on its two decades of operation.

COMMUNITY OUTREACH The UCSC Farm CSA Program was awarded a **USDA Food and Nutrition Service** (FNS) account in 2009 for both the CSA and Market Cart in order to accept EBT payments from participants in the SNAP program (Supplemental Nutrition Assistance Program – <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>). Currently, we use the *Offline Food Benefit Voucher*² forms due to connectivity problems with the EBT wireless card reader. SNAP sent an announcement in July 2014 that the offline food benefit vouchers would be discontinued for new vendors after March 21, 2014.³ Retailers established before March 2014 already using manual vouchers are allowed to do so until further notice.

CASFS is committed to making its CSA program accessible to individuals and families of all economic backgrounds. Low-income memberships are offered to those who show the most need on a first-come, first-serve basis at the half-price rate for the growing season. The low-income CSA shares application⁴ requires documentation (if available) to determine income eligibility based on the same

2 See Appendix 2, Offline Food Benefit Voucher instructions

3 See Appendix 3, SNAP Provisions of the Agricultural Act of 2014

4 See Appendix 4, Low-Income CSA Membership Application and CSA Low-Income Pledge Form

COMMUNITY OUTREACH (cont.) eligibility standards used by FNS for its SNAP program participants (Modified Categorical Eligibility (MCE)/Broad-Based Categorical Eligibility (BBCE) (200% of Poverty Level):

Household Size	Gross Income
1	\$1,946
2	2,622
3	3,300
4	3,976
5	4,652
6	5,330
7	6,006
8	6,682
Each Add'l Member	+678

The CSA program caps low-income membership at 10% of its general membership (10-15 members). CASFS also raises donations that offer support for CSA low-income shares from its general members and outreach events.

SNAP supplies posters⁵ that are required to be posted in clear view of the public at the Market Cart location (main campus entrance at Bay and High streets), one of which is written in Spanish.

CSA PROGRAM OPERATION The UCSC Farm CSA share is designed to feed two to four people at an average price of \$10 - \$25/week per share. The program runs from the first of June through the end of October, depending upon how rainfall effects harvest. There is a primary shareholder, who may opt to include a co-shareholder on the CSA Shares Pledge Form⁶ when applying for membership to the CSA program. Cost of a full season share is \$560. Payment by cash or check (UCSC does not accept credit cards) is submitted with the Pledge Form, paid in one, two or four installments. A "late season" share is also offered, which begins in August at half the cost of a full share (\$280). Full season CSA members receive a complimentary membership to the Friends of the Farm and Garden (FFG) for the duration of the CSA season. FFG membership benefits include a 10% discount on plants and merchandise at the annual Spring plant sale and discounts to FFG-sponsored gardening workshops.

Tuesdays and Fridays are designated harvest / pick-up days and there are three pick-up sites: at the Farm, at a merchant location near campus, and at the main campus entrance where the Market Cart operates on the same days from 12-6 pm.

Parking permits⁷ are issued by UCSC Transportation and Parking Services (TAPS) effective throughout the season.

⁵ See Appendix 5, SNAP posters

⁶ See Appendix 6, CSA Shares Pledge Form

⁷ See Appendix 7, CSA Parking Permit

CSA PROGRAM OPERATION (cont.) The current CSA share is a one-size box that offers a mix of 9-13 types of vegetables, herbs, and fruits per week (listed in the CSA Program brochure⁸). The produce reflects what is in season. There is a flower and herb “you-pick CSA Garden” at the Farm, which is open to members on their pick-up day.

The CSA program prints a weekly newsletter, Field Notes,⁹ that details the week’s produce share, recipes using farm produce, a forecast of the next week’s harvest, class and event announcements, and an article written by the farmer apprentices.

The CSA Coordinator enters/tracks membership information and payment in a FilemakerPro database, and sends financial reports to the Field Production Manager and budget reviewers regularly. The coordinator compiles recipes and event notifications and works with the Field Production Manager to determine content for the harvest list and overview of the articles. CSA members presently contact the CSA coordinator to request switching out pick-up days (temporary or permanent) and make changes to their membership information.

The CSA produce harvest on Tuesdays and Fridays is overseen by the Field Production Manager and the two advanced apprentices assigned to the Field site. Apprentices, interns and volunteers are involved in the harvest, washing and packing. Boxes used for packing are a mix between waxed cardboard (these are being phased out) and collapsible plastic. Delivery times coincide with pick-up: Farm site – noon-6:30 pm on Tuesday and Friday; Westside site – 2:30-6:30 pm on Tuesday and Bay & High (main campus entrance) – 2:30-6:30 pm on Friday.

In the last month of the season, we ask members to participate in an online (or print copy) CSA End-of-Season Membership Survey.¹⁰ We also offer a Thanksgiving Share¹¹ CSA Box the Tuesday prior to Thanksgiving for \$45

CSA PROGRAM MARKETING The CSA is primarily advertised through email and social media. Many CSA members return year after year. Announcements are sent in early spring to former CSA members, the UCSC campus community, and to members of the Friends of the Farm & Garden (FFG), a long-standing community support group. CSA Program flyers¹² advertising the forthcoming CSA season are posted on campus and in the community, as well as sent to all campus departments.

Adding a pick-up site at a local business near campus was a recent development. Presently, 10 people use the westside community pick-up location. While members have requested an additional pick-up location on the eastside of Santa Cruz, logistics challenge our ability to deliver in a timely way.

8 See Appendix 8, CSA Program Brochure

9 See Appendix 9, Field Notes newsletter

10 See Appendix 10, CSA End-of-Season Membership Survey

11 See Appendix 11, Thanksgiving Share CSA Box

12 See Appendix 12, CSA program advertisement flyer

APPENDIX 1 - SAMPLE CLASSES

TRAINING PROGRAM A sample of activities and classes taught in the Apprenticeship program, as well as those taught to undergraduate and graduate students include:

Production Topics and Activities

- Fertility Management – Designing crop rotations, fallows, and cover crop scenarios; producing, selecting, and applying compost and other amendments.
- Marketing Product and Negotiating Sales – Building and maintaining producer-client relations with campus Dining Services.
- Crop Planning – Selecting crop types, timing, and production volume for supplying campus Dining Services.
- Propagation – In-greenhouse and direct sowing, transplanting.
- Irrigation – Installing equipment, evaluating crop needs, and operating watering schedules.
- Weed Management – Diagnosing weed pressure, timing, and the application of various tools to control weeds.
- Pest and Disease Management – Diagnosing threat and damage, selecting treatments
- Harvesting – Assessing crop maturity, bringing crops in from the field.
- Post-Harvest Handling – Cleaning, packing, and storing the crop prior to delivery, and handling deliveries.
- Crop Management Modeling and Record Keeping

Research Topics and Activities

- Irrigation – Designing and installing irrigation delivery systems and equipment, water flow meters, soil moisture meters, and data logging instruments
- Nutrient Budgeting – Monitoring and analysis, including sampling and measuring cover crop biomass and nutrient content. Testing soil and soil-water nutrient levels over the course of crop cycles and seasons. Monitoring amendments, including compost and pelletized fertilizer.
- Soil Carbon – Monitoring impacts of different cropping systems, tillage and irrigation techniques on soil carbon levels.
- Weed Management – Long-term studies of weed community dynamics, under differing cropping and cultivation techniques. Comparative trials of differing tractor weed cultivating implements.
- Pest and Disease Management – Long term monitoring of insect pests and beneficials, above and below ground, across fields with differing cropping histories. Ongoing trial of anaerobic soil disinfestation in strawberry cropping system.
- Crop Cost/Return Analysis and Budgeting – Tracking all inputs, including labor and materials and analyzing potential returns, per crop, over the production cycle of the crop
- Novel Crops for the Central Coast – Trialing potential climate change-adaptable crops, including grains and oil crops.
- Marketing Research – Identifying product trends, price and availability

EBT Offline Food Benefit Voucher Procedure

1. In **legible handwriting**, write the **complete CARD NUMBER**.
2. Write the **DATE** in the Date field using the XX - XX - XXXX format. DO NOT fill in the Authorization code.
3. Fill out the **AMOUNT**.
4. **Print** the Cardholder's Name on the **Print Cardholder Name** line.
5. Ask the Cardholder to **sign the voucher** on the **CARDHOLDER SIGNATURE** line.
6. Write the Cardholder's **PHONE NUMBER** below the **Cardholder Signature**.
7. Give the Cardholder the **WHITE COPY** of the voucher and keep the **YELLOW COPY**. Consider the yellow copy as important as a check or cash, and file it in the cart cash bag.

Please note that it is essential to get accurate information from the customer in order to complete the transaction. The voucher needs to be processed electronically within two weeks for the Farm to receive payment.

1 Legibly write complete Card Number OFFLINE FOOD BENEFIT VOUCHER

Important! Vouchers must be entered or cleared on the POS device within 15 days of customer sale or funds will not be reimbursed.

2 Write Date

DATE (MM-DD-YYYY)

EBT CARD NUMBER

AMOUNT \$

3 Write Amount

2878547

REASON

3rd Party Processor Down Store Terminal(s) Down

Phone Line Problem Host Computer Down Emergency Issuance

Purchase Refund

Store FNS Auth Number: _____

Store Name: _____

Store Address: _____

Store City/State/Zip Code: _____

Store Supervisor/Clerk Signature: _____

Federal regulations prohibit representation of this voucher by retailer if voice authorization is denied.

In signing this voucher, I believe the food benefits are available for the full amount of this transaction.

4 Write Cardholder Name 5 Ask Cardholder to Sign the voucher 6 Write Cardholder's Phone Number here

PRINT CARDHOLDER NAME

CARDHOLDER SIGNATURE

6 Write Cardholder's Phone Number here

Using Offline Food Benefit Vouchers for EBT Transactions

In the event that the EBT terminal is non-functional, you can still process the EBT customer's transaction. To do, you need a blank Offline Food Stamp Voucher, and the customer must be present to provide his/her card number and signature.

Please note that it is essential to get this information from the customer and complete the follow-up steps listed below **within two weeks** for the farm to receive payment. After the two-week period, the transaction will be a loss to the farm.

Offline Paper Voucher Procedure:

1. Fill out the voucher. Make sure to get the customer's EBT card number. Before the customer leaves, make sure that the number is legible.
2. You must call the toll-free Retailer Assistance number to get an approval number as soon as possible. Call **1 (866) 328-4212** and follow the prompts. Be ready to enter the Store FNS Number (in box on front page) and EBT Card Number.
3. Give the customer the yellow copy of the voucher and keep the white copy. Consider this white copy as important as a check or cash and file it safely in the cart cash bag.
4. When the terminal is operational again, the transaction **must** be cleared. Follow instructions for turning the terminal ON (see above). Please note that the transaction must be entered and cleared with the terminal device **within two weeks of the transaction** or the payment will be lost.
5. Follow these instructions to clear a purchase from a paper voucher:
 - From the main menu, select "MORE"
 - Select F3 "VOUCHER CLEAR"
 - Select F2 "PURCHASE"
 - Key in customer card number from the paper voucher/ENTER
 - Key in amount of sale/ENTER
 - Key in approval number from paper voucher/ENTER
 - Key in voucher number/ENTER
 - At this time the terminal will print a receipt for the transaction. If the transaction is declined, re-key all numbers making sure that there are no errors. If all numbers were keyed correctly and the transaction is declined, it is likely due to insufficient funds. In this case, wait another day or so and attempt to clear the transaction again.

Limitations of the paper voucher system

While the paper voucher is helpful in the event of terminal inoperability, it poses several challenges to collecting money for a sale. While the online terminal is able to verify sufficient account funds at the point of purchase, the vouchers require the extra step of calling the automated system to get an approval number. This approval number is only relevant to the time at which the call is made and does not guarantee that the funds will be available when the voucher is cleared with the terminal hours or days later.

APPENDIX 2 – OFFLINE FOOD BENEFIT VOUCHER INSTRUCTIONS (cont.)

Because EBT customers' eligibility is not static and also EBT distributions are allocated on a rolling, monthly basis, it is important to complete transactions in a timely manner so that the farm's account is credited while the customer still has eligibility for EBT benefits and sufficient funds in their account. If the initial attempt to clear the transaction with the terminal is met with a "decline", it is important to re-attempt promptly so that the two-week period does not elapse before funds are collected.

If multiple attempts are made to clear an offline transaction without success, it is important to be able to contact the customer to find out if they have lost eligibility or when they can expect their next distribution to go to their account. In the case of a CSA customer, this can be quite easy, since the customer has contact information on file with us and they are making a weekly appearance at the farm. In the case of a random cart customer, it is next to impossible to contact the EBT cardholder in the event of repeated declines. Also, it seems somewhat intrusive (not to mention time consuming and not very cost-effective) to make a follow-up phone call over a small produce purchase (most EBT Cart sales are between 2 and 5 dollars). An offline voucher transaction at cart that is met with repeated declines when cleared with the terminal is likely to result in a loss to the farm.

Summary

It seems unadvisable to use Offline Food Stamp Vouchers for cart purchases due to the factors described above. However, in the CSA model, the vouchers can be used effectively if clearing of transactions in the online terminal is done in a thorough and timely manner. It is also important to keep clear, thorough records of all Offline Voucher transactions, as well as online terminal transactions, so that receipt of payment can be verified later.

Operating the EBT Machine by battery at market cart location:**To Turn Machine ON:**

1. Hold down green [ENTER/ON] for 3 seconds.
2. The terminal will briefly display the battery level; verify that the charge is more than 60%. If not, change to backup battery.
3. Press [SIGN on/off]. Key in the **Clerk ID#** and Clerk **password**.
4. You should see the main menu with the options “Credit”, “Debit” or “EBT”

To Turn Machine OFF:

1. Press the Sign off/on button, followed by YES (F2).
2. Hold down red [CANCEL/OFF] key for 3 seconds.
3. When the machine is not in use at Cart, turn it OFF to conserve battery power.

To Enter an EBT Food Purchase:

1. Press EBT (F4), then FOODSTAMP (F2), then PURCHASE (F2).
2. Enter food purchase amount, then press ENTER.
3. Swipe card or enter number manually.
(To enter number manually, enter card number, press ENTER, then enter supervisor ID and password, hitting ENTER after each. Ask customer to verify amount and key in their PIN.)
4. The machine will automatically print 2 receipts: 1 labeled “Customer Copy” and one labeled “Merchant Copy.” Keep the Merchant Copy in the cash box. To print additional receipts, press REPRINT then YES (F2).

NOTE: The UCSC Farm is **not** approved to give cash back. Transactions must be for the purchase amount only.

To Make a Balance Inquiry:

On occasion, a customer may need to check the balance on their EBT card before making a purchase. To do this:

1. Press EBT (F4), then BALANCE INQUIRY (F4)
2. Swipe card and have the customer key in their PIN.
3. A receipt will be printed with the customer’s balance.

Handling Transaction Errors or Machine Problems**To Void the Last Transaction:**

1. Go to the Main Menu (Press the red [CANCEL] button to get to the Main Menu if you are not already there).
2. Press MORE, then select VOID LAST TRANSACTION (F2).
3. Enter Supervisor ID and password.
4. Swipe card and have the customer key in their PIN.

If you need to correct a transaction and Void Last Transaction will not work, you may need to do an **EBT Food Return**. This will allow you to fully refund the rare unsatisfied customer OR pay back a difference if you made an error.

To make an EBT Food Return:

1. Press EBT (F4), then FOODSTAMP (F2), then RETURN (F2)
2. Enter Supervisor ID and password, hitting ENTER after each.
3. Enter amount for return, press ENTER.
4. Swipe card or enter number manually.**
5. Ask customer to verify amount and key in their PIN.

To process EBT payments with a paper “OFFLINE FOOD STAMP VOUCHER”:

1. Fill out the voucher completely and legibly (see example included).
2. Give the customer the yellow copy of the voucher, keep the white for our records.
3. Call the toll-free Retailer Assistance number to get an *approval number*: **(866) 328-4212** and follow the prompts. Be ready to enter the Store **FNS Number, EBT Card Number, Paper Voucher Number** (printed in red on upper right of voucher), and **Amount of Sale**.
4. *The EBT transaction must be cleared within two weeks of receiving an approval number in order to receive payment.*
5. Turn the terminal ON and follow instructions below:
 - From the main menu, select “MORE”
 - Select F3 “VOUCHER CLEAR”
 - Select F2 “PURCHASE”
 - Key in customer card number from the paper voucher/ENTER
 - Key in amount of sale/ENTER
 - Key in approval number from paper voucher/ENTER
 - Key in voucher number/ENTER
 - At this time the terminal will print a receipt for the transaction. If the transaction is declined, re-key all numbers making sure that there are no errors.

SNAP Provisions of the Agricultural Act of 2014

On February 7, 2014, Congress passed the Agricultural Act of 2014, P.L. 113-79, which reauthorizes the Supplemental Nutrition Assistance Program ("SNAP"). Below are the SNAP retailer provisions that are effective immediately.

EFFECTIVE IMMEDIATELY:

SNAP benefits cannot be used to pay bottle/can deposits unless it is a State-required fee.

SNAP benefits cannot be used to pay for a deposit fee unless it is a fee the State requires customers to pay to purchase food in a returnable container. Deposit fees added by manufacturers cannot be paid for with SNAP benefits, even if the fee is included in the shelf price of the product. Currently, only 10 States have some type of State deposit fee requirement. These States are: California, Connecticut, Hawaii, Iowa, Massachusetts, Maine, Michigan, New York, Oregon, and Vermont.

SNAP retailers must pay for their own Electronic Benefit Transfer (EBT) equipment.

Retailers will no longer be offered free EBT equipment, supplies and related services ("EBT equipment and services") to participate in SNAP. Retailers that become SNAP-authorized after March 21, 2014, must pay for their own EBT equipment and services. Retailers authorized on or before March 21, 2014, and who have already been given free EBT equipment and services by the State may, at the State's option, continue to use the EBT equipment and services for free until September 21, 2014. **Such SNAP-authorized retailers should arrange for lease or purchase of EBT equipment and services as soon as they can in order to ensure continued participation in SNAP. States may provide retailers that use free EBT equipment and services with further instructions and deadlines.** EXCEPTIONS: Eligible farmers' markets, direct-marketing farmers, military commissaries, non-profit cooperatives or organizations, group living arrangements, treatment centers, and prepared meal services may continue to qualify for free EBT equipment and services until further notice.

New SNAP retailers cannot use manual vouchers to redeem SNAP benefits.

Except in disasters or in the event of an EBT system failure, manual vouchers will no longer be allowed as a way to accept SNAP benefits. Retailers that become SNAP-authorized after March 21, 2014, can no longer use manual vouchers for ongoing SNAP business. Instead, all new SNAP retailers must redeem benefits electronically through a commercial point-of-sale device, which they must obtain and pay for themselves as discussed above. Retailers authorized before March 21, 2014, and who are already using manual vouchers for ongoing business may continue to do so until further notice. EXCEPTIONS: Eligible farmers' markets, direct-marketing farmers, military commissaries, non-profit cooperatives or organizations, group living arrangements, treatment centers, and prepared meal services may use manual vouchers until further notice.

SNAP benefits may be used to purchase Community-Supported Agriculture shares.

Both non-profit and for-profit farmers' markets and direct marketing farmers that operate using a Community-Supported Agriculture model may accept payment up to 14 days before delivering the food to SNAP customers or making the food available for pickup.

To read the full text of the Omnibus Farm Bill Implementation Memo, go to: <http://www.fns.usda.gov/snap/policy>.

If you have any questions, please contact the Food and Nutrition Service at RPMDHQ-WEB@fns.usda.gov.

CONFIDENTIAL

2014 Low-Income Community Supported Agriculture Membership Application

Center for Agroecology & Sustainable Food Systems, University of California, Santa Cruz

The aim of **Community Supported Agriculture (CSA)** is to build a healthy community by providing a local, organic food supply and by re-establishing a relationship between the community and the farmer. It is a partnership – the community members support the farm and farmers directly for an entire season and in return receive a share in the weekly harvest. This partnership increases community involvement in food production and in the health of the local economy and environment.

The **UCSC Farm's CSA program**, part of the *Apprenticeship in Ecological Horticulture*, is a training ground for 40 apprentices in crop planning, cultivation techniques, harvest methods and community outreach and education. Members of the CSA receive a weekly share throughout the harvest season, beginning in early June and continuing for approximately 22 weeks.

The UCSC Farm is committed to making our CSA program accessible to individuals and families of all economic backgrounds. To ensure this, we are offering low-income memberships at the half-price rate for our growing season. To apply, please complete the following information. Acceptance is based on a first-come, first-serve basis and is available to those applicants who demonstrate the greatest need.

Name (s) _____

Street Address _____

City / State / Zip

Home # _____

Occupation _____

Cell or Work # _____

Spouse / Partner's

Occupation (if applicable) _____ Email _____

If you are a student, can a parent or guardian claim you as a dependent on their IRS federal tax form? _____

Combined monthly income \$ _____ Add'l income \$ _____
e.g. child support, etc.

Number of children supported by the applicant / family? _____ Monthly expenses \$ _____

Circle one category below – A, B, or C, and complete:

A. Individual / family receives public assistance – circle one that applies:

SNAP (Food Stamps) Social Security Unemployment Disability AFDC # _____ Medical # _____

B. Income – circle one if net monthly income is under:

\$958 (1 person) \$1,293 (2 people) \$1,628 (3 people) \$1,963 (4 people) \$2,298 (5 people)

C. Individual / family income is over category B guidelines, but feel assistance is needed. Please explain:

➡ **Required:** Please explain your reasons for requesting a low-income membership to the UCSC Farm CSA (cont. back of page), and, if you file taxes, include a copy of last year's IRS federal tax return 1040, pages 1 and 2 (income and signature/date).

2014 CSA Low-Income Pledge Form

In becoming a member of the UCSC Farm CSA, I understand the following:

- I am making a financial commitment for the 2014 farm CSA season. As the designated primary shareholder, I understand that my share payment is non-refundable.
- I recognize that due to the inherent risks of farming, there are no guarantees on the exact amount of produce that I will receive.
- that my share comes from an educational farm and that apprenticing farmers are producing my food.
- I understand and accept this commitment and assume responsibility to contact the staff if there are any questions or concerns.

Please note that in order to complete your reservation for the 2014 CSA Program, you must submit payment with a signed pledge form to the address listed below.

Signature _____ Date _____

Primary Shareholder _____ Co-Shareholder _____

Primary Address _____ Zip _____
Street / City

Primary Cell # _____ Home or Work # _____

Email _____ Co-share Email _____

Co-share Phone _____

Payment options

FULL SEASON:

payment in full: **\$280**

Two checks: **\$140**
 today's date and
 post-dated June 1 **\$140**

Four checks: **\$70**
 today's date and
 post-dated June 1 **\$70**
 post-dated July 1 **\$70**
 post-dated Aug 1 **\$70**

Payment by Check only Money order or
 Cashier's check OK
 payable to "UC Regents"

Send with this pledge form to:

CASFS / UCSC Farm
 1156 High Street
 Santa Cruz, CA 95064
 Attn: CSA

*You may also pay with an **EBT benefit card** (SNAP).
 Please present your card to the
 CSA attendant and **sign** and
date the EBT voucher when
 you pick up your share.*

Pick-up site

- Tuesdays at the Farm (noon-6:30 p.m.)
- Fridays at the Farm (noon-6:30 p.m.)
- Fridays at Bay & High (2:30-6:00 p.m.)

NEW PICKUP SITE:

- Westside (Tuesday only 2:30-5:30 p.m.)
 Location: **Westside Farm & Feed**
 817 Swift St., Santa Cruz 95060

Office Use Only: Payment enclosed

Check payment amount: _____

Date rec'd: _____



UCSC Organic Farm Now Accepting EBT for Fresh, Organic Fruits & Vegetables

Did you know?

- ◆ UC Santa Cruz has a non-profit farm that produces affordable, certified-organic fruits and vegetables.
- ◆ You can apply as a low-income member of the Farm & Garden Community Supported Agriculture (CSA) program to receive a weekly box of produce for just \$11/week.

How it works:

- ◆ Call the Farm & Garden CSA office at (831) 459-4661 or email farmcsa@ucsc.edu to find out if there are still low-income shares available and to get an application.
- ◆ Once accepted, you will pick up your weekly produce shares on Tuesday or Friday afternoon starting the first week of June 2010!
- ◆ You can also use SNAP/EBT benefits (Food Stamps) to purchase delicious, fresh fruits and vegetables every week at our Farm Stand starting Tuesday, June 1. Our Farm stand is conveniently located at the corner of Bay and High Streets, accessible on the Santa Cruz Metro #10 bus and is open Tuesdays and Fridays from 12 noon-6 pm



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

Finca Orgánica de UCSC ya está aceptando EBT para adquirir Frutas y Verduras Frescas y Orgánicas

Sabías que...?

- ◆ UC Santa Cruz tiene una finca sin fines de lucro donde se producen frutas y verduras con certificación orgánica y a precios accesibles.
- ◆ Como persona de escasos recursos, puedes solicitar una membresía al programa de canastas "Agricultura Apoyada por la Comunidad (Farm & Garden CSA)" para recibir cada semana una canasta de fruta y verdura **por sólo \$11 semanales.**

Cómo funciona:

- ◆ Llama a la oficina de "Farm & Garden CSA" al **(831) 459-4661** o envía un correo electrónico a **farmcsa@ucsc.edu** para saber si todavía hay disponibles membresías para personas de escasos recursos y para obtener una solicitud.
- ◆ Una vez aceptada tu solicitud, podrás pasar a recoger tu canasta semanal los martes o viernes en la tarde a partir de la primera semana de junio del 2010.
- ◆ También puedes usar los beneficios SNAP/EBT (vales para alimento / food stamps) para comprar frutas y verduras frescas y deliciosas cada semana en nuestro "mercadito sobre ruedas" a partir del martes 1º de junio. El mercadito se instala los martes y viernes de 12-6pm en la esquina de de las calles Bay y High, accesible tomando el autobús Santa Cruz Metro #10.



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

We Welcome SNAP Benefits



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights,
Room 326W, Whitten Building,
1400 Independence Avenue, SW,
Washington, DC 20250-9410

or call: (800) 795-3272 (voice) or (202) 720-6382 (TDD)

For information on applying for SNAP benefits, call 1-800-221-5689



USDA is an equal opportunity provider and employer.

United States Department of Agriculture • Food and Nutrition Service
FNS-132 • Revised April 2010



Using SNAP Benefits



SNAP Benefits **CAN** Buy:

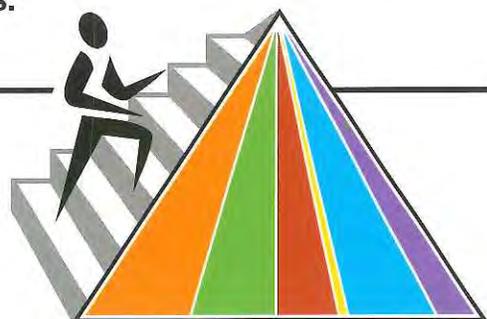
- Foods for you and your household to eat, such as:
 - breads and cereals;
 - fruits and vegetables;
 - meats, fish and poultry; and
 - dairy products.
- Seeds and plants which produce food for you and your household to eat.

SNAP Benefits **CANNOT** Buy:

- Beer, wine, liquor, cigarettes or tobacco.
- Any nonfood items, such as:
 - pet foods;
 - soaps, paper products; and
 - household supplies.
- Vitamins and medicines.
- Food that will be eaten in the store.
- Hot foods.

Remember:

- Do not exchange SNAP benefits for cash.
- SNAP benefits may not be used to pay a credit account.
- Retailers shall not collect state or local sales taxes on purchases made with SNAP benefits.
- SNAP benefits expand your ability to eat a variety of foods.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

For information on applying for SNAP benefits, call 1-800-221-5689

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USDA is an equal opportunity provider and employer.
United States Department of Agriculture • Food and Nutrition Service
FNS-110 • Revised December 2008

2014 CSA Shares Pledge Form

In becoming a member of the UCSC Farm CSA, I understand the following:

- I am making a financial commitment for the 2014 farm season. As the designated primary shareholder, I understand that my share payment is non-refundable.
- I recognize that due to the inherent risks of farming, there are no guarantees on the exact amount of produce that I will receive.
- that my share comes from an educational farm and that apprenticing farmers are producing my food.
- I understand and accept this commitment and assume responsibility to contact the staff if there are any questions or concerns.

Please note that in order to complete your reservation for the 2014 CSA Program, you must submit payment with a signed pledge form to the address listed below.

Signature _____ Date _____

Primary Shareholder _____ Co-Shareholder _____

Primary Address _____ Street / City _____ Zip _____

Primary Cell # _____ Home or Work # _____

Email _____ Co-share Email _____

Co-share Phone _____

Payment options

FULL SEASON: (begins Tuesday, June 3):

payment in full: \$560

Two checks: \$280

today's date and post-dated June 1 \$280

Four checks: \$140

today's date and post-dated June 1 \$140

post-dated July 1 \$140

post-dated Aug 1 \$140

LATE SEASON: (begins Tuesday, Aug.18):

payment in full: \$280

Two checks: \$140

today's date and post-dated Sept 1 \$140

Pick-up site

Tuesdays at the Farm (noon-6:30 p.m.)

Fridays at the Farm (noon-6:30 p.m.)

Fridays at Bay & High (2:30-6:00 p.m.)

NEW PICKUP SITE:

Westside (Tuesday only 2:30-5:30 p.m.)
Location: Westside Farm & Feed
817 Swift St., Santa Cruz 95060

Payment by Check only payable to "UC Regents" Money order or cashier's check OK

Send with this pledge form to:

CASFS / UCSC Farm
1156 High Street
Santa Cruz, CA 95064
Attn: CSA

Make a donation to support low-income shares!

We gratefully accept donations to support low-income shares. Donations are tax deductible.
If you would like to donate, please include with your pledge form and payment, indicating the amount below:

\$25 \$50 \$100 \$280 (full share)

I would like to donate \$_____ to a low-income share.

Office Use Only: Payment enclosed

Date rec'd: _____ Check payment amount: _____

Welcome to the University of California at Santa Cruz

THIS PERMIT IS VALID IN
THE FARM QUARRY PARKING LOT,
BARN THEATER PARKING LOT OR FARM
RESERVED PARKING SPACES ONLY PER
AGREEMENT BETWEEN CSA & TAPS

DO NOT PARK IN ANY OTHER LOTS
OR IN RESERVED SPACES MARKED
DISABLED, MEDICAL, PROVOST,
PRECEPTOR, STAFF, UNRESERVED
METERS, ETC.

ALTERING, RESALE OR TRANSFER OF
A PERMIT WILL RESULT IN A FINE
AND/OR LOSS OF PARKING PRIVILEGES.

**DISPLAY PERMIT IN FRONT
WINDSHIELD, DRIVER'S SIDE, WITH
OPPOSITE SIDE UP.**

QUESTIONS CONCERNING PARKING
CITATIONS SHOULD BE DISCUSSED WITH
CAMPUS POLICE LOCATED IN THE
EMERGENCY RESPONSE CENTER
AT THE BASE OF CAMPUS.

UCSC PARKING PERMIT CSA FARM PICK-UP

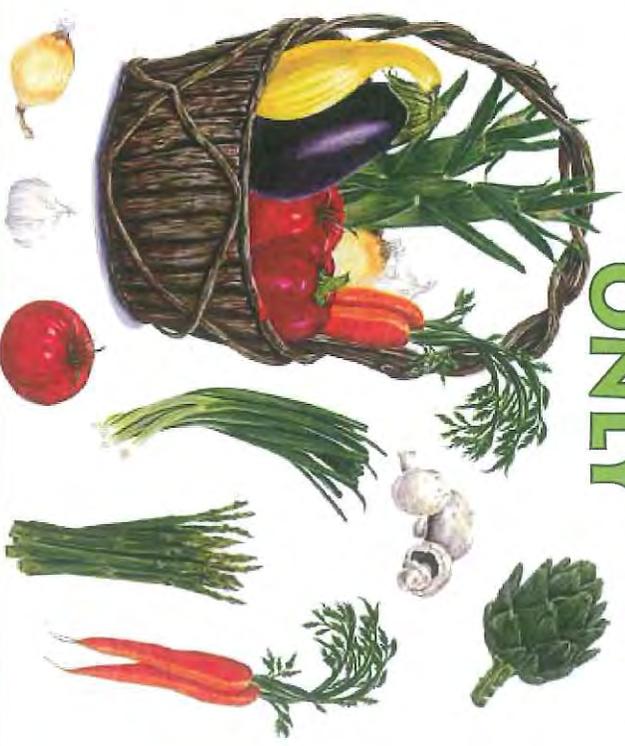
TUESDAYS & FRIDAYS ONLY
12 PM - 6:30 PM

VALID

JUNE 3RD-OCT 31ST, 2014

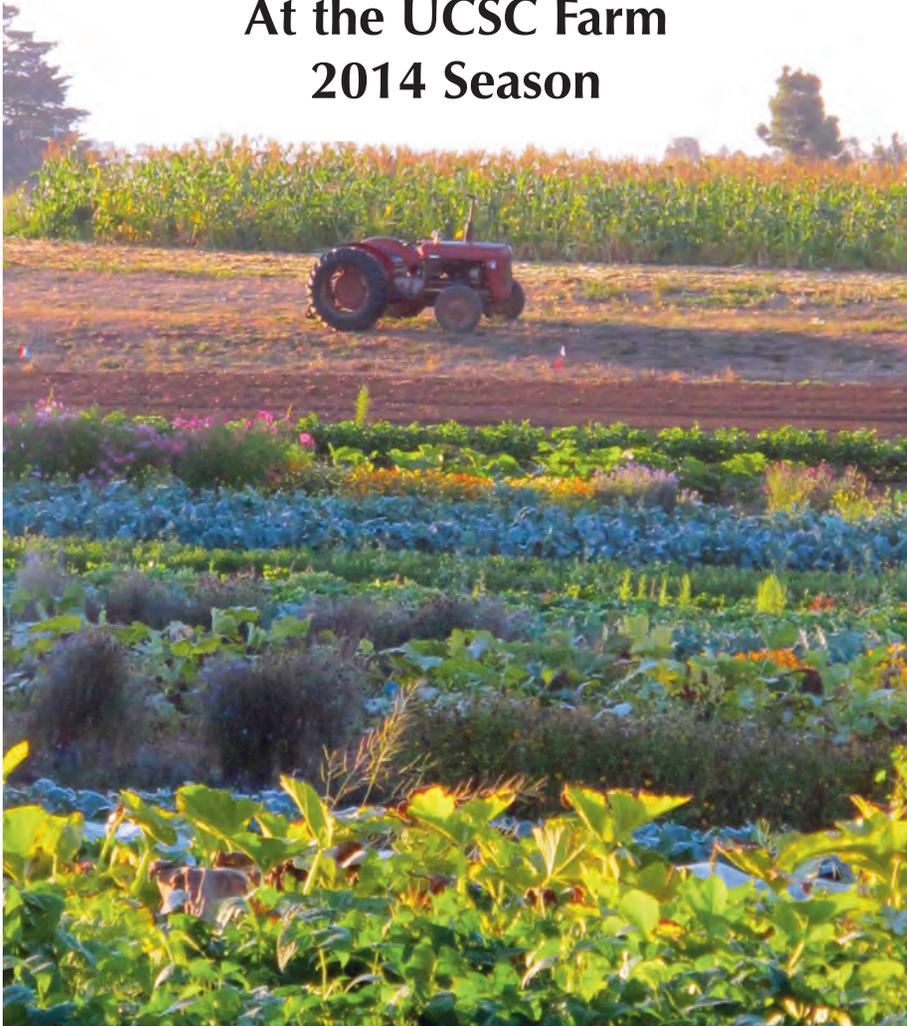
**AGROECOLOGY LOT 168
AND**

**BARN THEATER LOT 122
ONLY**



Community Supported Agriculture

At the UCSC Farm
2014 Season



The CENTER for AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS
UNIVERSITY OF CALIFORNIA, SANTA CRUZ

Community Supported Agriculture (CSA)

CSA is a collaboration between the local community and the farmer. The community members support the farm directly for an entire season and in return receive a share in the weekly harvest. This partnership increases community involvement in food production and in the health of the local economy and environment.

CSA at the UCSC Farm and Garden

For more than 45 years, people from around the world have come to the UCSC Farm and Garden each spring to take part in the six-month Apprenticeship in Ecological Horticulture, offered through the Center for Agroecology & Sustainable Food Systems (CASFS). Under the direction of the CASFS teaching staff, apprentices have an immersion learning experience in cultivation and care of organic crops using ecological methods. They are intimately involved in the whole season's work, planting, cultivating, and harvesting crops from the six acres of tractor-worked fields and the two large gardens – the Farm Garden and the Alan Chadwick Garden. Apprentices harvest for the CSA and the CASFS market cart held seasonally from June through October. The apprenticeship program of study covers agricultural and horticultural topics including soils and soil fertility management, plant propagation, composting, hand-scale and tractor tillage, irrigation, pest management and crop culture, as well as food justice / sustainable food systems.

The CSA program was piloted in 1995, and grew quickly to the current 130-member capacity. The CSA serves the campus and Santa Cruz community. Ten percent of shares are reserved for low-income households, and we donate thousands of pounds of produce each year to community organizations serving populations in need.

Our Vision is to –

- establish a partnership between the local community and apprenticing organic growers
- demonstrate a viable model of sound economics for small-scale farming and regional food systems
- foster ecological stewardship of the land
- provide the community with high quality, nutritious produce in season

Table of Contents

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Cover photograph by Britt Retzlaff, 2011 Apprentice

The CSA Season: What to Expect

Our planned start date is Tuesday, June 3rd, with the season extending through Friday, October 31st, weather permitting.

What's in the box?

Each week's box will contain a diversity of crops (9-13 items), balanced amongst greens, root crops, summer vegetables, fresh herbs, and tree fruit and berries (see page 4 for our crop list). We pack a one-size box, which feeds two to four adults for a week, depending on cooking habits. Members can sign up to share a box with a co-member. Usually, friends agree to share a membership and submit their payment together, but we can also help to facilitate shared boxes.

Recipes and Newsletters

Members receive a weekly newsletter (email and/or print) with produce recipes and farm news! Additionally, we offer a recipe archive on our website.

Friends of the Farm and Garden Membership

CSA members receive a complimentary membership to the Friends of the Farm and Garden (FF&G) for the duration of the CSA season. FF&G membership benefits include a 10% discount on plants and merchandise at our biannual plant sales and discounts to FF&G-sponsored workshops.

Cost and Season Dates

Full season \$560 (planned 22 weeks, June 3 - Oct. 31)

Late season \$280 (last half of season, 11 weeks Aug 19 - Oct. 31)

For payment plan, see page 5. (Please note that no refunds are available.)

Low-income Shares

Ten percent of our shares are reserved each year for low-income households at the price of \$280 per share. We also accept SNAP/EBT benefits for CSA payment. To apply, contact farmcsa@ucsc.edu to have an application mailed to you. *To help support low-income shares, please see information on page 6.*

Volunteer Opportunities

Volunteers are welcome to join the apprentice crew in harvesting on **Tuesday** and **Friday** mornings, by arrangement. It's a really fun way to see up close how the food grows! Volunteers are also welcome to join our Banana Slug "Clean Team" to harvest remainder crops for local food banks. Call 459-3240 or email farmcsa@ucsc.edu if you would like to get involved.

Pick-up Days and Locations

Crops are harvested the same day they are packed! Members pick up their boxes in the afternoons on either **Tuesdays** or **Fridays** (same day of the week for duration of season, with option to change permanently or temporarily with advance notice). Members bring their own carry bags to the farm or pick-up site, and transfer the contents of their box to take home.

Shares not picked up at the end of the day will be donated to local food access organizations. Map and directions to the farm will be sent before the season begins, along with a temporary parking permit for pick up on the farm.

Pick-up Day	Location
Tuesdays	CASFS Farm or Westside Farm & Feed (Swift St.)
Fridays	CASFS Farm or Market Cart (corner of Bay & High Streets)
Pick-up Times	Location
12:00 noon to 6:30 pm	On-farm
2:30 pm to 6 pm	Westside Farm & Feed and Market Cart



The UCSC Farm's CSA program is part of the Center for Agroecology & Sustainable Food Systems (CASFS), a research, education, and public service program dedicated to increasing ecological sustainability and social justice in the food and agriculture system.

The CASFS mission is to research, develop, and advance sustainable food and agricultural systems that are environmentally sound, economically viable, socially responsible, non-exploitative, and that serve as a foundation for future generations. Center staff conduct research on both agronomic and social aspects of sustainable agriculture, as well as offer an extensive public education program, including tours of the UCSC Farm and a series of public workshops on gardening techniques and other topics (see page 7).

How to Contact Us

Mailing Address: CASFS / UCSC Farm
1156 High Street
Santa Cruz, CA 95064
Attn: CSA

Phone Number: 831.459-3240 or 831.459-4661 | *Email:* farmcsa@ucsc.edu

Web page: <http://casfs.ucsc.edu/community/produce-sales/csa.html>

Location: UCSC Farm and Garden

Detailed instructions on parking will be sent with membership confirmation.



Produce Availability Guide

CSA is a unique opportunity to experience local, seasonal eating and deepen your connections amongst food, land and community.

We strive to make boxes diverse and bountiful throughout the season. Weekly newsletters will keep you in touch with the field and growing conditions as the summer goes on.

Pick-Your-Own Herb & Flower Garden

CSA members are invited to cut flowers and herbs from the garden at the Farm pick-up site.

		SEPTEMBER-OCTOBER	
JUNE	JULY-AUGUST	spinach	
arugula	spinach	salad mix	
Asian greens	salad mix	Swiss chard	
spinach	lettuce	kale	
lettuce	beets	radicchio	
Swiss chard	carrots	endive	
beets	broccoli	beets	green beans
carrots	cabbage	broccoli	potatoes
turnips	basil	cauliflower	pumpkins
kohlrabi	cilantro	fennel	winter squash
broccoli	dill	basil	tomatoes
cilantro	cucumbers	cilantro	(dry-farmed and heirloom)
blueberries	zucchini	zucchini	
strawberries	green beans	strawberries	
plums	sweet corn	apples	
	new potatoes		
	strawberries		
	plums		

2014 CSA Shares Pledge Form

In becoming a member of the UCSC Farm CSA, I understand the following:

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- that my share comes from an educational farm and that apprenticing farmers are producing my food.
- I understand and accept this commitment and assume responsibility to contact the staff if there are any questions or concerns.

Please note that in order to complete your reservation for the 2014 CSA Program, you must submit payment with a signed pledge form to the address listed below.

Signature _____ Date _____

Primary Shareholder _____ Co-Shareholder _____

Primary Address _____ Zip _____
Street / City

Cell # _____ Home or Work # _____

Primary Email _____ Co-share Email _____

Payment options

FULL SEASON:

payment in full: \$560

Two checks: \$280
today's date and post-dated June 1 \$280

Four checks: \$140
today's date and post-dated June 1 \$140
post-dated July 1 \$140
post-dated Aug 1 \$140

LATE SEASON:

payment in full: \$280

Two checks: \$140
today's date and post-dated Sept 1 \$140

Payment by Check only Money order or Cashier's check OK
payable to "UC Regents"

Send **with this pledge form to:**
CASFS / UCSC Farm
1156 High Street
Santa Cruz, CA 95064
Attn: CSA

Pick-up site

At the Farm (noon-6:30 p.m.)

Tuesdays

Fridays

Bay & High (Friday only
2:30-6:00 pm)

Westside Farm & Feed
(Tuesday only 2:30-6:00 pm)

Office Use Only: Payment enclosed

Check payment amount: _____ Date received: _____

Make a donation to support low-income shares!

We gratefully accept donations to support low-income shares. Donations are tax deductible.

If you would like to donate, please include with your pledge form and payment, indicating the amount below:

\$25 \$50 \$100 \$280 (a full, low-income share)

I would like to donate \$_____ to a low-income share.

Pick-Your-Own Herbs & Flowers

To complement your share, you are welcome to pick herbs and flowers throughout the season in the CSA garden adjacent to the CSA Barn on the Farm.



The Exchange Basket

On pick-up days, take advantage of our exchange basket and frequent offerings of farm bounty.



Comments from our CSA Members:

We enjoyed the rich flavor of CSA produce versus store bought. It was so rewarding to visit the farm with the kids and explain what we are a part of and how CSA upholds the values of our family.

The balance of produce has been very nice this year. We are looking forward to the winter box!

We love the farm experience and having fresh fruit and veggies every week, we hope to continue to be a part of this every year. Thank you!

I appreciated the half season share and the two-part payment option, as it's difficult to put all the money up at once. I look forward to my winter box. Thank you!

It has been fun to bring my toddler to the farm each week to gather our vegetables. This was our first CSA experience and it has been fun to get veggies we wouldn't have usually purchased on our own. I now love to eat roasted beets. They are sooo good.

2014 Spring Calendar of Events

CSA membership includes complimentary membership of the Friends of the Farm & Garden (FF&G) during the CSA season and are eligible for discounts on workshop fees (typically \$30 general public; \$20 FF&G members). Please note that event dates may change. A current calendar is posted on the CASFS website's home page, casfs.ucsc.edu

Blueberries for the Home Garden

Saturday, February 22, 10 am – 1 pm (Rainout date, March 1)
Louise Cain Gatehouse, UCSC Farm

Join CASFS/UCSC Farm field production manager Liz Milazzo to learn about varietal selection, site selection, planting, pruning and general care of blueberries in the home garden. **\$30 (pre-registered) / \$40 (at gate) general, \$20 (pre-registered) / \$30 (at gate) FFG members, \$5 current UCSC students.**

Register at: <http://berryclass.bpt.me> or by check (see below).

Pear & Apple Tree Grafting Intensive

Saturday, March 8, 10 am – 4 pm
Alan Chadwick Garden, UC Santa Cruz

Join us on Saturday, March 8, for a day-long workshop at the Alan Chadwick Garden focused on grafting apple and pear trees. Instructors Orin Martin, Sky DeMuro and Matthew Sutton will lead participants through grafting young pome fruit trees, and participants will graft a tree to take home. Demonstrations include how to “top graft” new varieties onto older, established trees. This workshop is geared towards beginner and intermediate backyard orchardists and fruit tree enthusiasts. Registration cost includes handouts, rootstock and tools. Class size limited. **\$95 general, \$85 FFG members, \$50 for current UCSC students and limited income.** **Registration deadline March 5.**

Register online: <http://applegrafting.bpt.me> or by check (see below).

To pre-register by check, send check, payable to "UC REGENTS" to:
CASFS | 1156 High St. | Santa Cruz, CA 95064 , *Attn: Workshop*
Include name/workshop date and contact info (phone/email).

If an event is cancelled due to inclement weather, full refunds are available on all workshops.

2014 Calendar of Events *(continued)*

Garden Cruz: Organic Matters Organic Gardening Workshop

Three consecutive Saturdays from 10 am – 4 pm

March 15, 22, and 29

Alan Chadwick Garden, UC Santa Cruz

Join us at the Chadwick Garden on three consecutive weekends in March to learn the suite of skills needed to create and maintain a thriving organic garden, including understanding and improving soil fertility and structure; preparing garden beds; direct seeding and transplanting; irrigating, with an emphasis on water-saving techniques; controlling gophers and other pests; making and using compost, cover crops, and other fertility sources. Each day includes both lectures and hands-on activities. Class size limited. **\$300 general, \$275 FFG members, \$150 for current UCSC students and limited income.** *Registration deadline March 11.*

Register online: <http://gardencruz2014.bpt.me> or by check (see pg. 7).

Citrus Workshop for the Home Gardener and Small-Scale Grower

Saturday, April 26, 1 – 5 pm

Louise Cain Gatehouse, UCSC Farm

Join instructors Orin Martin of the Alan Chadwick Garden, and Daniel Paduano, owner of Abounding Harvest Mountain Farm, for this lecture and hands-on workshop. Learn how to select, plant, and care for a wide variety of citrus on a garden or small-orchard scale. Topics include: best citrus varieties for the Monterey Bay region; site selection and planting; irrigation; pruning; fertility; pest and disease control. **\$60 general, \$50 FF&G members, \$45 UCSC Farm Docents, \$35 UCSC students and limited income.**

Register online at <http://citrus.bpt.me> or send a check (see pg. 7).

Space is limited. Registration deadline Wednesday, April 23.

UCSC Farm & Garden Spring Plant Sale

Saturday, May 3, 10 am – 3 pm and Sunday, May 4, 10 am - 2 pm

Barn Theater Parking Lot, corner of Bay & High Streets, UCSC

Choose from the largest organically grown selection of vegetables, annual flowers, and perennials available in the Monterey Bay region. Please note: Friends of the Farm & Garden members are welcome to a "members' hour" from 9 - 10 am on Saturday, May 4.

Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it's the only thing that ever has.

–Margaret Mead



UCSC Farm – Community Supported Agriculture (CSA)

1156 High Street

Santa Cruz, CA 95064

831.459-3240 or 831.459-4661 | *Email:* farmcsa@ucsc.edu

<http://casfs.ucsc.edu/community/produce-sales/csa.html>

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/5/14 & 8/8/14

What's in the box?

Lettuce, <i>Green Butter</i>	Summer Squash, <i>mix</i>
Onions, <i>Cipollini</i>	Cucumber, <i>Marketmore</i>
Basil, <i>Sweet Thai</i>	Cabbage, <i>Farao</i>
Dill, <i>Bouquet</i>	Broccoli, <i>Gypsy</i>
Corn, <i>XTender 270A</i>	Potatoes, <i>Yukon Gold</i>
Green Beans, <i>Bronco</i>	Strawberries, <i>Albion</i>

Harvest Forecast* for August 12 and 15

Corn	Red Beets	Squash
Green Beans	Red Onions	Strawberries
Jalapeños	Salad Mix	

*Harvest may vary for 1 or 2 crops, determined on day of harvest

Recipes by Crop

Recipe PDFs are online, indexed by crop, at:

<http://casfs.ucsc.edu/community/produce-sales/recipes.html>

Newsletter archives are also available online at:

<http://casfs.ucsc.edu/community/produce-sales/csa-newsletters.html>

Upcoming Event

Fall Gardening Workshop: Transplanting & Direct Seeding for Fall & Winter Crops
Saturday, August 23 – 9:30 to 12:30 pm
Alan Chadwick Garden – UCSC

Extend your gardening season! Orin Martin and Sky DeMuro of UCSC's Chadwick Garden will teach participants about crops that grow well in fall and over the winter in the Monterey Bay region. Workshop held at the Alan Chadwick Garden. Topics covered: sowing seeds and raising seedlings indoors; when to transplant; and what crops to sow directly in garden beds. Be prepared to get your hands dirty! Participants will go home with a six-pack of vegetables or flowers..

COST: \$20 for Friends of the Farm & Garden members (pre-registered)/\$30 at the door; \$30/\$40 general admission; \$15/\$25 UCSC students and limited income. Register online at <http://seedsgiving.bpt.me>, or send a check, payable to "UC Regents" to:

CASFS

1156 High St.

Santa Cruz, CA 95064 Attn: Workshop

For information, call 831.459-3240 or email casfs@ucsc.edu.

Notes from the Field by Mary Liz Watson, First Year Apprentice

It is hard to believe we are into August already! Sweet corn provided our harvest excitement this past week. We'd been watching the stalks grow taller and the ears gain size, and a peek into the cob revealed kernels plumping up. Then the pink silks started to dry up and brown, and the ears filled out all the way to the end, and they were ready!

The uses for sweet corn are endless. For southerners like myself, sweet corn marks the beginning of summertime. I have distinct memories of summer evenings, the air warm and heavy and full of fireflies, spent shucking corn on my grandmother's back porch. We'd eat our corn straight off the cob and serve it with okra and thickly sliced tomatoes or fried green tomatoes – all the bounty of Nana's garden.

New to this week's CSA box is Thai basil, which, when made into a smooth basil butter, serves as the perfect compliment to our sweet corn! Simply pulse the basil leaves and garlic in a food processor, add a bit of lemon juice, salt, and sugar to taste, place the butter into basil mixture and process until smooth.

For those of the 'Waste Not Want Not' philosophy, warming (note: not simmering) the blossoms in olive oil on the stovetop yields an aromatic dip for bread and veggies. If you are overwhelmed with basil, try infusing it into simple syrup for future use in flavoring drinks, desserts, and popsicles.

In other happenings, the summer routine is pretty serious with summer squash on its usual rampage, the tomatoes setting fruit and beginning to ripen, and our little farm community continues to eat well.





Tomato-Corn Pudding with Leeks and Peppers

- 4 ears of sweet corn, shucked and cut off cob
- 1 large leek, sliced
- 1 cubanelle* pepper, diced
- 1 tomato, diced
- 1 bunch (about 2 T) fresh thyme, chopped
- 1 T fresh parsley, chopped
- 1 T fresh chive, chopped
- 2 egg whites
- 1 cup whole milk
- Salt and pepper to taste

In a large saute pan, sweat leek, cubanelle and thyme in olive oil over medium-high heat for about 5 minutes.

After the leeks and pepper become tender, add corn kernels and saute for 2-3 minutes. Season with salt and pepper, then drain off any excess liquid using a fine mesh strainer or colander. Transfer to a large mixing bowl and stir in diced tomato.

Brush a 7"x9" casserole dish with olive oil and spread vegetables evenly inside it. In small mixing bowl, whisk together egg whites and milk and pour over the corn.

Cover and bake at 400°F for 25-30 minutes or until the eggs have set. Allow to cool, and garnish with fresh parsley and chive.

*Anaheim chiles may be used as a substitute.

www.greengrow.org

Parmesan Roasted Potatoes

- 4 cups cubed Yukon Gold potatoes (3/4" square cubes)
- 3 tbsp olive oil
- 1/2 tsp garlic salt
- 1/2 tsp salt
- 2 tsp paprika
- 1 tsp pepper
- 4 tablespoons freshly grated Parmesan cheese

Preheat oven to 425°F. Place cubed potatoes into a baking dish. Use baking spray on dish to reduce sticking.

Pile on olive oil, garlic salt, salt, paprika, pepper and Parmesan cheese. Using your fingers, or spoon, thoroughly coat all the potatoes with the seasonings.

Bake for 15 minutes. Remove from oven and toss the potatoes with a pair of tongs. Continue baking for 10 more minutes. Remove baking dish and give potatoes another toss. Continue roasting until golden and crispy.

Season with an dusting of sea salt and extra parmesan cheese and serve.

<http://whatsgabycooking.com>

Peachy Sweet Corn Tacos with Lentils and Basil Slaw

Makes 10-12 tacos

Slaw:

- 1/4 head of green cabbage, shredded
- 1 big sprig of basil, leaves removed and sliced
- juice of 1 lime
- 2 T grapeseed oil
- salt and pepper

Succotash:

- 1/3 cup french lentils, rinsed
- 1 T grapeseed oil
- 1 shallot, small dice
- 1 small red pepper, small dice
- 1/2 tsp. chili powder (ancho or chipotle are amazing)
- 1/2 tsp. ground cumin
- 4 ears of corn, kernels removed
- 2 ripe peaches, pitted and diced
- juice of 1 lime
- salt and pepper

Tortillas and garnish:

- 10-12 corn tortillas, warmed
- 1 avocado, peeled, pitted and sliced lime wedges

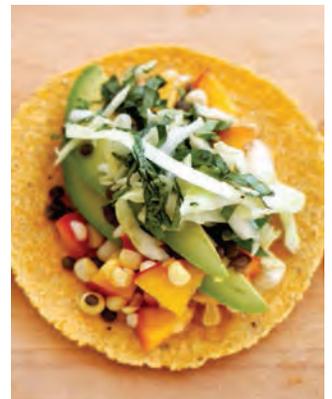
Cook lentils: Place the rinsed lentils in a small saucepan with 1 cup of water. Bring to a boil and simmer for about 20 minutes, or until lentils are tender but still have some bite. Set aside.

Make slaw: Combine the shredded cabbage, basil, lime juice, oil, salt and pepper in a large bowl. Toss to combine. Taste for seasoning and cover bowl with plastic wrap. Set aside in the fridge.

Make succotash: Heat grapeseed oil in a medium-large skillet over medium heat. Add diced shallot and red pepper. Saute mixture until soft and slightly translucent. Add chili powder and cumin. Saute until fragrant, about 30 seconds. Add corn kernels and stir to combine. Season with salt and pepper at this point. Cook, stirring frequently until corn is crisp-tender and slightly more golden, about 4 minutes. Remove the pan from the heat. Add the diced peaches, cooked lentils and lime juice. Check for seasoning and keep warm.

To assemble: Place 1/4 cup or so of succotash in each tortilla, top with avocado slices and a generous helping of slaw.

www.thefirstmess.com



2014 CSA End-of-Season Survey

1. I would prefer to have received more of the following produce:

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cipollini Onions | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Corn | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Pumpkins |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Purplette fresh onions |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Fennel | <input type="checkbox"/> Salad Mix |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kale | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Onions | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Celeriac | <input type="checkbox"/> Pac Choi | <input type="checkbox"/> Winter Squash |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Peppers, hot | <input type="checkbox"/> Yellow Wax Beans |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Peppers, sweet | <input type="checkbox"/> Zucchini |

2. I would prefer to have received less of the following produce:

- | | | |
|---|---|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Corn | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Pumpkins |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Dill | <input type="checkbox"/> Purplette fresh onions |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Fennel | <input type="checkbox"/> Salad Mix |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kale | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Onions | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Pac Choi | <input type="checkbox"/> Winter Squash |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Peppers, hot | <input type="checkbox"/> Yellow Wax Beans |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Peppers, sweet | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cipollini Onions | <input type="checkbox"/> Plums | |

3. On a scale of 1 to 5, 5 being the best, 1 being the worst, rate the overall *quality* of the produce you received this season:

- 5 (best)
- 4
- 3
- 2
- 1 (worst)

4. Which best describes the *volume* of produce received each week:

- More than I / we could use
- Sufficient
- Insufficient

2014 CSA End-of-Season Survey *(continued)*

5. How interested would you be in a smaller weekly box (avg. \$20/week)?

- Interested – have trouble using all the food provided in the current share size Other _____
- Interested – could better afford a smaller box
- Not interested – prefer the current share size
- Not interested – prefer the amount of food offered, and find a way to share when too much

6. How did you find out about our CSA? (multiple choice)

- Friend or colleague Friends of the Farm & Garden
- CASFS website Brochure
- Local Harvest website Other (please specify)

7. If you were to recommend our CSA to a friend, what has been the most prominent benefit for you/your family?

8. Which scenarios best describe your relationship to the campus? (check only one box)

- I work at UCSC in a staff position I/ we are undergraduate students at UCSC
- I work at UCSC in a faculty position No affiliation, but live nearby
- I/we are graduate students at UCSC None of the above

9. Which scenarios best describe your situation? (check only one box)

- I joined the CSA this year
- I have been with this CSA for at least 2 seasons
- I have been with this CSA for 3 or more seasons

10. Additional comments about the CSA experience, and improvements you would like to see:



What is Community Supported Agriculture (CSA)?

CSA projects link consumers directly with the farmers who grow their food. Community members support the farmer by purchasing a share of the farm's annual harvest. They become shareholders with a stake in the land where their food is grown.

For farmers, CSA projects offer:

- an assured market
- up-front payments that can help cover early season costs
- community partners who care about the farmers and the land

For shareholders, CSA projects offer:

- a weekly supply of fresh-picked, organically grown produce
- a direct connection to the farm and to the people who grow their food
- the chance to learn about farming practices and seasonal eating



The CENTER for
AGROECOLOGY
& SUSTAINABLE
FOOD SYSTEMS

COMMUNITY SUPPORTED AGRICULTURE



Farmers and Consumers in Partnership
for a Better Food System

CSA Projects Foster Good Farming Practices



It takes skill and wide-ranging knowledge to produce the variety of crops needed to ensure a successful CSA project. Although challenging, this type of farming helps keep farms healthy, as crop diversity can be a significant factor in reducing pest and disease pressure.

Shareholders in the UCSC Farm's CSA can look forward to varied offerings through the season, including herbs, fruits and vegetables (usually 8-13 items/week).

The CSA Project at the UCSC Farm

The vision of the CSA project here at the UCSC Farm is to:

- establish** a partnership between the community and apprenticing organic growers
- demonstrate** a model of sound economics for small-scale farming and regional food systems
- foster** ecological stewardship of the land
- provide** the community with high-quality, nutritious produce in season



The UCSC Farm's CSA season runs from early June to late October or early November, with members picking up their shares here at the historic Cowell Ranch barn on the UCSC Farm, or at the base of campus. Shareholders can also harvest flowers and herbs from the CSA garden next to the pick-up site. Many of our shareholders are members of the campus community – students, staff, faculty and their families.

WHAT YOU WILL FIND IN A CSA SHARE

LATE SPRING

arugula
beets
blueberries
bok choy
broccoli
carrots
green onions
kale

kohlrabi
lettuce
salad mix
spinach
Swiss chard
strawberries
fresh herbs
fresh flowers

EARLY TO MID SUMMER

basil
beets
broccoli
cabbage
carrots
cucumbers
green beans

lettuce
onions
plums
potatoes
radishes
salad mix
spinach

Swiss chard
tomatoes
zucchini
fresh herbs
fresh flowers

LATE SUMMER TO EARLY FALL

apples
basil
broccoli
cabbage
carrots
garlic
green beans

kale
lettuce
onions
pears
peppers
potatoes
pumpkins

salad greens
summer squash
sweet corn
tomatoes
winter squash
fresh herbs
fresh flowers

... and more!

To learn more about the Center's CSA project, call 831.459-4661, send email to farmcsa@ucsc.edu, or go online to <http://casfs.ucsc.edu/community/produce-sales/csa.html>. Payment plans are available and EBT/SNAP benefits are accepted. UCSC student shares are also available in the fall.

To become a 2014 CSA Member, fill out the pledge form
and mail the form and your check, payable to "UC Regents" to:

CASFS / UCSC Farm
1156 High Street
Santa Cruz, CA 95064 - Attn: CSA

2014 CSA Shares Pledge Form

In becoming a member of the UCSC Farm CSA, I understand the following:

- I am making a financial commitment for the 2014 farm season. As the designated primary shareholder, I understand that my share payment is non-refundable;
- I recognize that due to the inherent risks of farming, there are no guarantees on the exact amount of produce that I will receive;
- that my share comes from an educational farm and that apprenticing farmers are producing my food;
- I understand and accept this commitment and assume responsibility to contact the staff if there are any questions or concerns.

Please note that in order to complete your reservation for the 2014 CSA Program, you must submit payment with a signed pledge form to the address listed below.

Signature _____ Date _____
Primary Shareholder _____ Co-Shareholder _____
Primary Address _____ Street / City _____ Zip _____
Cell # _____ Home or Work # _____
Email _____ Co-share Email _____
Co-share Phone _____

Payment options

FULL SEASON (begins Tuesday, June 3):

- payment in full: **\$560**
- Two checks: \$280**
today's date and
post-dated June 1 **\$280**
- Four checks: \$140**
today's date and
post-dated June 1 **\$140**
post-dated July 1 **\$140**
post-dated Aug 1 **\$140**

LATE SEASON (begins Tuesday, Aug. 18):

- payment in full: **\$280**
- Two checks: \$140**
today's date and
post-dated Sept 1 **\$140**

Pick-up site

- At the Farm** (noon-6:30 p.m.)
- Tuesdays**
- Fridays**
- Bay & High (Friday only 2:30-6:00 p.m.)**
- Westside (Tuesday only 2:30-5:30 p.m.)**
Location: **Westside Farm & Feed**
817 Swift St., Santa Cruz, 95060

Office Use Only: Payment enclosed

Date rec'd: _____ Check payment amount: _____

Payment by **Check only** payable to
"UC Regents"
Send with **this pledge form to:**

Money order
or cashier's
check OK

CASFS / UCSC Farm
1156 High Street
Santa Cruz, CA 95064
Attn: CSA

Make a donation to support low-income shares!

We gratefully accept donations to support low-income shares. *Donations are tax deductible.*

If you would like to donate, please include with your pledge form and payment, indicating the amount below:

\$25 \$50 \$100 \$280 (full share)

I would like to donate \$ _____ to a low-income share.