



Community Supported Agriculture (CSA)

at the Church of the Transfiguration, Pittsford

2011 Fourth Year Information Brochure



What is the purpose of this program?

To provide members with freshly-picked, certified organic vegetables and fruits that are grown in a way that improves the quality of the soil, ensuring long-term suitability for agriculture; to buy locally grown food to support the local economy; and to avoid transporting produce great distances. This program is an effort of The Church of the Transfiguration's Care of God's Creation ministry.

How does the program work?

Each week, for the 26 week season, members come to pick up their "share" of produce. Members pay in advance for the season and share size. The season runs June 3 through November 18 with a double portion on the 18th.

What are the sizes & costs of the shares?

The three share sizes are:

- Large shares consist of between 8 and 12 items/week and are typical for a family cooking most nights. The cost is \$650* (\$25/week).
- Small shares consist of 6 to 8 items and are geared toward two or three people. The cost is \$520* (\$20/week).

Over the season the large and small share sizes vary. The farmer determines which items in the basic share and you choose 2 to 4 additional items from the market table of up to 20 different items.

- Micro share** with just 4 items. This share size does not vary during the season. When available, only two items can be fruit. The cost is \$350 (\$12.50/week).

If you want to try the program but the size seems too big or too frequent, consider splitting a share with a friend. Splitting a share may mean you each get half each week or you alternate which week you pick up the entire share.

* Same pricing as 2010 season.

** New in 2011 season with a limited number available on a first come, first served basis.

Am I required to help with this program?

Yes, but only occasionally at The Church of the Transfiguration to assist with the Friday distribution. This assistant shifts are from 3:45-5:00 or 4:45-6:00 to help setup, unload and load totes, help members select items, track member pickup, and clean up. The number of shifts will depend on the how many people join the CSA. Assistant signups will start at the first distribution. Each week a distribution captain will coordinate the efforts. If you arrive early to pick up your share, please pitch in even if it isn't your "official" shift.

Am I required to work at the farm?

No. Going to the Fellenz farm to help weed or pick produce is completely optional. However, if you work 12 hours, you will receive a \$50 rebate at the end of the season. Contact Andy Fellenz any time during the season to schedule work at the farm.

What happens at distribution?

Come to the church between 4:00–6:00pm each Friday with your cloth bags. We will usually be at the back of the Parish Life Center (but may be asked to move for another activity). Collect a tote with the basic large or small share then walk along the market table to complete your share. For the micro share, select the four items. Check out with a distribution captain/assistant so we know you picked up your share. That's it.

What if I won't be in town on a Friday?

You can have a friend or neighbor pick up your share or you can let a distribution captain know in advance to donate your share.

What if I am running late and can't get to Transfiguration by 6:00 pm on Friday?

Call the captain and we'll figure out what to do. We could leave your share outside the building in the shade or take it home for you to pick up later that night. Wallet-sized distribution captain contact information will be provided at the first distribution.

What if I forget to pick up my share by 6:00pm?

Unclaimed shares are donated by the distribution captains.

What if I don't want a particular item or there is too much of an item some week?

Each week the large and small shares contain items that are pre-selected by the farmer. If there is an item that you won't eat, please consider donating it or giving it to a friend. The micro share lets you select all four items.

What types of items will I get?

There are lots of familiar vegetables and the opportunity to try some new types as well. The weeks in May provide spinach, lettuce, scallions and a variety of Asian greens, such as Mizuna and Arugula. June continues these and adds peas, broccoli and beets. July offers summer squash, peppers, beans and some tomatoes, potatoes and carrots. Various berries are available in the summer months. August and September offers the widest assortment of vegetables. The month of October usually continues with the bumper crops, and again provides lettuces, Asian greens and winter squashes. Each year the farmer tries new items and we give him feedback through a survey and word of mouth.

How do I use the new items I've never bought or cooked before?

You can ask the farmer and distribution captain/assistants or scour your cookbooks. The Transfiguration web site contains a booklet of all the recipes distributed during the 2008 season. If you have a favorite recipe, bring a few copies and we'll make it available to others.

Can I visit the farm in Phelps?

Yes. Contact the farmer to schedule a visit to see where the food is grown.

What if I'm still not sure if this will work for me and my family?

Consider the health benefits. Consider the fun of eating new foods. Consider sharing with another family.

How do I sign up?

A \$100 deposit is required (but you can remit the full amount) with the CSA Membership Agreement. The balance is due on June 3rd at the first distribution.

Have more questions?

Contact the committee:

Annette Gacloch (GERRYNETTI@aol.com) or 223-9252, or Jeanette Zavislan (jdztchw@rochester.rr.com) or Pia Cistrone (cistrone@rochester.rr.com), and check out the farm (www.fellenzfamilyfarm.com).

About the Fellenz Family Farm

Since 2003, the Fellenz Family Farm has grown organic fruits and vegetables on a small scale for families and fine restaurants in Ontario, Wayne, Seneca and Monroe Counties. In addition to supplying the Transfiguration CSA, they are the principal growers since 2004 for the UCC CSA in Canandaigua and since 2005 for the Geneva CSA. They also have a stand at the farm.

What is certified organic?

Organic agriculture is an approach to farming that seeks to maintain and improve the productivity of the land by encouraging and enhancing natural biological processes.

The USDA regulates organizations that certify crops, producers and handlers as organic. NOFA-NY Certified Organic, LLC has accreditation from the USDA to provide this service and is also ISO 65 accredited. Organizations who meet the USDA's requirements are listed in the Federal Register and on the USDA's website.

A copy of the current National Organic Program Standards along with a current copy of the organization's Policy Manual, are required when applying for Certification. The NOP Rule can be found in its entirety on-line on the USDA's website at: www.ams.usda.gov/nop.