



CORNELL COOPERATIVE EXTENSION

**South Central
New York
Agriculture Team**



CSA Farms A Guide to Area Community Supported Agriculture

What is Community Supported Agriculture?

Community Supported Agriculture (CSA) was introduced in New England in 1986 as a new and innovative approach to agricultural marketing. It is based upon a mutually supportive and cooperative relationship between the producer and the consumer. The consumer pays for a crop "share" in advance, guaranteeing producers a market for their goods. In return, growers commit themselves to supplying fresh, quality produce to shareholders on a weekly basis throughout the growing season.

How does CSA benefit producers?

Community Supported Agriculture offers a means of survival to small farms that are at risk of disappearance. Share payment in advance eases the growers' financial burden in the early growing season and guarantees them both a market and an income. Because they already know their market, they are less likely to over or under produce. CSA farmers are also less likely to be devastated by unexpected weather conditions because they grow a wide range of crops. While certain conditions may not be ideal for one crop, they are likely to produce an abundance of another.

How does CSA benefit consumers?

Shareholders have a lot to gain from their share payment. First, they are guaranteed a supply of fresh, quality produce during the growing season, and possibly longer. Secondly, they have the unique opportunity to connect with the land on which their food is grown by assisting in production or just visiting the farm on a regular basis (for pick up or shareholder events). Finally, community is fostered as a result of cooperative work, shared responsibility, and keeping the food dollars within the local economy.

How does CSA benefit the earth?

CSA farmers are committed to respecting and preserving the natural beauty and richness of their land. All the CSA farms listed in this brochure employ sustainable agricultural practices including organic farming (using no chemical pesticides, herbicides, or fertilizers), diversifying crops, minimizing waste by avoiding overproduction and reducing packaging and transportation. In addition, customers who spend time at the farms will become aware of and sensitive to the fragile beauty and natural richness of their ecosystem.

How do I participate in CSA?

Look through this listing to find out which CSA farm in the area best suits your needs. Consider visiting the farm to meet the owners and see the land. Review the share price(s) (call farms for current prices), pick up times and locations, length of season, products available, and special features of the CSA. Then contact the farm to join. Please note that most CSA's require that you to purchase your share in the Spring, before the season begins.

Bloodnick Family Farms

Lisa and Brendan Bloodnick
691 Pennsylvania Avenue, Apalachin NY 13732
(607) 625-4141

Share Options: Single share, Family share

Pick-up Options: Once a week: Wed or Sat at Vestal Farmer's Market, 9-11 am

Season: June-October

Special Features: Bloodnick Family Farms grows over 150 varieties of vegetables, herbs and flowers. Shareholders receive a monthly newsletter, recipes and have the opportunity to attend special events like harvest dinners, summer picnics, and threshing parties. Specialty products like Shiitake mushrooms are available in addition to membership benefits.

Blue Heron Farm

Robin Ostfeld and Lou Johns
1641 Shaw Road, Lodi NY 14860
(607) 582-6336/bluheron@mail.empacc.net

Share Options: Winter share

Season: January-March (sign-up Oct 15-Dec 15)

Pick-up Options: Bi-weekly: Sat afternoons in the GreenStar Market parking lot, other times/locations TBA.

Special Features: Blue Heron Farm has been NOFA-NY certified organic since 1987. Compost and cover crops are used to feed the soil, and no synthetic insecticides or herbicides or petroleum based fertilizers are used. We specialize in storage crops and winter greens in order to have locally grown produce available year-round. Blue Heron Farm produce is also available at the Ithaca Farmers Market.

Early Morning Organic Farm

Anton Burkett
2728 Route 90, Genoa NY 13071
(315) 364-6941/EarlyMorn@baldcom.net

Share Options: Full share, Working share

Pick-up Options: The Ithaca Farmers Market: Steamboat Landing: Sat 9 am-2 pm, Sun 10 am-2 pm; downtown at Dewitt Park: Tue 9 am-1 pm; Aurora: Wed 3-6 pm

Season: June-October

Special Features: We offer the highest quality produce picked fresh, washed, and delivered to the Ithaca Farmers Market three times per week. Each share member is offered a broad selection of produce from our bountiful farmers market display. Share members "shop" at our market stand to satisfy the weekly produce needs for their family. Members pick and choose from the available vegetables according to their individual tastes and needs. Members are encouraged to visit the farm for an afternoon picnic or to lend a hand in daily activities.

Earthsong Gardens CSA/Catharpin Farm

Bev Abplanalp
166 Algerine Road, Lansing NY 14882
(607) 533-4385/earthsong@clarityconnect.com

Share Options: Food for One, Bountiful Share, Winter Saver (Nov & Dec); discounts for senior citizens and full payment

Pick-up Options: Home delivery Tues or Fri evening, also on farm pick-up.

Season: June-October (18-20 weeks)

Special Features: Founded in 1986, Catharpin Farm's mission is to teach and provide wildlife habitat. Earthsong Gardens CSA began in 1992 focusing on feeding the soil to feed people freshly harvested, high quality small fruit, herbs, vegetables and flowers. Member Gardener's group offers chance for hands on participation in gardens. Monthly nature walks with "H the Woodsman" and educational programs about herbs, wild edibles, medieval gardens, art and health are ongoing. See newsletter for details. Gardens feature a 7 circuit labyrinth, lake views, and heirloom and open pollinated crops.

Frosty Morning Farm

Karl and Alison Frost
4211 Rte 13, Truxton, NY 13158
842-6799/frostym@swns.net

Share Options: Single share, Family share

Pick-up Options: Thurs afternoons in Preble or Truxton

Season: Mid May-Early November

Special Features: Frosty Morning is a small, family owned NOFA-NY certified organic farm cultivating in part with a draft pony and caring for many farm animals. Share holders are encouraged to work on the farm during the season, but there is a non-working option for an extra cost. We grow a diverse variety of vegetables, herbs and fruits on our 2 acre farm. Our produce is also available at the Cazenovia Farmers Market.

Narrow Bridge Farm

Jon Thorne and Tali Adini
POB 6766, Ithaca NY 14851
(607) 277-3234/talyon@juno.com

We are in the process of looking for new farmland for the 2003 season. Please contact us for more information.

North Tioga Farm

David Makynen
8971 West Creek Road, Berkshire NY 13736
(607) 657-8255/NorthTiogaFarm@hotmail.com

Share Options: Full or Half share, working option

Pick-up Options: Delivery to greater Ithaca area; Tues at the Ithaca Farmers Market; at the farm

Season: Late May-early November

Special Features: North Tioga Farm is a subscription farm that delivers fresh, locally-grown produce to your door! We serve Ithaca, Brooktondale, Caroline, Danby, Richford, Berkshire and parts of surrounding towns. Residents of other areas can pick up their share at the farm or at the Tuesday Farmers' Market in Dewitt Park. Although not certified organic, North Tioga Farm uses only certified organic pesticides and fertilizers. The Farm is situated on over sixteen acres of fertile valley land, some of the best soil in the county. The back border of the property is over fourteen hundred feet on the west branch of Owego Creek, which flows into the Susquehanna River and ultimately into Chesapeake Bay.

Sacred Seed Farm

Michael & Ananda Maitreya
3938 West Road #213, Cortland NY 13045
(315) 496-2602

Share Options: Full share, Half share, Blueberry share

Pick-up Options: Once a week: Wed in Cortland; Tues, Sat or Sun at the Ithaca Farmers Market

Season: June-November

Special Features: Sacred Seed begins its 3rd season as a NOFA-NY certified organic farm. Members enjoy not only a wide variety of fresh vegetables and herbs but come to pick their own berries in the farm's 1.5 acre blueberry patch. Members are encouraged to be part of the farm and lend a helping hand or just visit to enjoy a picnic or hike. The farm's 100 acres

border 1000's of acres of state forest. Monthly newsletters keep members informed of farm happening and events.

Seasonal potluck brings members together to share in the bounty and exchange ideas. Our farm's produce is also available at the Ithaca Farmers Market.

Siren Farms

Dave H. Neilsen
360 Candor Road, Spencer NY 14883-9714
(607) 589-4799/sirenfarms@clarityconnect.com

Share Options: Full share, Half share, working shares also considered

Pick-up Options: Once a week at the farm or a convenient location to be decided by the make-up/locale of CSA members.

Season: May-November

Special Features: Siren Farms is certified organic. Members are welcome to visit the farm and watch or participate in daily activities. A monthly newsletter is provided which announces happenings and harvests at the farm along with favorite recipes for canning and freezing vegetables for off season use. Siren Farms also has produce available at the Ithaca Farmer's Market and daily at a roadside stand at the farm.

Sunnyside Farm

Rob and Pam Moore
2083 Moore Hill Road, Nichols NY 13812
(607) 699-7968

Share Options: Full or Half shares

Pick-up Options: Once/month in Ithaca, Binghamton, Vestal or at the farm

Season: 5 months beginning in June

Special Features: Sunnyside Farm specializes in certified organic cheese, eggs, beef and pork. We raise all our livestock on pasture. Our unique seasonal dairy produces milk from cows fed an entirely grass-based diet (no grain). Shares include eggs, cheese, beef and pork (pork-free option available) as well as bonus items, farm newsletter and special offers for CSA members. We host farm gatherings and invite people to help support our efforts to make local and organically produced food more available to children and others in our area who might not readily have access to it.

West Haven Farm

John and Jennifer Bokaer-Smith
116 Rachel Carson Way, Ithaca NY 14850

(607) 272-4636/bokaer-smith@ecovillage.ithaca.ny.us

Share Options: One share (1-3 people), Double share (larger families); Working discount (30 hour minimum commitment during the season) Sliding scale from \$325-500, average price is \$365

Pick-up Options: Once a week: Tues, either at the farm after 4 pm or downtown Ithaca (Fall Creek) after 5 pm

Season: Late May-November

Special Features: West Haven Farm has offered members a wide selection of clean, high-quality organic produce since 1992. At pick-up members can create a flexible share by choosing from a variety of products. Members are encouraged to attend work parties - kids welcome! Membership benefits include access to U-pick crops, a weekly newsletter, recipes and nutrition education. West Haven Farms' produce is also available at the Ithaca Farmer's Market. We accept food stamps.

ZuZu's Petals

Pam and Jim Millar
439 Dawson Hill Road, Spencer NY 14883
(607) 589-4762

Share Options: 2 person, 4 person, "large family"

Pick-up Options: At customer's convenience from our walk-in freezer anytime after the 1st of the month; or, we delivery weekly to GreenStar Market in Ithaca

Season: year around, by the quarter

Special Features: ZuZu's Petals offers a great variety of grass-fed meats. Each share comes with a selection of beef, lamb and/or pork. Poultry is added during the summer and fall.

There are additional ways you can support your local farmers.
For more information, contact your Cornell Cooperative Extension office.

Omissions are not intended. If you wish to be included in future editions of this brochure, call (607) 272-2292

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